

Randomized Controlled Trial *Oncol Nurs Forum*. 2026 Apr 29;53(3):1-16.

doi: 10.1188/26.ONF.e26535299.

Effects of Sandplay Therapy on Emotional Problems and Quality of Life in Children With Central Nervous System Tumors: A Randomized Controlled Trial

Yuyu Duan ¹, Lu Yuan ², Qingxuan Niu ³, Ying Li ⁴, Xiaoqun Chen ⁵, Xiaowei Zhang ⁶, Daili Zou ⁷, Zihuan Zhou ⁸

Affiliations

PMID: 42189650 PMCID: PMC13167127 (available on 2027-05-01)

DOI: [10.1188/26.ONF.e26535299](https://doi.org/10.1188/26.ONF.e26535299)

Abstract

Objectives: To examine the effectiveness of sandplay therapy in reducing emotional problems and enhancing quality of life in children with central nervous system (CNS) tumors.

Sample & setting: This randomized controlled trial was conducted in a tertiary hospital in China from January to August 2024, involving 56 children aged 6-14 years with CNS tumors.

Methods & variables: The intervention and control groups received regular treatment, and the intervention group received an additional four sessions of sandplay therapy. Data were collected at baseline and at 5 weeks and 12 weeks after baseline. The children's scores on three assessments before and after the intervention were analyzed using a mixed-effects model.

Results: Participants in the intervention group reported statistically significant lower depression and anxiety scores and higher quality-of-life scores than the control group at 5- and 12-week follow-up.

Implications for nursing: Sandplay therapy can reduce depression and anxiety and enhance quality of life in children with CNS tumors. Sandplay therapy is feasible and effective in developing psychological support interventions for children.

Keywords: central nervous system tumors; children; emotional problems; quality of life; sandplay therapy.

[PubMed Disclaimer](#)