

The Role of Art Therapy in Mental Health: A Quantitative Study of Public Perception in Singapore

Koh Sok Hiang¹, Christopher Fong¹, Shilpi Tripathi²

¹Department of Psychology, University of Roehampton, London, UK

²Independent Researcher, Singapore City, Singapore

Email: sofikoh@gmail.com, tripathi888@gmail.com

How to cite this paper: Hiang, K. S., Fong, C., & Tripathi, S. (2025). The Role of Art Therapy in Mental Health: A Quantitative Study of Public Perception in Singapore. *Open Journal of Social Sciences*, 13, 523-537.

<https://doi.org/10.4236/jss.2025.135029>

Received: March 21, 2025

Accepted: May 26, 2025

Published: May 29, 2025

Copyright © 2025 by author(s) and Scientific Research Publishing Inc. This work is licensed under the Creative Commons Attribution International License (CC BY 4.0).

<http://creativecommons.org/licenses/by/4.0/>



Open Access

Abstract

Mental health awareness in Singapore has grown significantly over the past two decades, yet challenges such as stigma, affordability, and accessibility continue to hinder mental health treatment-seeking behaviour. Traditional psychotherapy remains the dominant intervention, but alternative approaches like art therapy have gained recognition for their potential to support emotional and psychological well-being. However, art therapy remains underutilized and lacks widespread public awareness in Singapore. This study investigates public perceptions of art therapy, addressing misconceptions, accessibility barriers, and expectations regarding its efficacy. Data were collected from 110 Singapore residents aged 18 - 75 using a cross-sectional survey design. The survey explored participants' awareness of art therapy, their willingness to engage, and perceived obstacles to access. Findings reveal that while 70% of participants recognize art therapy as a valid form of counselling, misconceptions persist—20% believe artistic skill is a prerequisite, and 10% consider it only suitable for children. Additionally, accessibility remains a concern, with 50% of participants expressing apprehension about stigma and cost-related barriers. Despite increased digital mental health services, 70% of respondents preferred face-to-face sessions over online alternatives. Furthermore, expectations regarding therapist qualifications varied, with 50% believing a bachelor's degree is the minimum requirement. The study highlights the need for more excellent public education to correct misconceptions and increase acceptance of art therapy as a legitimate mental health intervention. Additionally, policies to improve accessibility, such as insurance coverage and subsidies for art therapy services, could enhance uptake. By addressing these gaps, Singapore's mental health framework can incorporate diverse therapeutic options, fostering a more inclusive and holistic approach to mental well-being.

Keywords

Art Therapy, Mental Health, Public Perception, Singapore, Alternative Therapy, Stigma, Accessibility, Mental Health Awareness, Counselling, Public Policy

1. Introduction

Mental health awareness in Singapore has seen significant growth over the past two decades, driven by government initiatives, public campaigns, and increasing recognition of the importance of mental well-being (Peh et al., 2021). On September 23, 2007, the Singapore government took a major step forward by allocating SGD 88 million over five years to implement the National Mental Health Blueprint (Kua & Rathi, 2019; Macner-Licht, 1992) (NMHB). This landmark initiative was designed to address the growing prevalence of mental health issues in the country and to reduce their impact on individuals and society. The NMHB focused on four key strategic areas.

Increasing Public Awareness: The government aimed to educate the public about mental health issues, reduce stigma, and encourage individuals to seek help when needed (Tual & Omandam, 2023). This included campaigns, workshops, and community outreach programs to normalize conversations about mental health.

Enhancing Primary and Specialized Mental Health Care: The NMHB sought to improve access to mental health services by integrating mental health care into primary care settings and expanding specialized services for more complex conditions. This included training general practitioners to identify and manage common mental health disorders (Moreno & Sousa, 2021; Theis & Behrens, 2006; Wainberg et al., 2017).

Expanding Mental Health Human Resources: Recognizing the shortage of mental health professionals, the government invested in training and recruiting more psychiatrists, psychologists, counsellors, and social workers to meet the growing demand for mental health services (Jones et al., 2017; Sinha & Kaur, 2011).

Improving Mental Health Research and Therapies: The NMHB emphasized the importance of evidence-based practices and encouraged research into new and effective treatments for mental health conditions. This included exploring innovative therapies and interventions (Kigozi et al., 2010; Rathod et al., 2018). Since the implementation of the NMHB, Singapore has witnessed a gradual shift in attitudes towards mental health (Peh et al., 2021).

