

THE ROLE OF EXPRESSIVE ART THERAPY AND NEUROFEEDBACK ASSESSMENTS IN IMPROVING CLINICAL HYPNOSIS ADHERENCE AMONG ANXIETY SUFFERERS

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Abstract

This research focuses on addressing anxiety through preventive measures in public health. It highlights the significance of therapeutic adherence for effective anxiety treatment and introduces the polyvagal theory as a potential solution. The study develops a polyvagal-focused therapeutic approach called Creative Brain Health Intervention (CBHI), which includes expressive art therapy, neurofeedback assessments, and clinical hypnosis. The study involved 45 participants with mild anxiety or stress, using qualitative methods to explore CBHI's effectiveness. Findings underscore the need for improved mental healthcare, suggesting early intervention and prevention phases. The study proposes that the polyvagal-focused CBHI framework enhances therapeutic adherence and offers insights for developing guidance to prevent severe anxiety complications.

01. Introduction

In developed cultures, anxiety is escalating, marked by persistent unease and physical symptoms. This study focuses on addressing gaps in mental healthcare through a polyvagal-focused therapeutic approach. Global mental health concerns, emphasized by the WHO, highlight the need for awareness and therapeutic adherence. Malaysia faces a lack of mental health specialists and more anxiety cases than depression. Verbal-focused therapies dominate, potentially overlooking non-verbal cues. Recent research underscores right-brain interventions' significance. To fill these gaps, the study explores non-verbal psychological therapies like neurofeedback, expressive art therapy, and clinical hypnosis, from a polyvagal theory perspective. Polyvagal theory emphasizes the autonomic nervous system's role in emotion regulation. The study aims to understand how anxiety sufferers perceive clinical hypnosis during Creative Brain Health Intervention (CBHI) and identify factors impacting their experiences. It examines how expressive art therapy and neurofeedback affect hypnosis adherence and identifies moderating factors shaping their perspectives.

