

Comparing the Differences Between Non-Structured and Structured Mandalas as a Tool for Reducing Anxiety in Elderly People with a Diagnosis of Dementia

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Abstract

This research study examined the value of two potential art therapy tools for anxiety reduction. The population base studied was comprised of twelve individuals between the ages of 65 and 95 years who were in the early stages of dementia. Dementia patients suffer anxiety over the loss of language, cognition, and memory. The tools selected for study were non-structured and structured mandala forms, which have been shown to have a calming effect on individuals who make them. The focus was on understanding the levels of anxiety expressed in Pre and Post questionnaires completed. Data was collected before and after mandalas were completed by study participants. Results of data analysis illustrated changes in anxiety experienced by study participants and highlighted unexpected variables that indicated potential to influence expected results.