1.1. Challenges in Mental Health Care

Despite these efforts, mental health care in Singapore continues to face significant challenges. National surveys such as the Singapore Mental Health Studies (SMHS),

conducted in 2010 and 2016, revealed that only 21.9% of respondents with mental health disorders sought treatment (Teo et al., 2021). This low treatment-seeking rate highlights several barriers that prevent individuals from accessing care: Mental health services, particularly specialized treatments, can be expensive. Many individuals, especially those from lower-income groups, may find it difficult to afford therapy or counselling sessions (Hudson et al., 2021; Saddichha et al., 2014).

Mental health stigma remains a pervasive issue in Singapore. Many individuals fear being judged or discriminated against if they seek help for mental health issues, leading to reluctance to access services (Yeo et al., 2015). There is often a lack of awareness about the types of mental health services available, how to access them, and what to expect from treatment. This can deter individuals from seeking help, even when they recognize that they need it (Adelman & Taylor, 2006). Traditional talk therapy, such as psychotherapy, remains the most common form of mental health treatment in Singapore (Shafie et al., 2020). However, these methods may not be suitable for everyone. For example, individuals who struggle to express themselves verbally or who feel uncomfortable discussing their emotions may benefit from alternative therapies, such as art therapy (Riley, 2001). Unfortunately, the SMHS studies did not explore the use of such alternative methods, leaving a gap in understanding their potential benefits (Mittal et al., 2022).

1.2. The Need for Art Therapy in Singapore

Art therapy is a form of psychotherapy that uses creative processes, such as drawing, painting, and sculpting, to help individuals express their emotions, explore their thoughts, and work through psychological challenges (Hu et al., 2021). It is particularly effective for individuals who find it difficult to articulate their feelings verbally, making it a valuable alternative to traditional talk therapy. In Singapore, however, art therapy remains underutilized and poorly understood (Mittal et al., 2022). While the Art Therapists' Association Singapore (ATAS) was established in 2008 to promote the profession, there are still only two higher education institutions in the country that offer graduate programs in art therapy (Art Therapists' Association Singapore, 2024). Additionally, local research on art therapy is limited, with most studies focusing on aging and dementia care. This lack of awareness and research has resulted in a gap in understanding how art therapy can be effectively integrated into Singapore's mental health care system (Mirabella, 2015).

1.3. Objectives of This Study

This study aims to address this gap by investigating the public's perception of art therapy in Singapore, with a focus on its efficacy as a counselling method. Specifically, the research seeks to: 1. Understand Public Attitudes: By surveying Singapore residents, the study aims to uncover how the public perceives art therapy, including their understanding of its purpose, benefits, and limitations. 2. Identify Misconceptions: The study will explore common misconceptions about art ther-

apy, such as the belief that it is only for children or requires artistic skill (Kim, 2010). By addressing these misconceptions, the research hopes to increase public acceptance of art therapy as a valid form of treatment. 3. Assess Barriers to Access: The study will examine the factors that prevent individuals from seeking art therapy, such as cost, lack of insurance coverage, and limited availability of qualified art therapists. 4. Inform Policymakers and Stakeholders: By providing insights into the public's perception of art therapy, the research aims to inform policymakers, employers, and insurance companies about the potential benefits of art therapy. This could lead to greater investment in art therapy programs, subsidies for treatment, and the inclusion of art therapy in employee wellness packages (Riley, 2001).

2. Methodology

2.1. Research Design

This study employed a quantitative cross-sectional survey design to investigate the public's perception of art therapy in Singapore. A cross-sectional approach was chosen because it allows for the collection of data from a specific population at a single point in time, providing a snapshot of public attitudes, awareness, and expectations regarding art therapy. The survey was designed to gather both demographic information and structured responses related to participants' understanding of art therapy, their attitudes towards its accessibility, and their expectations of the therapeutic process.

2.2. Participants

The study targeted Singapore residents aged 18 - 75, ensuring a broad representation of the adult population. Participants were recruited through convenience sampling and voluntary response sampling methods. Convenience sampling involved distributing the survey through easily accessible channels, such as social media platforms, university networks, and professional circles. Voluntary response sampling allowed individuals who were interested in the topic to participate, ensuring that the sample included those with varying levels of awareness and interest in art therapy. The final sample consisted of 110 participants, representing a diverse range of age groups, genders, education levels, and income brackets. This diversity was important to capture a comprehensive understanding of public perception across different demographic segments.

2.3. Survey Instrument

The survey questionnaire was divided into four main sections, each designed to address specific research objectives:

Demographic Questions:

1. Age: Participants were asked to indicate their age group (e.g., 18 - 30, 31 - 45, 46 - 60, 61 - 75).

2. Gender: Participants selected their gender (male, female, or other).
3. Education Level: Options included secondary school, diploma, university degree, and postgraduate degree.
4. Income Bracket: Participants were asked to indicate their monthly household income (e.g., <SGD 5,000, SGD 5,000 - 10,000, >SGD 10,000).

