

Effectiveness of Art Therapy on Emotional Expression and Self-Worth in Women with Depression


Marco. Conti¹, Eszter. Kovács^{2*}

¹ Department of Educational Sciences, University of Bologna, Bologna, Italy



² Department of Psychology, Eötvös Loránd University, Budapest, Hungary

* Corresponding author email address: eszter.kovacs@elte.hu

Editor

Parvaneh Mohammadkhani¹
Professor, Department of
Psychology, University of Welfare
and Rehabilitation Sciences,
Tehran, Iran
p.mohammadkhani@uswr.ac.ir

Reviewers

Reviewer 1: Farideh Dokanehi Fard¹
Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad
University, Roudehen, Iran. Email: f.dokaneifard@riau.ac.ir
Reviewer 2: Mohammad Masoud Dayarian²
Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic
Azad University. Komeinishahr/Isfahan, Iran. dayariyan@iaukhsh.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The discussion of “emotional suppression and diminished self-worth” would benefit from specifying whether these are based on empirical findings or theoretical models. Consider referencing gender-specific depression frameworks or citing direct prevalence data.

The statement “...there remains a gap in rigorous experimental studies...” is strong but vague. Specify the number or nature of such studies lacking RCT designs targeting self-worth and emotional expression in women.

The article notes high reliability ($\alpha = .91$), but it's not specified whether this was replicated in the current study. Please report Cronbach's alpha values from this sample to establish internal consistency.

The sentence “Given that our sample was drawn from Hungary...” provides some cultural framing. Yet, you should elaborate more on how Hungarian sociocultural norms regarding emotionality may have influenced outcomes.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence “In East Asia, for instance, art-based interventions have gained popularity...” introduces a valuable cultural angle. However, the article would benefit from explicitly linking this to Hungary, where the study took place, to ground the research in its specific cultural setting.

In the self-portrait session, you state, “...reflect how they perceive themselves.” Consider adding a reflection prompt or specific discussion questions used to deepen insight during the process.

You report “no significant difference... between posttest and follow-up ($p = .738$)” as evidence of sustained effect. Consider adding confidence intervals to clarify the precision of these estimates.

The sentence “...can promote emotional regulation and decrease limbic hyperactivity...” is intriguing. Please support this with a specific neuroscientific study or review to substantiate the claim.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.