

Student #1

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ART 355.01: Survey of Art Therapy

11 October 2021

Annotated Bibliography

Barrett, D. (2020). Dreams about COVID-19 versus normative dreams: Trends by gender.

Dreaming, 30(3), 216–221. <https://doi.org/10.1037/drm0000149>

This article written by Deirdre Barrett focuses on the effect of COVID-19 and other crises on people's dreams. Particularly, women were shown to have higher rates of negative emotions in their dreams and lower rates of positive emotions after experiencing the pandemic. This is due to women being surrounded by death more often, as they make up a high population of health care workers. Barrett conclusively suggests more analyses on different nationalities' responses to the pandemic to compare with the survey's normative sample, which was limited to only Americans.

Barrett does an excellent job of clearly explaining the data correlating major crises with dreams containing negative emotions based on a recent study. She provides information on the participants (age and gender), materials used, how the procedure worked, and the end results of the study. The examples given in the article are all backed by hypotheses, and the writer recognizes that there are some differences between these theories. All sources are cited throughout and are credible, as well as relevant to the topic in hand. The article was beneficial to researching dreams as it brings up the effects of a current issue

(COVID-19) on people's dreams. This can give us more insight into cognitive processes in dreams and form more ideas about how they work.

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