

Journal Watch –Grief and Bereavement – June 2018

Article:

The Therapeutic Effectiveness of Using Visual Art Modalities with the Bereaved: A Systematic Review

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Psychology Research and Behavior Management 2018:11, 9-24.

Article link: doi:10.2147/PRBM.S131993

Review:

Strengths:

- Extensive literature review and reference list
- Transparent search procedure (including grey literature) and inclusion criteria that could be replicated
- Clear operational definitions
- Study results summarized based on two specific and well-established grief models: Stroebe and Schut dual-process model and Neimeyer's meaning reconstruction model
- Extensive description of limitations of studies and suggestions for further research

Weaknesses:

- Abstracts and full text articles screened by only one individual
- Type of visual art modality used was not always explicit
- Did not discuss time since loss/death as a potential factor in interpretation of findings
- Type of loss not explicit
- Potential weakness - Published in an open access journal. However, it has been accepted in the Social Sciences Citation Index (SSCI), is scheduled to appear in the Journal Citation Reports and is scheduled to receive an impact factor.

Relevance to Palliative Care: Family members experience substantial distress prior to a person's death, which often carries over into their experience of grief and loss. The visual arts can be an effective modality, in addition to other grief interventions, for helping people work through their grieving process, as well as potentially for anticipatory grief. Further research is needed to better understand and evaluate the effectiveness of this treatment modality for bereaved individuals as well as those experiencing anticipatory grief prior to a person's death.