

## **ART-OF-LIVING TRAINING: DEVELOPING AN INTERVENTION FOR ADOLESCENTS WITH DEPRESSION OR ANXIETY**

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**T**he present paper describes two studies which aim at the transfer of the art-of-living into the clinical-therapeutic context. Study 1 aimed at the identification of those art-of-living components that show differences for adolescents who are suffering from anxiety or depression. In Study 2, a need-oriented and a predefined art-of-living training were developed, implemented and evaluated. Study 1 is based on a pre-experimental comparative design. Study 2 is a intervention study based on a randomized two factors multivariate 3x3 design with repeated measures. The main outcome measures are art-of-living, life satisfaction, depression and anxiety. Study 1 could show significant differences of the art-of-living subscales in the comparison of a clinical and a nonclinical sample. A specific pattern was identified for the clinical sample. The results of Study 2 show that the developed trainings improved the art-of-living ( $F(2, 37) = 4.24, p=0.02, \eta^2=0.67$ ) as well as the satisfaction with life ( $F(2, 37) = 8.19, p<0.001, \eta^2=0.92$ ). Furthermore, a reduction of depression could be achieved ( $F(2, 37) = 6.45, p<0.001, \eta^2=0.82$ ). In summary, the training successfully enhanced art-of-living and reduced depression. Limitations and benefits are discussed.

### **Biography**

Jessica Lang has completed her Master of Science in 2014 and since then, she is pursuing PhD at the Technical University Darmstadt in Germany. Her research is about the art-of-living which focuses on strategies to improve well-being. She focuses on interventions for children and adolescence.

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