E-Poster

EP-654

Art Therapy in Stroke Patients: Going Back to Basics - A Scoping Review

Topic: Complications/Sequelae (ie Spasticity, Immobilization and Frailty)

Asmaa Mahmoud Moustafa[1], Lexia Bao[2], Rajiv Reebye[3]

[1]*Physical Medicine and Rehabilitation, Santo-Stefano Riabilitazione, Kos-Care, Ancona, Italy*
[2]*Medical Student, University of British Columbia, Vancouver, Canada*
[3]*Physical Medicine and Rehabilitation, University of British Columbia, Vancouver, Canada*

BACKGROUND

Stroke is a leading cause of long-term disability, affecting physical, cognitive, and emotional well-being. Rehabilitation often prioritizes physical recovery, overlooking psychological and social aspects. Art therapy, encompassing visual arts, music, dance, and poetry, has emerged as a non-pharmacological intervention promoting neuroplasticity and emotional resilience. This scoping review evaluates its efficacy in enhancing stroke recovery outcomes, including motor function, cognition, emotional well-being, and social engagement.

METHODS

A scoping review was conducted using CINAHL, EMBASE, and MEDLINE to identify studies published from 2010 to 2025. Eligible studies involved stroke patients receiving art therapy interventions assessing motor, cognitive, emotional, and quality-of-life outcomes. Excluded were studies lacking empirical data or focusing on unrelated neurological conditions.

RESULTS

Three main themes emerged:

1. Art in post-stroke rehabilitation (12 studies)
2. Art to enhance post-stroke functional recovery (1 study)
3. Art to improve physician-patient communication (7 studies)

Findings suggest that art therapy offers multidimensional benefits beyond physical recovery, fostering engagement and emotional expression.

CONCLUSION

Art therapy is a promising adjunct to conventional stroke rehabilitation, addressing sensory, cognitive, and emotional integration where technology falls short. Further large-scale trials are needed to standardize protocols and optimize intervention strategies. Future systematic reviews will be held to add deeper insights into each theme identified.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.EP-654

Corresponding Author:
Asmaa Mahmoud Moustafa
Physical Medicine and Rehabilitation, Santo-Stefano Riabilitazione, Kos-Care, Ancona, Italy
Email: Email?