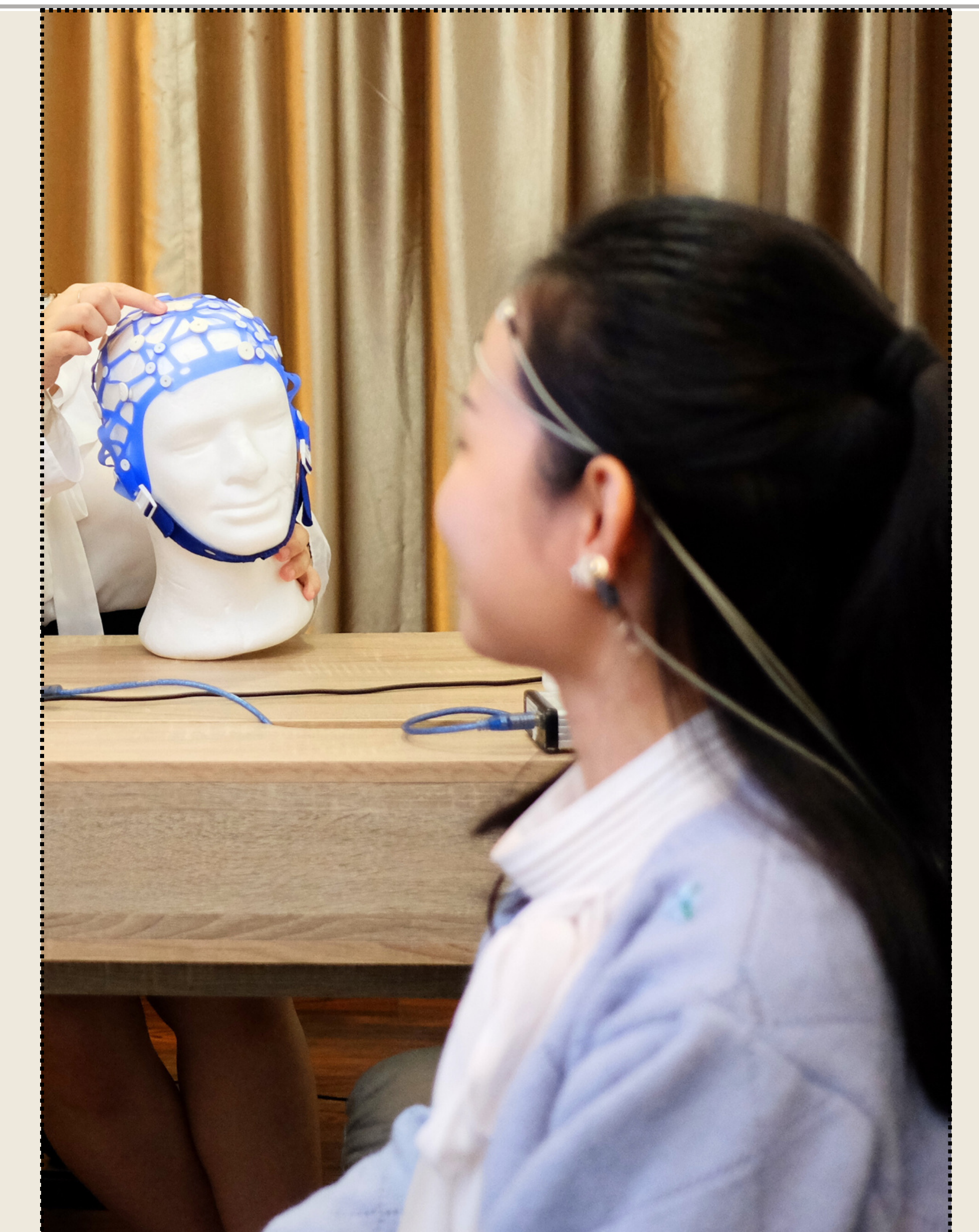
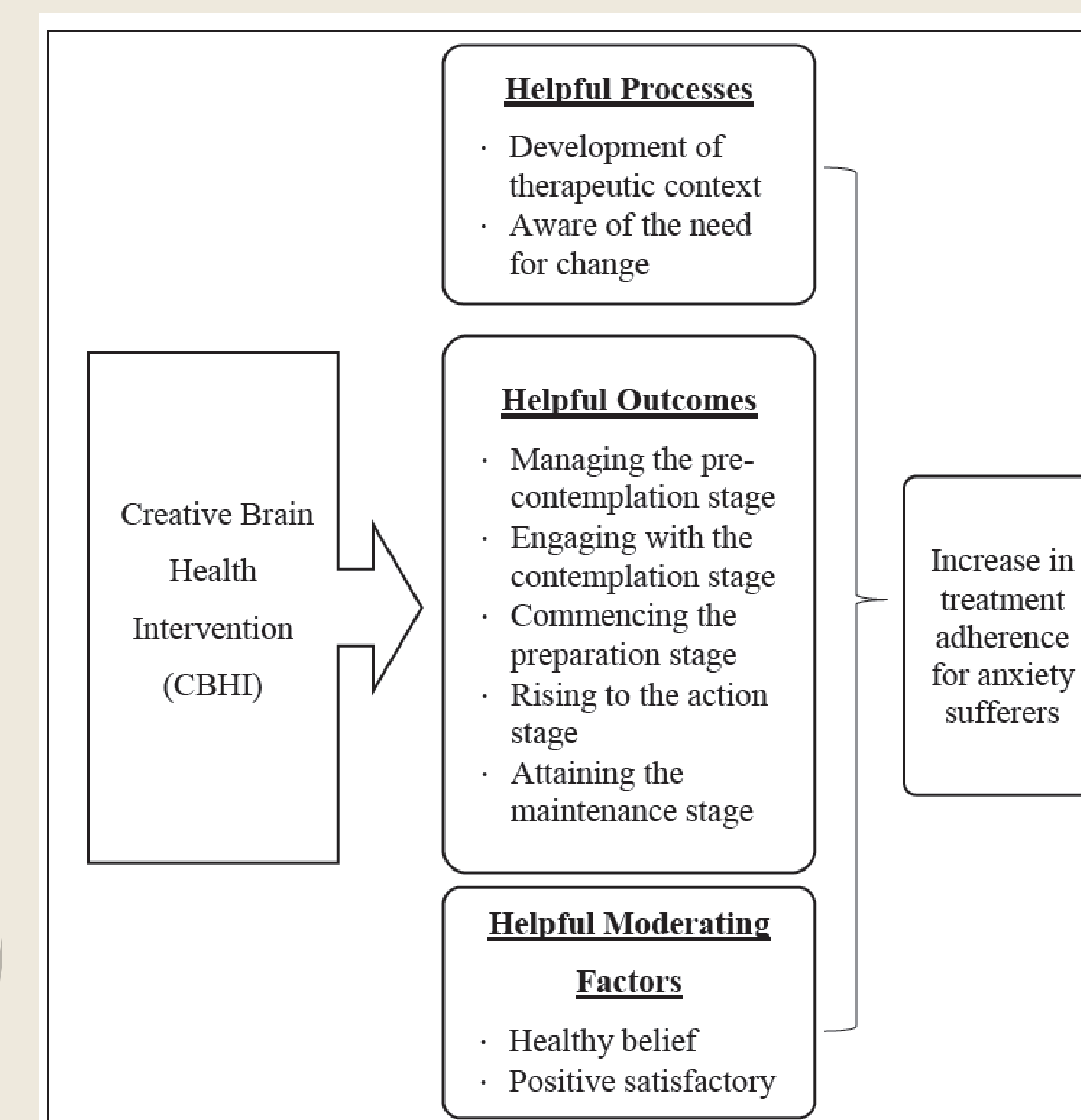
02. Materials

