

Prognostic Criteria in the Spontaneous Drawing for Schizophrenia and Neurosis

Giorgi Geleishvili

Department of Psychiatry and Medical Psychology, Tbilisi, Georgia

ABSTRACT

We studied 3320 drawings, made in the process of art therapy, of the 145 patients (88 women and 57 men) with diagnosis - Schizophrenia F20 and 416 drawings of the 43 patients (23 women and 20 men) with different forms of neurosis (among them F34.1 and F40 - F48). In art therapy participated institutionalized as well as ambulatory patients. The age of the participants varied between 15-65 years. Our attention was concentrated at the spontaneous drawings. We used structural analysis of the drawings and method of amplification. Specifications in the series of the drawings were viewed in context with the clinical picture. The results of the research showed, that dynamics in the series of drawings and associations are the criteria of good prognosis for patients with schizophrenia and neurosis. No dynamics and stereotypy are connected with bad prognosis in course of the disease.

KEYWORDS: *schizophrenia, neurosis, drawing, prognosis, dynamics*

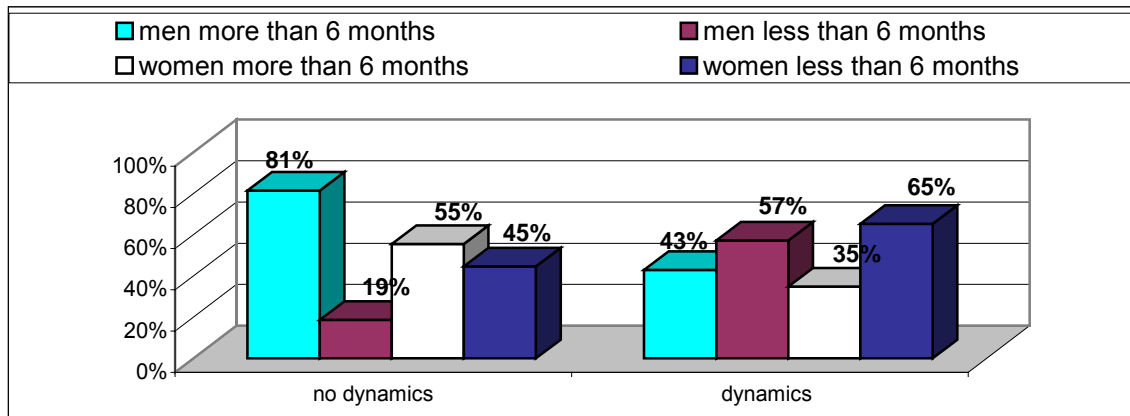
The purpose of our research was to investigate the drawings made by patients with different forms of schizophrenia and neurosis and try to find out characteristics, which could enable us to make prognosis of the illness. For this reason we studied 3320 drawings, made in the process of art therapy, of the 145 patients (88 women and 57 men) with diagnosis - Schizophrenia F20 and 416 drawings of the 43 patients (23 women and 20 men) with different forms of neurosis (among them F34.1 and F40 - F48). In art therapy participated institutionalized as well as ambulatory patients. The age of the participants varied between 15-65 years. Our attention was concentrated at the spontaneous drawings. The patients were allowed to draw whatever they wanted; they chose both, the theme and the means for painting (paper, pencils, aquarelles, pastels, so on.). Patients worked in groups, or separately. One setting lasted 1-1,5 hours. We used the method of structural analysis of the drawing, and the method of amplification (Method of objectification of contents of the unconscious, popular in analytical psychology). We studied whole series of drawings made by each person. Such approach made it possible to study in dynamics both, formal and subjective aspects of patients' drawings. The criterion for prognosis was the duration of hospitalization and remission. We placed all cases in the following groups: Duration of hospitalization of the patients with schizophrenia: in 48,9% (women-44,3%, and men-61,4%) was more than 6 months; in 51,1% (women-55,7%, and men 38,6%) was less than 6 months. In cases of schizophrenia remission lasted: in 30% (women-29%, and men-31%) more than 6 months; in 70% (women-71%, and men-69%) less than 6 months. Among patients with neurotic disorders there were only 4 persons who stayed at the clinic, others were outpatients, that's why we counted only the duration of remission - 59% (43%-

women, and 78%- men) more than 6 months, 41% (57% women, and 22% men) less than 6 months. Next step in our research was to find main characteristics in the patients' art, which could correlate with the duration of institutionalization and remission. These characteristics can be brought together under the name: dynamics in drawings and in associations of the patients about their works.

Dynamics in drawings and in associations:

- * Scenes of cosmos and chaos following each other, that are accompanied by motives of journey to the concrete aim in the series of one patient;
- * Change of the contents from abstract to more concrete;
- * Links between contents of the drawings in the series;
- * Growth, or development of plant, animal, or human figures;
- * Reestablishment of balance between line and color;
- * Ordering of composition and proportions;
- * Change of the contents of associations from abstract to more concrete;
- * Finding links by the author of the drawing between the contents of the work and the actual problems in his/her life.