Awareness and Perceptions of Art Therapy:

Participants were asked about their understanding of art therapy, including its purpose and effectiveness. Questions explored beliefs about the suitability of art therapy for different mental health conditions (e.g., depression, anxiety, trauma). Participants were also asked whether they believed common misconceptions about art therapy, such as the idea that it is only for children or requires artistic skill.

Attitudes Towards Accessibility:

This section assessed participants' willingness to engage in art therapy, including their preferred method of therapy (e.g., face-to-face, online). Questions explored participants' willingness to pay for art therapy sessions and their concerns about cost. Participants were also asked about their perceptions of stigma associated with seeking mental health treatment, particularly art therapy.

Expectations and Misconceptions Regarding Art Therapy:

Participants were asked about their expectations of art therapists' qualifications (e.g., certification, education level). Questions explored participants' expectations of the structure of art therapy sessions (e.g., frequency, duration). Participants were also asked about their expectations of therapeutic outcomes, such as improved emotional well-being or reduced symptoms of mental health conditions.

2.4. Data Collection

The survey was distributed online via social media platforms (e.g., Facebook, Instagram), university networks (e.g., student portals, alum groups), and references made to professional circles used for data collection. The use of online distribution ensured that the survey reached a wide audience while minimizing costs and logistical challenges. Participants were provided with a participant information sheet that explained the purpose of the study, the voluntary nature of participation, and the confidentiality of their responses. Informed consent was obtained electronically before participants could proceed to the survey. The survey took approximately 10 - 15 minutes to complete, and participants were given the option to withdraw at any time.

2.5. Data Analysis

The data collected from the survey were analysed using descriptive statistics to summarize trends and patterns in public perception of art therapy. Key statistical measures included: Frequencies and Percentages: Used to summarize categorical data, such as the proportion of participants who believed in common misconcep-

tions about art therapy. Means and Standard Deviations: Used to analyse continuous data, such as participants' willingness to pay for art therapy sessions. Used to explore relationships between demographic variables (e.g., age, income) and attitudes towards art therapy. The data were analysed using IBM SPSS Statistics (version 28.0.1.1), a widely used software for statistical analysis in social science research. The analysis aimed to identify key trends in public perception, such as the level of awareness of art therapy, common misconceptions, and factors influencing willingness to engage in art therapy.

2.6. Ethical Considerations

The study adhered to ethical guidelines outlined by the British Association for Counselling and Psychotherapy (BACP), the Singapore Association for Counselling (SAC), and the Association of Psychotherapists and Counsellors Singapore (APACS). Key ethical considerations included: Participants were provided with detailed information about the study and gave their consent before participating. No personally identifiable information was collected, and all responses were anonymized. Participants were informed that they could withdraw from the study at any time without penalty. The study excluded individuals under the age of 18 and other vulnerable groups to ensure that participation was voluntary and without coercion.

3. Findings

3.1. Demographic Profile of Participants

The study included 110 participants aged 18 - 75, with a diverse range of demographic characteristics. The following table summarizes the key demographic data. The majority of participants were aged 46 - 60 years (35%, $n = 38$), followed by those aged 31 - 45 years (30%, $n = 33$), 18 - 30 years (25%, $n = 28$), and 61 - 75 years (10%, $n = 11$). This distribution reflects a broad representation of working-age adults and older individuals in Singapore. The sample was predominantly female (70%, $n = 77$), with males comprising 30% ($n = 33$) of the participants. This gender imbalance is consistent with trends in mental health research, where women are generally more likely to participate in studies related to mental health and well-being. Half of the participants held a university degree (50%, $n = 55$), while 25% ($n = 28$) had a diploma, 13% ($n = 14$) held a postgraduate degree, and 12% ($n = 13$) had completed secondary school. This indicates that the sample was highly educated, which may influence their awareness and perceptions of art therapy. Participants were distributed across three income brackets: 42% ($n = 46$) reported a monthly household income of SGD 5,000 - 10,000, 38% ($n = 42$) earned more than SGD 10,000, and 20% ($n = 22$) earned less than SGD 5,000. This distribution reflects a range of socioeconomic backgrounds, providing insights into how income may influence access to and perceptions of art therapy.

