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# The Effect of Art Content on Mental State Improvement: Insights for Disaster Situations( abstract )

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## The 12<sup>th</sup> International Conference of the International Society for the INTEGRATED DISASTER RISK MANAGEMENT

### CRITICAL STEPS FOR RESEARCH AND PRACTICE IN DISASTER RISK MANAGEMENT IN THE AGE OF CLIMATE CHANGE AND COVID-19 PANDEMICS

Topic session 8: Risk communication and risk perception studies

## The Effect of Art Content on Mental State Improvement: Insights for Disaster Situations

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### Abstract:

When a disaster occurs, it is necessary to recover from depressed or stressed mind state quickly. For that purpose, it is necessary to have a solid mind to live. To have such a solid mind, one idea is to utilize the power of art. In this study, we examined through psychological experiments whether art could be used for such a purpose. People often watch their faces and whole bodies in a mirror. We examined by psychological experiment, if art images displayed together, whether they would improve the psychological state of a person. The experiment used a mirror display that has both mirror and display functions. We examined how the psychological state of the subjects changes when the art image is displayed or not. As the psychological state, stressed and depressed states were taken up. The subjects were led into such psychological states by reading out simple scenarios, and then they watched the mirror display. The results show that when the art images were displayed, the stressed or depressed state became normal shortly, although there was no change when there were no art images.

### Keywords:

improvement of mental state, effect of art, depressed state, stressed state, mirror display, psychological experiment