

The effectiveness of a training program for providing the art of crochet skills as an adjunct for depression patients' therapy

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Abstract:

The study aimed to design a training program to provide the patients of depression with the art of crochet skills, and to measure the effectiveness of this proposed training program in acquiring the art of crochet skills, and to measure its impact on alleviating the severity of the said disease, and to measure the patients' attitude towards the proposed program. The researcher used the quasi-experimental approach in applying the program to a number of 5 samples of psychologically depressed patients with a degree of moderate depression, and measuring their improvement through the pre and post-scale of depression of “Fatma Nofal”. The study was applied at King Abdul-Aziz University with the aim to benefit from the faculty members and female technicians at the Department of Psychology at the Faculty of Arts and the psychiatrist at the medical administration at the university. The study concluded that there are statistically significant differences between the skill test scores before and after the application of the program, in favor of the post application. There are also statistically significant differences between the level of depression in the sample before and after the application, in favor of the post application. In light of the results, the researcher recommends activating the therapy with crochet at hospitals and training chronic disease patients on crochet to alleviate the depression accompanying the disease, conducting other studies on the therapy with various handicrafts, paving the way for psychiatric patients and encouraging them to become productive persons. The researcher also recommends creating jobs for the graduates of the Clothing and Textile Department at the psychiatric clinics or Psychological counseling centers under the title of “Assistant Occupational Therapist”.

Keywords:

depression, occupational therapy, art therapy, crochet, training program.