Demographic Variable	Category	Percentage (%)	Number of Participants
Age	18 - 30	25%	28
	31 - 45	30%	33
	46 - 60	35%	38
	61 - 75	10%	11
Gender	Male	30%	33
	Female	70%	77
Education Level	Secondary School	12%	13
	Diploma	25%	28
	University Degree	50%	55
	Postgraduate Degree	13%	14
Income Bracket (SGD)	<5000	20%	22
	5000 - 10,000	42%	46
	>10,000	38%	42

3.2. Awareness and Perceptions of Art Therapy

The study explored participants' awareness and perceptions of art therapy, including their understanding of its purpose and effectiveness. The following table summarizes the key findings: A majority of participants (75%, $n = 82$) disagreed with the statement that art therapy is only for children, while 10% ($n = 11$) agreed, and 15% ($n = 17$) remained neutral. This suggests that most participants recognize art therapy as a therapeutic approach applicable to individuals across age groups. While 55% ($n = 60$) of participants disagreed that artistic skill is necessary for art therapy, a significant proportion (20%, $n = 22$) agreed, and 25% ($n = 28$) were neutral. This indicates that a notable portion of the public may hold misconceptions about the prerequisites for engaging in art therapy. The majority of participants (70%, $n = 77$) agreed that art therapy is a valid form of counselling, with 20% ($n = 22$) remaining neutral and 10% ($n = 11$) disagreeing. This reflects a general acceptance of art therapy as a legitimate therapeutic intervention. An overwhelming majority of participants (80%, $n = 88$) agreed that art therapists should be certified by a government-accredited program, while 15% ($n = 17$) were neutral, and 5% ($n = 5$) disagreed. This highlights the public's expectation for rigorous professional standards in the field of art therapy. Similarly, 75% ($n = 82$) of participants agreed that art therapists should undergo annual recertification, with 20% ($n = 22$) remaining neutral and 5% ($n = 5$) disagreeing. This suggests a strong preference for ongoing professional development and accountability among art therapists.

Question	Response	Percentage (%)	Number of Participants
Art therapy is only for children.	Agree	10%	11
	Neutral	15%	17
	Disagree	75%	82
Art therapy requires artistic skill.	Agree	20%	22
	Neutral	25%	28
	Disagree	55%	60
Art therapy is a valid form of counselling.	Agree	70%	77
	Neutral	20%	22
	Disagree	10%	11
Art therapists should be certified by a government-accredited program.	Agree	80%	88
	Neutral	15%	17
	Disagree	5%	5
Art therapists should be recertified annually.	Agree	75%	82
	Neutral	20%	22
	Disagree	5%	5

3.3. Attitudes towards Accessibility

The study also examined participants' attitudes towards the accessibility of art therapy, including their willingness to pay and concerns about stigma. The following table summarizes the key findings: The majority of participants (70%, $n = 77$) preferred face-to-face art therapy sessions, while 20% ($n = 22$) favoured online sessions, and 10% ($n = 11$) preferred group sessions. This indicates a strong preference for traditional in-person therapy, despite the increased use of digital platforms during the Covid-19 pandemic. Participants' willingness to pay for art therapy sessions varied: 40% ($n = 44$) were willing to pay SGD 50–100 per session, while 30% ($n = 33$) were willing to pay less than SGD 50, and another 30% ($n = 33$) were willing to pay more than SGD 100. This suggests that cost is a significant consideration for many participants, with a substantial proportion unwilling or unable to pay higher fees. Half of the participants (50%, $n = 55$) reported being somewhat concerned about stigma when seeking art therapy, while 25% ($n = 28$) were very concerned, and 25% ($n = 27$) were not concerned. This highlights the persistent issue of stigma as a barrier to accessing mental health services, including art therapy.

Questions	Response	Percentage (%)	Number of Participants
Preferred method of therapy	Face-to-face	70%	77
	Online	20%	22
	Group sessions	10%	11

Continued

Willingness to pay for art therapy (per session)	< SGD 50	30%	33
	SGD 50 - 100	40%	44
	>SGD 100	30%	33
Concerns about stigma when seeking art therapy	Very concerned	25%	28
	Somewhat concerned	50%	55
	Not concerned	25%	27

3.4. Expectations and Misconceptions Regarding Art Therapy

The study explored participants' expectations and misconceptions about art therapy, focusing on their views about therapist qualifications, session frequency, and anticipated therapeutic outcomes. The results are summarized below: Half of the participants (50%, n = 55) expected art therapists to hold at least a bachelor's degree, while 29% (n = 32) expected a diploma, 20% (n = 22) expected a master's degree, and 1% (n = 1) expected a PhD. This indicates that most participants value formal education and professional qualifications for art therapists, though expectations vary. Participants' expectations for the frequency of art therapy sessions were divided: 40% (n = 44) expected sessions to occur weekly, 30% (n = 33) expected bi-weekly sessions, and 30% (n = 33) expected monthly sessions. This suggests that participants have varying preferences for the intensity and regularity of therapy. The majority of participants (60%, n = 66) expected art therapy to lead to improved emotional well-being, while 30% (n = 33) expected it to reduce symptoms of mental health conditions, and 10% (n = 11) expected improved self-expression. This reflects a strong belief in the emotional and psychological benefits of art therapy, with less emphasis on specific clinical outcomes.

