Indicators of depression and self-efficacy in the PPAT drawings of normative adults

Fig. 2 was drawn by an individual who received a low score on the self-efficacy factor and a low score on the problem-solving scale (1.5 out of 5). The drawing depicts a person who is standing with the arms behind the back, which may suggest unwillingness to deal with the situation (Handler, 1996). The person in the drawing appears to be gazing and leaning toward the side, and there is no apparent ground-line. According to Courtney and Gray (2011), an orientation of the figure to the ground line may suggest security and stability; thus, lack of ground line, in addition to the orientation of the figure away from the tree, can be related to insecurity and low self-esteem. The figure and the tree seem disconnected and isolated; with an absent environment. According to Julliard, Intilli, Ryan, Vollmann, and Seshardi (2002), these characteristics may express stress and depression. Furthermore, the large empty space in the drawing can be related to one’s desire to distance oneself from his/her own experiences, in a form of avoidance (Rousseau & Heusch, 2000). This depiction within the drawing suggests that the goal is difficult for the individual to achieve. Even though there is a depiction of apples on the ground next to the person and on the tree, the person is not drawn in the process of reaching for them.