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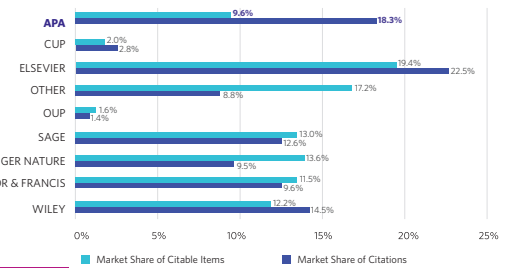
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The effect of sandplay therapy on the thalamus in the treatment of generalized anxiety disorder: A case report.

Authors: Foo, Mariana, Department of Research, Perhai Care and Counseling Center, Jakarta, Indonesia, mariana@perhai-indonesia.com; Friedle, Lorraine R., Black Sand Neuropsychological Services, Hilo, HI, US; Sari, Rizky, Department of Psychology, University of Palta Harapan, Indonesia; Fonda, G., Perhai Care and Counseling Center, Jakarta, Indonesia

Address: Foo, Mariana, Department of Research, Perhai Care and Counseling Center, Jakarta, Indonesia, 14450, mariana@perhai-indonesia.com

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Abstract: using the Hamilton Anxiety Rating Scale (HAM-A) and the General Anxiety-7 (GAD-7). Because GAD involves sensory processing alterations in the thalamus, which may also be implicated in SPT, it would be beneficial to accompany evaluation with a physiological measurement targeting the thalamus. Using an A/B single-subject design, this case study explores whether clinical improvement in a GAD patient treated with SPT is associated with brain metabolite changes, specifically the N-acetylaspartate to creatine (NAA/Cr) ratio (a measure of neuronal viability) in both thalami using proton magnetic resonance spectroscopy (MRS). The participant (female, age 22) measured by the HAM-A and GAD-7, and also showed improved effectiveness of SPT in reducing symptoms of anxiety in this study. Association between clinical improvement and metabolite change as an essential mechanism of change. Future studies regarding this association are needed. (PsycInfo Database Record (c) 2020 APA, all rights reserved.)

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