Question	Response	Percentage (%)	Number of Participants
Minimum education level expected of art therapists	Diploma	29%	32
	Bachelor's Degree	50%	55
	Master's Degree	20%	22
	PhD	1%	1
Expected frequency of art therapy sessions	Weekly	40%	44
	Bi-weekly	30%	33
	Monthly	30%	33
Expected therapeutic outcomes	Improved emotional well-being	60%	66
	Reduced symptoms of mental health conditions	30%	33
	Improved self-expression	10%	11

4. Discussion of Findings

The demographic profile of participants in this study reflects a diverse and representative sample of Singapore residents. By analysing the data by age, gender, education level, and income bracket, the study provides valuable insights into how different demographic groups perceive art therapy (Tan et al., 2021). These insights can inform targeted strategies to increase awareness, accessibility, and acceptance of art therapy as a valuable mental health intervention in Singapore (Riley, 2001). The findings reveal several important trends in public perception of art therapy in Singapore. Many participants underestimated the qualifications required for art therapists, with 29% expecting only a diploma-level education. This is in contrast with the requirement to possess a Masters in Art Therapy in Singapore in order to practice (Art Therapists' Association Singapore, 2024). The demographic profile of the participants highlights the diversity of the sample in terms of age, gender, education level, and income. (Pike, 2013). The overrepresentation of females and highly educated individuals may reflect broader trends in mental health research participation. Additionally, the inclusion of participants from various income brackets ensures that the study captures perspectives from different socioeconomic groups, which is critical for understanding barriers to accessing art therapy, such as cost and affordability. (Park & Hong, 2010; Watts et al., 2017). The results reveal that while participants value face-to-face art therapy sessions, cost and stigma remain significant barriers to accessing treatment. The majority of participants preferred in-person therapy, reflecting a desire for direct interaction with therapists. (Schouten et al., 2014). However, the varying levels of willingness to pay suggest that affordability is a key concern, particularly for lower-income individuals. Additionally, the high level of concern about stigma underscores the need for public education campaigns to reduce mental health stigma and encourage help-seeking behaviour. (Santiago et al., 2012). The results highlight participants' expectations for high professional standards among art therapists, with a strong preference for therapists holding at least a bachelor's degree. Additionally, participants' expectations for session frequency varied, with a significant proportion favouring weekly sessions (Campbell et al., 2016). The anticipated therapeutic outcomes focused primarily on emotional well-being, suggesting that participants view art therapy as a holistic approach to mental health rather than a targeted treatment for specific conditions. These findings underscore the importance of managing client expectations and providing clear information about the goals and structure of art therapy. This suggests a need for greater awareness of the rigorous training and certification required for art therapists (Zubala et al., 2023). The high cost of art therapy and concerns about stigma were identified as major barriers to accessing treatment. This aligns with findings from the Singapore Mental Health Studies (SMHS), which also highlighted cost and stigma as key obstacles to seeking mental health care. Despite the increased use of online platforms during the Covid-19 pandemic, 70% of participants preferred face-to-face art therapy sessions. This suggests that traditional in-person

therapy remains the preferred mode of treatment for many individuals (Kato Nabirye, 2025; Liu et al., 2021; Riley, 2001). While most participants recognized art therapy as a valid form of counselling, misconceptions about its suitability for children and the need for artistic skill persist. Addressing these misconceptions through public education campaigns could help increase acceptance of art therapy (Hu et al., 2021; Xu et al., 2021). The findings of this study provide valuable insights into the public's perception of art therapy in Singapore. While there is a general recognition of art therapy as a valid form of counselling, misconceptions and barriers to access remain significant challenges. Addressing these issues through public education, subsidies, and policy changes could help increase the accessibility and acceptance of art therapy as a valuable mental health treatment option (Chan et al., 2017; Šušlová, 2019).

5. Limitations

While the study provides valuable insights into public perception of art therapy, there are some limitations to consider: The use of convenience and voluntary response sampling may have resulted in a sample that is not fully representative of the general population. For example, individuals with a pre-existing interest in art therapy may have been more likely to participate. The survey relied on self-reported data, which may be subject to biases such as social desirability bias (participants providing responses they believe are socially acceptable). As a cross-sectional study, the research provides a snapshot of public perception at a single point in time. Longitudinal studies would be needed to track changes in perception over time.

