Colour Therapy in the Fight Against COVID-19

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Abstract

In this research we have tried to determine whether colour therapy diagnostic and prognostic tool can help individuals deal with the stress, depression, anxiety and mood swings which are resulting as a consequence of the present lockdown. A group of 20 willing participants chosen by accidental sampling were asked to submit their artworks and the diagnosis and prognosis about their mental conditions and personalities were drawn from the colour scheme of their paintings. Finally 5 of them were administered colour therapy to help heal their distress and their responses were noted. The participants consented to the research after all the terms and conditions were explained to them and agreed to volunteer their anonymised artworks and other responses as long as their identity was protected by all means.

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