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The Effect of Dance movement therapy on depression

A literature Review submitted by:

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**Outline:**

**I. Introduction**

1. Problem: Depression

2. Theoretical background: the effect of dance therapy, factors that cause depression and importance of DMT (dancing and movement therapy).

3. Purpose and research question: What is the effect of dance therapy on Depression?

4. Definitions of Variables: depression, dance therapy

**II. Methodology**

1. Keywords that guided the research: depression, dance therapy

2. Years covered: 2012-2022

3. Sources used: Ebsco Host

4. Inclusion and exclusion

**III. Results:**

1. Grouping of Articles:

🡪 *Three groups*: one group including a sample of *youth*, one group including a sample of *adults*, and last one random group where no age was mentioned or specified about the participants.

2. Study with youth: (**Akandere** & **Demir**, 2020).

a) Purpose & Questions/Hypothesis.

b) Sample

c) Instruments and procedures

d) Results

e) Practical implications

3. Studies with adults: (Punkanen, Saarikallio, & Luck, 2020; *Hyvönen, Pylvänäinen, Muotka, & Lappalainen, 2020*).

a) Purpose & Questions/hypothesis.

b) Sample

c) Instruments and procedures

d) Results

e) Practical implications

4. Study with random, non-mentioned age group: (Any , Constantin, Damian, Daniel, George, Silviu, & Zorina, 2020).

a) Purpose & Questions/Hypothesis.

b) Sample

c) Instruments and procedures

d) Results

e) Practical implications

**IV. Discussion:**

1. An Overview of the findings in relation to the research question:

The four studies showed positive impact of dance therapy on depression.

3. Interpretations of the findings of the studies:

• Limited generalizability

🡪 Limited locations

🡪 Small sample size

4. Recommendations for future research:

• Repeating each experiment more than once

• Experimenting on a different age group

**I. Introduction**

Depression is a big issue that many individuals encounter nowadays. Depression is an irresistible state of mind distorting our perceptions and feelings (Akandere & Demir, 2009). Depression is a disabling medical illness characterized by a persistent and all-encompassing feeling of sadness, loss of interest or pleasure in normally enjoyable activities, and low self-esteem (Sobocki, Jönsson, Angst, & Rehnberg, 2006). In Finland, depression has become a common reason for the inability to work (Lönnqvist, 2009). Depression has a significant impact on people, leading to physical pain and sleep issues in some. Furthermore, experts believe that treating people with depression is critical. Dance movement therapy has the ability to alleviate depression in patients. DMT is a form of creative arts therapy, which aims to integrate physical, emotional, cognitive, and social aspects into psychological treatment (Stanton-Jones, 1992). In DMT, also labeled as dance movement psychotherapy, the two central constructs are the healing power of conscious movement and the embodied creative experience (Caldwell, 2017). Patients are involved in physical and verbal examination of their experiences as a result of movement-based interaction in dance movement therapy.

The purpose of this review is to determine the effect of dance movement therapy on depression. What is the impact of dance movement therapy on depression?

Dance and movement therapy (Independent variable) are consisted of music, easy exercises and sensorial stimulus and provide drugless treatment for the depression on low rates (Akandere & Demir, 2009) as per one study. In another study Dance movement therapy is defined as Rumba and Vas. In the 4th study Dance movement therapy was defined as mindfulness practice and the use of props (Duncan, 2013). Depression (Dependent variable) was defined as tested by Beck depression Inventory at a cut off score of “10”(Hyvonen,2020).Moreover, Depression is a mood illness characterized by sadness and loneliness in varied degrees (Sirbu, 2017).

**II. Methodology**

In this literature review we used the Ebsco Host database to locate the research studies. When using the keywords Dance Movement Therapy and Depression, along with some delimiters which were the articles being written in the English Language, PDF full text, the articles being published between the years 2012 and 2022 and with references available; 263 results were found. The results were narrowed down to 102 when the publishing range was limited to 2017 to 2022 and some other delimiters such as them being peer reviewed and adding AB Abstract for depression. Finally, limiting the years of publishing to 2020 -2022 narrowed down the results to the final number of 22 articles.

Out of these 22, 6 articles were excluded due to them being secondary. One was excluded because it was repeated. .8 articles were excluded Out of the remaining 15 articles 11 were excluded due to their irrelevance in regard to the research question. One study focused more on the perception of Body Image rather than depression. Another focused more on the physical outcomes of Dance Therapy rather than the psychological. Another few studies were because they focused on art therapy as a whole rather than dance therapy specifically. The final 4 studies that were included in the literature review were divided into three primary relevant studies (Punkanen et al.,2020; George et al.,2020; Hyvönen et al.,2020) and one supplementary study (Akandere & Demir,2020).