As this research aimed to examine the therapeutic adherence phenomenon following respondents' perspectives, a qualitative technique would prove people established common behavioral trends over a particular period. In this vein, the method facilitated scholars to explore respondents' behaviors through activity observations. The constructivist grounded theory approach was employed in this study following the philosophical standpoint (advocacy or participatory) and study tradition (constructivism). Researchers under advocacy or participatory stances could efficiently adopt qualitative strategies (constructivist grounded theory) as the standpoint was not merely confined to constructivism (attempting to comprehend people's lives, work, and experiences regarding specific aspects) but well-connected to political agendas and politics through action agendas for changes within immediate environments.

03. Methodology

- Qualitative Interview
 - Surveys
- Experiments:
- Polyvagal Focused Neurofeedback Assessment
 - Polyvagal Focused Expressive Art Therapy Assessment

04. Results/Findings



05. Discussion

The article suggests several areas for future research to address limitations in the current study. These include:

- Using quantitative research instruments alongside qualitative studies to provide a more comprehensive understanding.
- Engaging qualified auditors to validate the reliability of neurofeedback machines.
- Exploring the perspectives of target populations like elderly retirees to gain additional insights.
- Developing official local telepsychology guidelines.
- Investigating other therapeutic approaches and guidelines to better comprehend adherence phenomena.
- Conducting brain-based studies to measure activation patterns during interpersonal communication.
- Incorporating homework and coping skills into treatment plans.
- Managing myths related to hypnosis.

06. Implication

In summary, the polyvagal model offers the potential for improving early intervention in anxiety within local public mental health systems. This approach focuses on enhancing interventions, utilizing effective assessments, and promoting preventive phases. It can support mental health systems, reduce hospitalization needs, and address shortages of mental health professionals. Conversely, implementing cognitive-behavioral therapy may be challenging due to limited skilled practitioners. Clinical hypnosis, with a preventive focus, could provide significant contributions in preventing mental health disorders, including self-hypnosis for managing subclinical conditions.

07. Conclusion

Uncertainty surrounds mental health, mental disorders, and public mental health, leaving the public confused about available care. Current support often addresses disorders, leaving those with subclinical-level issues to wait or seek help in an inadequate system. This study proposes a polyvagal-focused therapeutic approach for subclinical-level anxiety. Public sectors can prevent disorders through stigma-free programs. Yet, without early intervention and prevention research, opportunities to address stigmas and prevent disorders will be limited.