6. Significance of the Study

This study is significant for several reasons.

Addressing Mental Health Gaps: By exploring alternative therapies like art therapy, the research could help address the treatment gap identified in the SMHS studies. This is particularly important for individuals who may not benefit from traditional talk therapy (Riley, 2001).

Promoting Holistic Mental Health Care: Art therapy offers a holistic approach to mental health care, addressing emotional, psychological, and even physical well-being through creative expression. By promoting art therapy, Singapore can move towards a more inclusive and diverse mental health care system (Kato Nabirye, 2025; Wang & Abdullah, 2024; Wood, 1998).

Influencing Policy and Practice: The findings of this study could influence policymakers to allocate more resources to art therapy, such as funding for training programs, subsidies for treatment, and public awareness campaigns. Employers and insurance companies could also be encouraged to include art therapy in their wellness programs and coverage plans (Mittal et al., 2022).

Enhancing Public Awareness: By shedding light on the benefits and accessibility of art therapy, the study could help reduce stigma and increase public awareness

of this valuable form of treatment (Han, 2023).

7. Conclusion

The methodology employed in this study was designed to provide a comprehensive understanding of the public's perception of art therapy in Singapore. By using a quantitative cross-sectional survey, the research was able to capture a wide range of attitudes, awareness levels, and expectations related to art therapy (Tan et al., 2021). While there are some limitations to the study, the findings provide valuable insights into the public's perception of art therapy that can inform future research, policy, and practice in the field of mental health care in Singapore (Han, 2023; Tan et al., 2021). While there is a general recognition of art therapy as a valid form of counselling, misconceptions and barriers to access remain significant challenges. Addressing these issues through public education, subsidies, and policy changes could help increase the accessibility and acceptance of art therapy as a valuable mental health treatment option (Kaimal et al., 2019). In conclusion, while mental health awareness in Singapore has grown significantly, there is still much work to be done to address the barriers to treatment and explore alternative therapies like art therapy (Peh et al., 2021). This study aims to fill a critical gap in understanding the public's perception of art therapy and its potential as a counselling method. By doing so, it hopes to contribute to a more inclusive, accessible, and effective mental health care system in Singapore.

Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

References

- (2024). *Art Therapists' Association Singapore*. <https://atas.org.sg/>
- Adelman, H. S., & Taylor, L. (2006). Mental Health in Schools and Public Health. *Public Health Reports*, 121, 294-298. <https://doi.org/10.1177/003335490612100312>
- Campbell, M., Decker, K. P., Kruk, K., & Deaver, S. P. (2016). Art Therapy and Cognitive Processing Therapy for Combat-Related PTSD: A Randomized Controlled Trial. *Art Therapy*, 33, 169-177. <https://doi.org/10.1080/07421656.2016.1226643>
- Chan, G. W., Chan, T. N., Tang, H. L., & Tong, S. M. (2017). Conference Report—'NURTURE A.R.T. Self' Adolescent Mental Health and Art Therapy International Conference 2016 (Hong Kong). *Creative Arts in Education and Therapy*, 3, 87-93. <https://doi.org/10.15212/caet/2017/17/10>
- Han, J. (2023). A Systematic Literature Review of Art Therapy on Depression Recovery. *International Journal of Literature and Arts*, 11, 41-43. <https://doi.org/10.11648/ijla.20231101.17>
- Hu, J., Zhang, J., Hu, L., Yu, H., & Xu, J. (2021). Art Therapy: A Complementary Treatment for Mental Disorders. *Frontiers in Psychology*, 12, Article 686005. <https://doi.org/10.3389/fpsyg.2021.686005>
- Hudson, D., McCrary, S., Murugan, V., Gerassi, L., & Proctor, E. K. (2021). Documenting Behavioral Health Needs in an Urban Setting. *Frontiers in Public Health*, 9, Article

