## House-Tree-Person (H-T-P) Test

## Participant's Details

Full Name: Jane Smith
Age: 35
Gender: Female
Occupation: School Teacher
Brief Medical History:

Diagnosed with Generalised Anxiety Disorder in 2020, currently receiving therapy and medication.

Instructions to Participant: Please take your time and draw a house, a tree, and a person on this sheet of paper to the best of your ability.

Analysis:
House Drawing:
Overall Size and Shape Description:

## Medium-sized house, symmetrical.

Details (windows, door, roof, chimney, etc.):

## Two windows, one door, a pitched roof, no chimney.

Unique Features or Missing Elements:

## A garden is included in front of the house.

House Position on the Page:

## Centred on the page.

## Tree Drawing:

Overall Size and Shape Description:

## Large tree with full foliage.

Details (branches, leaves, roots, etc.):
Detailed branches, plenty of leaves, roots visible.

## A bird's nest is present in one of the branches.

Tree Position on the Page:

## To the left of the house.

## Person Drawing:

Overall Size and Shape Description:

## Average sized woman, proportionate.

Details (facial expression, clothing, body proportions, etc.):

## Smiling face, wearing a dress, hands at sides.

Unique Features or Missing Elements:

## Holding a book in one hand.

Person Position on the Page:

## To the right of the house.

## Interpretation:

House Drawing Interpretation: Symbolises the individual's personal and family life.

Tree Drawing Interpretation: Symbolises the individual's growth and development, perceptions of the world.

The large, fully foliaged tree could symbolise Jane's strong understanding of her surroundings and her world. The bird nest could represent a desire for care and nurture.

Person Drawing Interpretation: Symbolises the individual's self-concept, perceptions of others.

# Interactions and Relationships Between Drawings: 

## Notes on General Mood/Behaviour during the Test:

The positions and the interactions of the figures suggest a balanced and harmonious life view, with each area (home, self, environment) holding its own significant space.

## Further Observations:

Jane appeared calm and focused during the drawing process. She took her time with each drawing.

Any Additional Notes or Observations by the Test-Giver:

All three drawings are well balanced and carefully detailed, which could reflect Jane's careful nature and attention to detail.

Please remember that this test should only be administered and interpreted by a qualified professional, as the drawings require careful interpretation within the broader context of the individual's life and experiences.

