



Impact of Art Therapy on Depression Levels Amongst Elderly in Addis Ababa, Ethiopia: A Comparative Study

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Abstract

Art therapy has shown promise in reducing depression levels among elderly populations globally, but its effectiveness in Addis Ababa, Ethiopia remains underexplored. The study employed a mixed-methods approach with both quantitative (self-report questionnaires) and qualitative (interviews) data collection methods. A total of 120 participants were recruited from various community centers, ensuring representation across different socio-economic backgrounds. Analysis revealed that art therapy significantly reduced depression levels by 35% in the intervention group compared to a control group who did not receive art therapy. The findings suggest that incorporating art therapy into mental health interventions for elderly populations could be an effective strategy for managing depression, particularly in resource-limited settings like Addis Ababa. Healthcare providers and policymakers should consider integrating art therapy as a complementary treatment option for elderly patients suffering from depression. Future research should focus on longitudinal studies to assess long-term efficacy.

Keywords: *Sub-Saharan, Therapeutic, Qualitative, Quantitative, Cognitive, Empirical, Cultural*

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