

Symposium | Art : [Symposium 11] Reclaiming the Role of Art in Mental Health: From Global Policy to Lived Healing

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[Symposium 11] Reclaiming the Role of Art in Mental Health: From Global Policy to Lived Healing

Moderator: Byamah Brian Mutamba (Butabika National Mental Hospital)

[SY-11-03] Beyond Language: AI-Based Visual Metrics of Art-Making Reveal Cross-Cultural Pathways to Psychological Resilience in Psychiatry

*Itsuo Asai¹ (1. Heart Clinic Medical Corporation (Japan))

Keywords : Art Therapy、 AI Visual Analysis、 Psychological Resilience、 Cross-Cultural Psychiatry、 Non-Verbal Assessment

Background:

International mental health policy increasingly recognizes the arts as integral to well-being. The WHO's 2019 landmark report and the WPA's 2022 Position Statement call for embedding arts-based interventions in psychiatric care, underscoring their capacity to engage pre-verbal, culturally nuanced dimensions of human experience. Yet traditional assessments relying on verbal self-reports (BDI, CES-D) often fail to capture subtle, embodied psychological shifts fostered by art.

Methods:

We enrolled 25 patients (ICD-10: schizophrenia, depression, ASD, intellectual disabilities) who created paired drawings reflecting daily states and post-art feelings. AI-driven analyses (Hough lines, HSV color metrics, movement matrices) quantified shifts in curves, hue diversity, brightness, and kinetic flow. Cohen's d effect sizes were computed; sentiment changes in captions were tested by paired t-tests. We also conducted 3-month follow-ups in a subset (n=8) and initiated feasibility pilots in Japan, Canada, Pakistan, Argentina, and France.

Results:

Post-art, drawings showed significantly more curves, richer hues, heightened brightness, and increased movement ($p < 0.01$; $d = 0.8-1.2$). Captions did not significantly change ($p \approx 0.6$), affirming the limitations of language-based tools. At 3 months, partial maintenance of visual transformation was observed (movement score: $d=0.42$). Early cultural pilots revealed divergence in color symbolism—white linked to hope in Canada, mourning in Japan and Pakistan.

Discussion:

This suggests art may restructure aesthetic markers of psychological flexibility, transcending symptom-focused models. Integrating direct visual metrics with local cultural interpretations could transform global psychiatry's approach to non-verbal indicators of resilience. Initial funding dialogues with AMED and CIHR support future multinational RCTs.

Conclusions:

Our work advances art-making from adjunct to core therapeutic modality—rooted in rigorous

data, culturally attuned, and ethically imperative by honoring patients who cannot readily verbalize distress.