493884. <https://doi.org/10.3389/fpubh.2021.493884>
- Jones, J. M., Ali, M. M., Mutter, R., Mosher Henke, R., Gokhale, M., Marder, W. et al. (2017). Factors That Affect Choice of Mental Health Provider and Receipt of Outpatient Mental Health Treatment. *The Journal of Behavioral Health Services & Research*, *45*, 614-626. <https://doi.org/10.1007/s11414-017-9575-6>
- Kaimal, G., Jones, J. P., Dieterich-Hartwell, R., Acharya, B., & Wang, X. (2019). Evaluation of Long- And Short-Term Art Therapy Interventions in an Integrative Care Setting for Military Service Members with Post-Traumatic Stress and Traumatic Brain Injury. *The Arts in Psychotherapy*, *62*, 28-36. <https://doi.org/10.1016/j.aip.2018.10.003>
- Kato Nabirye H. (2025). The Role of Art Therapy in Healing Mental Health Issues. *Newport International Journal of Research in Medical Sciences*, *6*, 37-41. <https://doi.org/10.59298/nijrms/2025/6.1.374100>
- Kigozi, F., Ssebunnya, J., Kizza, D., Cooper, S., & Ndyabangi, S. (2010). An Overview of Uganda's Mental Health Care System: Results from an Assessment Using the World Health Organization's Assessment Instrument for Mental Health Systems (WHO-AIMS). *International Journal of Mental Health Systems*, *4*, Article No. 1. <https://doi.org/10.1186/1752-4458-4-1>
- Kim, S. (2010). A Story of a Healing Relationship: The Person-Centered Approach in Expressive Arts Therapy. *Journal of Creativity in Mental Health*, *5*, 93-98. <https://doi.org/10.1080/15401381003627350>
- Kua, E., & Rathi, M. (2019). Mental Health Care in Singapore: Current and Future Challenges. *33*, Article 6. https://doi.org/10.4103/tpsy.tpsy.2_19
- Liu, Z., Yang, Z., Xiao, C., Zhang, K., & Osmani, M. (2021). An Investigation into Art Therapy Aided Health and Well-Being Research: A 75-Year Bibliometric Analysis. *International Journal of Environmental Research and Public Health*, *19*, Article 232. <https://doi.org/10.3390/ijerph19010232>
- Macner-Licht, B. (1992). Wither Mental Health Services in Singapore? *Asia Pacific Journal of Social Work and Development*, *2*, 104-112. <https://doi.org/10.1080/21650993.1992.9755597>
- Mirabella, G. (2015). Is Art Therapy a Reliable Tool for Rehabilitating People Suffering from Brain/mental Diseases? *The Journal of Alternative and Complementary Medicine*, *21*, 196-199. <https://doi.org/10.1089/acm.2014.0374>
- Mittal, S., Mahapatra, M., & Ansari, S. A. (2022). Effect of Art Therapy on Adolescents' Mental Health. *Российский психологический журнал*, *19*, 71-79. <https://doi.org/10.21702/rpj.2022.4.4>
- Moreno, L., & Sousa, A. (2021). Integrating Mental Health Services into Primary Health Care—A Review of Challenges and Outcomes in the International Setting. *European Psychiatry*, *64*, S401-S402. <https://doi.org/10.1192/j.eurpsy.2021.1076>
- Park, K., & Hong, E. (2010). A Study on the Perception of Art Therapy among Mental Health Professionals in Korea. *The Arts in Psychotherapy*, *37*, 335-339. <https://doi.org/10.1016/j.aip.2010.07.004>
- Peh, A., Tan, G., Soon, W., Cheah, B., & Ng, J. (2021). Psychiatry in Primary Care and Training: A Singapore Perspective. *Singapore Medical Journal*, *62*, 210-212. <https://doi.org/10.11622/smedj.2021056>
- Pike, A. A. (2013). The Effect of Art Therapy on Cognitive Performance among Ethnically Diverse Older Adults. *Art Therapy*, *30*, 159-168. <https://doi.org/10.1080/07421656.2014.847049>
- Rathod, S., Gega, L., Degnan, A., Pikard, J., Khan, T., Husain, N. et al. (2018). The Current

