primary studies - published RCT

The Impact of Mandala Coloring on Anxiety of Children with Cystic Fibrosis: A Randomized Trial.

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Study design (if review, criteria of inclusion for studies)

Randomized controlled trial

Participants

120 children aged 6-18 years with CF with mild-to-moderate anxiety

Interventions

Mandala coloring. The children were randomly divided into two groups: intervention and control. The children in the intervention group performed mandala coloring exercises every evening for 30 minutes for 6 consecutive days.

Outcome measures

The level of anxiety in the children in both groups was measured using the Spielberger State-Trait Anxiety Inventory before the intervention and 6 days after the first measurement.

Main results

An analysis of the mean anxiety scores before and after the intervention showed a significant decrease in the anxiety level in the Mandala group ($Z = -3.74$, $p < 0.05$). Moreover, a significant decrease was observed after the intervention between the children in the mandala and control groups in terms of average anxiety levels ($U = 1206$, $p < 0.05$). An intergroup comparison showed that state anxiety was significantly different between the two groups ($U = 1143$, $p < 0.05$), but no statistical difference was observed in terms of trait anxiety ($p > 0.05$).

Authors' conclusions

The results indicated that holding six mandala coloring sessions reduced the anxiety of children with CF. Thus, mandala coloring is recommended as a complementary non-pharmacological method to reduce children's anxiety.

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See also

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Keywords

Child; Adolescent; Caregivers; Home; Home Care Services; non pharmacological intervention - psyco-soc-edu-org; Organization;