

## Symposium

📅 2025年9月25日(木) 14:45 ~ 16:15 🏢 Session Room 5 (Conference Room A)

## **[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]

### Reclaiming the Role of Art in Mental Health: From Global Policy to Lived Healing

Julia Martin<sup>8</sup>, Hans Rohlof<sup>1,2</sup>, Itsuo Asai<sup>3</sup>, Alberto Velasco<sup>4</sup>, Muhammad Irfan<sup>5,6,7</sup> (1.Leiden University(Netherlands), 2.Utrecht University(Netherlands), 3.Heart Clinic Medical Corporation(Japan), 4.Sainte-Anne Hospital Center, GHU Paris Psychiatrie & Neurosciences (France), 5.Transparant Mental Health Institute(Pakistan), 6.Peshawar Medical College(Pakistan), 7.President-Elect, World Association of Cultural Psychiatry(Pakistan), 8.Universidad Nacional de La Plata (UNLP)(Argentina))

[SY-11-01]

Preliminary report on research methodologies in studies about application of art in mental health field : a debate on barriers, opportunities and global health policy impact

\*Julia Martin<sup>1,2,3,4</sup> (1.Professor, Universidad Nacional de La Plata(Argentine), 2.Mental Health General Director, Public Health Secretary, Berazategui, Buenos Aires(Argentine), 3.Vicepresident of AFAPSaM, Argentinian Section(Argentine), 4.Member of COFALP(Argentine))

[SY-11-02]

Re-imagining covid through the lens of migrant [1] youth. a photo-voice project on the impact on mental health, resilience, and participation

[1] In the present investigation, the term "migrant" adheres to the definition established by the International Committee of the Red Cross (ICRC), which includes refugees and asylum seekers, and any "people who leave or flee their usual place of residence in search of safety or better opportunities abroad, and who may be in distress and in need of protection or humanitarian assistance (ICRC).

\*Hans Rohlof<sup>1</sup>, Ernesto Gomez Cángas<sup>2</sup>, Geertrui Serneels<sup>2</sup>, Benji Jame<sup>2</sup> (1.Private Practice Rohlof(Netherlands), 2.Solentra(Belgium))

[SY-11-03]

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

\*Itsuo Asai (Heart Clinic Medical Corporation(Japan))

[SY-11-04]

Empowering Mental Health Through Art and Cultural Narratives

\*Muhammad Irfan (Department of Mental Health, Psychiatry & Behavioral Sciences, Peshawar Medical College, Riphah International University, Islamabad(Pakistan))

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キーワード：Mental Health、Art Therapy、Resilience、Psychological、Cultural Characteristics

This symposium explores how art can reclaim its essential role in mental health by bridging rigorous evidence and the lived experience of healing.

**Prof. Julia Martin** (via pre-recorded video) opens by introducing the WHO framework, underscoring the urgency of repositioning the arts in global health policy while also highlighting methodological challenges that continue to impede rigorous research on arts-based interventions.

**Dr. Hans Rohlof** presents a participatory photovoice study involving 29 migrant youths—defined under ICRC guidelines to include refugees and asylum seekers—during COVID-19. Participants documented their perceptions and coping through photography and narrative, revealing significant mental health deterioration, particularly among those with insecure residency and lacking family ties. Yet resilience emerged as a key protective factor. The project culminated in a traveling exhibition across multiple European venues and four actionable calls: advance participation in decision-making, protect resilience resources, tailor mental health services, and raise intercultural awareness.

**Dr. Itsuo Asai** shares findings from an AI-assisted analysis of patient-created artworks, quantifying shifts in hue, brightness, and kinetic composition that correlate with psychological change—insights often missed by standard questionnaires. He underscores the nonlinear, emergent nature of aesthetic processes that challenge conventional clinical metrics.

**Dr. Alberto Velasco** introduces Experience-Based Medicine (ExBM) as a critical complement to EBM, validating ritual, symbolism, and narrative as legitimate clinical knowledge, especially in diverse cultural contexts.

**Prof. Muhammad Irfan** highlights how integrating art and cultural narratives empowers individuals to navigate mental health challenges, offering innovative, context-sensitive pathways for resilience and well-being.

Together, these perspectives advocate for a paradigm that does more than merge measurable outcomes with personal meaning-making; it compels us to reconsider not

only how care is delivered, but how suffering itself is understood, reshaping mental health into a practice deeply attuned to both science and humanity.

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キーワード : research methodologies、 studies on art and mental health、 WHO report、 global health policies

This work has the purpose of introducing a state of art surrounding some barriers and opportunities linked to research methodologies in studies about application of art in mental health. Taking the WHO framework as a starting point in the debate, we will present the main obstacles as well as the current recommendations that arise from it. We will finally underscore the urgency of repositioning the arts in global health policy while also highlighting methodological challenges that continue to impede rigorous research on arts-based interventions.

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[SY-11-02] Re-imagining covid through the lens of migrant [1] youth. a photo-voice project on the impact on mental health, resilience, and participation  
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キーワード：Migrants、Covid 19、Photovoice

Reports on the impact of the Covid-19 pandemic show young migrants among the most vulnerable groups. The aim of the project was to explore young migrants' experiences and perceptions of the Covid pandemic, the impact on their mental health, ways of coping, as well as their participation in decision-making. To do this, we used photovoice, a visual participatory research method recognised for promoting youth participation. Twenty-nine young migrants aged 15-24 were asked to photograph their experiences, perceptions, emotions, activities, memories, meanings or any other aspect that might represent how they coped with the pandemic. Seventy photographs and captions were grouped into nine themes for the exhibition. Participants' narratives show that they experienced a perceived worsening of their mental health, with greater impact on those in insecure residence and those with no family ties in the country. We also identified how resilience was a capacity that contributed significantly to reducing the impact of the pandemic despite their vulnerability. Young migrants could not identify any degree of participation in decision-making at any level. Based on our findings, and together with the participants, we elaborated 4 calls to action that can be useful in decision making regarding the necessary preparedness to face possible future crises, as well as to continue contributing to the necessary cultural integration of society: 1) Participation in decision-making, 2) Protection of resilient resources, 3) Tailoring mental health services, and 4) Helping to raise intercultural awareness. At the time of writing, the travelling exhibition has continued its presentation in different venues, and outreach efforts are still ongoing.

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

\*Itsuo Asai (Heart Clinic Medical Corporation(Japan))

キーワード : 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.

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**[SY-11-04] Empowering Mental Health Through Art and Cultural Narratives**

\*Muhammad Irfan (Department of Mental Health, Psychiatry & Behavioral Sciences, Peshawar Medical College, Riphah International University, Islamabad(Pakistan))

キーワード：Cultural Psychiatry、Artistic Expressions、Self Help

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Art and cultural narratives have a transformative power in empowering individuals to manage their mental health. By integrating artistic expression and culturally rooted insights, creative practices can foster resilience, self-awareness, and healing. Through compelling examples and evidence-based approaches, highlighting the role of art as a bridge between personal experiences and cultural heritage, innovative pathways for self-management and emotional well-being can be offered.