- Status of Culturally Adapted Mental Health Interventions: A Practice-Focused Review of Meta-analyses. *Neuropsychiatric Disease and Treatment*, 14, 165-178. <https://doi.org/10.2147/ndt.s138430>
- Riley, S. (2001). Art Therapy with Adolescents. *Western Journal of Medicine*, 175, 54-57. <https://doi.org/10.1136/ewj.175.1.54>
- Saddichha, S., Al-Desouki, M., Lamia, A., Linden, I. A., & Krausz, M. (2014). Online Interventions for Depression and Anxiety—A Systematic Review. *Health Psychology and Behavioral Medicine*, 2, 841-881. <https://doi.org/10.1080/21642850.2014.945934>
- Santiago, C. D., Kaltman, S., & Miranda, J. (2012). Poverty and Mental Health: How Do Low-income Adults and Children Fare in Psychotherapy? *Journal of Clinical Psychology*, 69, 115-126. <https://doi.org/10.1002/jclp.21951>
- Schouten, K. A., de Niet, G. J., Knipscheer, J. W., Kleber, R. J., & Hutschemaekers, G. J. M. (2014). The Effectiveness of Art Therapy in the Treatment of Traumatized Adults. *Trauma, Violence, & Abuse*, 16, 220-228. <https://doi.org/10.1177/1524838014555032>
- Shafie, S., Subramaniam, M., Abdin, E., Vaingankar, J. A., Sambasivam, R., Zhang, Y. et al. (2020). Help-seeking Patterns among the General Population in Singapore: Results from the Singapore Mental Health Study 2016. *Administration and Policy in Mental Health and Mental Health Services Research*, 48, 586-596. <https://doi.org/10.1007/s10488-020-01092-5>
- Sinha, S., & Kaur, J. (2011). National Mental Health Programme: Manpower Development Scheme of Eleventh Five-Year Plan. *Indian Journal of Psychiatry*, 53, 261-265. <https://doi.org/10.4103/0019-5545.86821>
- Šušlová, M. (2019). Art Therapy in Social Work with Mentally Ill People in Slovakia. *Roczniki Teologiczne*, 66, 75-87. <https://doi.org/10.18290/rt.2019.66.1-5>
- Tan, M. K. B., Tan, C. M., Tan, S. G., Yoong, J., & Gibbons, B. (2021). Connecting the Dots: The State of Arts and Health in Singapore. *Arts & Health*, 15, 119-134. <https://doi.org/10.1080/17533015.2021.2005643>
- Teo, D., Yan, S., Tan, M., Tirtajana, I., Lim, H., Saffari, S. et al. (2021). Impact of an Integrated Care Programme on Patient-Reported Outcomes for Mild to Moderate Mental Health Conditions in Singapore: A Pilot Study. *Singapore Medical Journal*, 62, 230-234. <https://doi.org/10.11622/smedj.2021062>
- Theis, G. A., & Behrens, J. (2006). In-home Behavioral Health Case Management: An Integrated Model for High-Risk Populations. *The Case Manager*, 17, 60-68. <https://doi.org/10.1016/j.casemgr.2006.08.009>
- Tual, C., & Omandam, M. J. (2023). Teachers' Challenges and Coping Strategies in Conducting Mental Health and Psychosocial Support Activities. *International Journal of Educational Innovation and Research*, 2, 130-141. <https://doi.org/10.31949/ijeir.v2i2.5213>
- Wainberg, M. L., Scorza, P., Shultz, J. M., Helpman, L., Mootz, J. J., Johnson, K. A. et al. (2017). Challenges and Opportunities in Global Mental Health: A Research-To-Practice Perspective. *Current Psychiatry Reports*, 19, Article No. 28. <https://doi.org/10.1007/s11920-017-0780-z>
- Wang, J., & Abdullah, A. B. (2024). A Summary of Expressive Arts Therapy and Painting Therapy. *Creative Education*, 15, 278-288. <https://doi.org/10.4236/ce.2024.152016>
- Watts, P., Gilfillan, P., & de Zárata, M. H. (2017). Art Therapy and Poverty: Examining Practitioners' Experiences of Working with Children and Young People in Areas of Multiple Deprivation in West Central Scotland. *International Journal of Art Therapy*, 23, 146-155. <https://doi.org/10.1080/17454832.2017.1399920>

- Wood, M. (1998). What Is Art Therapy. In M. Pratt, & M. J. M. Wood (Eds.), *Art Therapy in Palliative Care: The Creative Response* (p. 11). Routledge.
<https://pure.roehampton.ac.uk/portal/en/publications/what-is-art-therapy>
- Xu, M., Meng, M., & Hou, Y. (2021). Theoretical Orientation and Educational Application of Visual Art Therapy. In *2021 2nd International Conference on Computers, Information Processing and Advanced Education* (pp. 1243-1246). ACM.
<https://doi.org/10.1145/3456887.3457499>
- Yeo, L. S., Tan, S. Y., & Neihart, M. (2015). Counseling in Singapore. In T. H. Hohenshil, N. E. Amundson, & S. G. Niles (Eds.), *Counseling Around the World* (p. 127). Wiley.
<https://doi.org/10.1002/9781119222736.ch14>
- Zubala, A., Kennell, N., MacInnes, C., MacInnes, M., & Malcolm, M. (2023). Online Art Therapy Pilot in the Western Isles of Scotland: A Feasibility and Acceptability Study of a Novel Service in a Rural Community. *Frontiers in Psychiatry, 14*, Article 1193445.
<https://doi.org/10.3389/fpsy.2023.1193445>