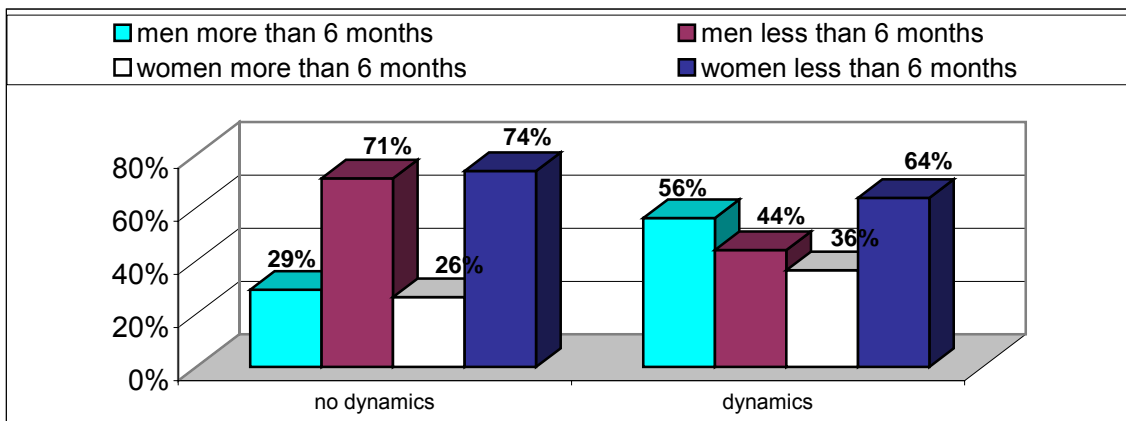
The following conclusion can be made: dynamics in the series of drawings and associations are the criteria for good prognosis in patients with schizophrenia and neurosis. No dynamics and stereotypy are connected with bad prognosis in course of the disease.



Men - Correl. Coef. = 0,369 Chi-Square = 7,769 P<0,001
 Women - Correl. Coef. = 0,181 Chi-Square = 3,884 P<0,005

For both, men and women, hospitalization was shorter when dynamics existed in the series of drawings.

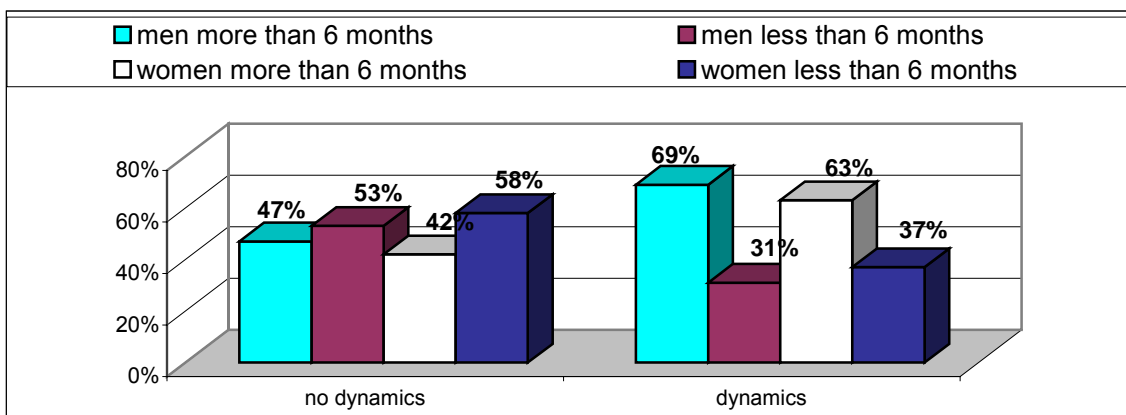
Fig.1 Dynamics in the series of the drawings and associations and the length of hospitalization.



Men - Correl. Coef. = 0,254 Chi-Square = 4,372 P<0,005
 Women - Correl. Coef. = 0,134 Chi-Square = 3,843 P<0,005

In cases where dynamics existed remission lasted longer, than in cases with no dynamics..

Fig.2 Dynamics in the series of the drawings and associations and the length of the remission in schizophrenia.



Men - Correl. Coef. = 0,207 Chi-Square = 4,373 P<0,005
 Women - Correl. Coef. = 0,100 Chi-Square = 3,844 P<0,005

In cases where dynamics existed remission lasted longer, than in cases with no dynamics..

Fig.3 Dynamics in the series of the drawings and associations and the length of the remission in neurosis.

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Прогностические критерии в спонтанных рисунках при шизофрении и неврозах

Гиоргий Гелешвили

Кафедра психиатрии и медицинской психологии, Тбилиси, Грузия

Р Е З Ю М Е

Исследовано 3320 рисунков 145 больных с диагнозом - шизофрения F20 (88 женщин и 57 мужчин) и 416 рисунков 43 больных (23 женщины и 20 мужчин) с разными видами невроза (F34.1 F40-F48). В арт-терапии принимали участие как стационарные, так и амбулаторные больные. Возраст участников колебался от 15 до 65 лет. Наше внимание было сконцентрировано на спонтанных рисунках. Были использованы методы структурного анализа рисунков и амплификации. Закономерности в сериях рисунков рассматривались в контексте с особенностями клинической картины. Результаты исследования показали, что динамика, которая выявляется в сериях рисунков и в ассоциациях во время амплификации, дает возможность прогнозировать улучшение состояния здоровья больного во время шизофрении и неврозов. Отсутствие динамики и стереотипность связаны с плохим прогнозом течения болезни.

Ключевые слова: *шизофрения, невроз, рисунки, прогноз, динамика*