

INPLASY PROTOCOL

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None declared.

Effect of Painting Therapy on Mental Health of Middle School Students:A Meta-analysis of Randomized Controlled Trials

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Review question / Objective: What effect does drawing therapy have on middle school students' mental health? Is this function robust? What factors will affect its function? What effect does drawing therapy have on middle school students' mental health?

Condition being studied: Painting therapy is considered to play a positive role in psychological problems, but there is no meta-analysis to collect Chinese and foreign literature at the same time to explore the intervention effect of painting therapy on the mental health of middle school students.

Information sources: CNKI, Wanfang, VIP, Web of Science, Scopus, Medline, APA psycInfo, APA psycArticles, Psychology and Behavioral Sciences Collection, Embase, Pubmed.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 15 June 2022 and was last updated on 15 June 2022 (registration number INPLASY202260069).

INTRODUCTION

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METHODS

Participant or population: There are no strict restrictions.

Intervention: Painting therapy.

Comparator: Studies can include a non-exposed control group.

Study designs to be included: Randomized controlled trials.

Eligibility criteria: (1) The intervention method was painting therapy. (2) The subjects were middle school students or subjects of the same age. (3) The study was a randomized controlled trial.

Information sources: CNKI, Wanfang, VIP, Web of Science, Scopus, Medline, APA psycInfo, APA psycArticles, Psychology and Behavioral Sciences Collection, Embase, Pubmed.

Main outcome(s): Outcomes were variables related to middle school students' mental health, such as well-being, self-esteem, anxiety, depression, etc.

Quality assessment / Risk of bias analysis: Risk of bias assessed by Cochrane Risk of Bias tool.

Strategy of data synthesis: Aggregate trial data will be collected and a Meta-Analysis will be carried out using STATA 17.

Subgroup analysis: Subgroup analysis will be conducted for different outcomes, different subjects, different country literature and different intervention time.

Sensitivity analysis: For sensitivity analysis, the paper adopts the trim and fill method and leave-one-out method.

Country(ies) involved: China.

Keywords: Painting therapy; Middle school student; RCT; Meta analysis.

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