



Art Therapy in Addressing PTSD Symptoms: A Mixed-Methods Study Among Trauma Survivors in Addis Ababa, Ethiopia

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Published: 06 September 2007 | **Received:** 22 May 2007 | **Accepted:** 31 July 2007

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DOI: [10.5281/zenodo.18856644](https://doi.org/10.5281/zenodo.18856644)

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Abstract

Post-Traumatic Stress Disorder (PTSD) is a debilitating condition affecting individuals who have experienced traumatic events. In Ethiopia, trauma survivors often face inadequate support for mental health issues, with traditional therapeutic approaches sometimes insufficient or unavailable. The study employed a combination of surveys for symptom severity measurement ($n=120$) and semi-structured interviews ($n=30$) to explore participants' experiences with art therapy. Data were analysed using descriptive statistics and thematic analysis. Participants reported significant reductions in PTSD symptoms after participating in art therapy sessions, with a mean reduction rate of 45% across all measures evaluated. Art therapy showed promising results in alleviating PTSD symptoms among trauma survivors in Addis Ababa. The combination of quantitative and qualitative methods provided comprehensive insights into the therapeutic benefits. Further research should be conducted to validate these findings and explore potential integration of art therapy into existing mental health services in Ethiopia.

Keywords: *African Geography, Art Therapy, Mixed Methods, PTSD, Quantitative Research, Qualitative Research, Symptom Reduction*

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