**III. Results:**

The study in The Effect of Dance over Depression conducted by Akandere & Demir(2011) aimed at inspecting the result of dance therapy on depression. The research question can be inferred as: What is the effect of dance therapy on students who suffer from depression? As for the research sample, the study included a sample of 120 students, ages varying from 20 to 24 years old in Turkey ; 60 females and 60 males. Regarding instruments, to measure depression, Beck depression scale was used. Regarding the procedure, it was pre-post design. The total of 120 students were divided into 2 groups, each of 60 members; 30 males and 30 females. One was a dance training group and the other was a control group. The tests were performed before and after 12 weeks of dance. The results of this study showed that 12 weeks of dance training had an effect on the depression levels of the students. The depression levels after dance therapy decreased significantly (p<0.05) in the dance training group compared to the control group whose depression levels remained constant (p>0.05). There were no practical implications included in this study.

The second study in Emotion in motion: Short-term group form Dance conducted by Punkanen et al.(2020) aimed at determining the impact of short-term group form of DMT intervention in treating depression among working- age people. The sample consists of 21 people ages range from 18 to 60 years old. 18 were females and the others were males located in Finland. The selection criteria were convenient. Regarding the instruments, Becks Depression Inventory was used to measure depression, it consists of 21 items and score can vary from 0 to 63. Regarding the procedure, the sample was divided into four therapy groups, each of average 5. The study was twice a week for 10 weeks. Each session was divided into three phases, warm up, thematic work, and closure. Techniques included space orientation, body awareness, interaction in pairs, and whole group interactions. Each session would begin with a discussion on the theme of the session, where each participant picks an art picture related to the theme and would reflect their choices verbally. They then continue thematic work through body and dance movements. The methodology design is pre-post design. Regarding the results, it was clear that short-term group form of DMT intervention affects the level of depression of people who suffer from mild, moderate, or severe depressive episodes positively as well as comorbid anxiety. The mean score for the primary outcome measure using the BDI decreased and the result was statistically significant (p<0.001). The researchers mentioned that future practical implications suggest that short-term group form of DMT intervention may not even have an effect in treatment of depression in working – age people.

As for the third study in hand discussing the following: Dance movement therapy improves emotional responses in Parkinson’s disease patients with depression and anxiety. It was conducted by Any, Constantin, Damian, Daniel, George, Silviu, & Zorina, (2020). Its aim was to establish that the DMT (dance movement therapy) helps with developing the signs of depression, anxiety and the way of living of patients with Parkinson’s disease. The research question can be stated as: What are the effects of dance movement therapy on depression in Parkinson’s disease patients? As for the research sample, the size was 30 patients and no age or gender were mentioned or specified about the patients. The sample location took place in Romania. As for the selection criteria was convenient as they were recruited from the neurological private clinic. Furthermore, the instruments used in were the following: UPDRS test for testing Parkinson’s disease, Beck Depression Inventory for testing depression, and Beck Anxiety Inventory for testing anxiety. The reseatch methodology design was pre-post. For this study, a sample group of 15 patients diagonised with depression and anxiety; in addition to Parkinson’s disease, and practiced a dance movement therapy program for 3 months (DMT group). Same thing goes to the another group of 15 patients which is the controlled group. Heading to the results, when the Beck Depression Inventory test was done before the duration of dance movement therapy practicing, the DMT group of patients acquired a mean score of 39.53 +- 2.41 points. When the Beck Depression Inventory test was done after the duration of dance movement therapy practicing, the DMT group of patients acquired a mean score of 34.13 +- 3.58. The difference between the scores before and after the practicing period were statistically significant r < 0.001. the same comparison was applied on the other 2 instruments (tests). The control group of patients didn’t acquire significantly different outcomes at the Beck Depression Inventory, Beck Anxiety Inventory and UPDRS test and after the tree months. Therefore, the results recommend that dance movement therapy is a beneficial technique as an extra way in the treatment of patients with Parkinson’s disease, along depression and anxiety.

At last, the fourth and last study in the effects of dance movement therapy in the treatment of depression: A multicenter, randomized controlled trial in Finland. It was conducted by *Hyvönen, Pylvänäinen, Muotka, & Lappalainen, (2020*). Its aim was to examine the outcomes of DMT (dance movement therapy) on participants diagnosed with depression. The hypothesis by the authors was as follows: they expected that the decreasing in depression and other symptoms among patients who practice DMT would be higher than the alteration in the controlled group. As for the research sample, the final size was 109 participants. The age range of the participants was 18-64 years and 39 years old on average. The gender was almost female with 96% and only 4% were male. The study took place in Finland. As for the selection criteria, it was random from various locations in Finland. They were recruited from public private mental health services. Moreover, the instruments used were as follows: Beck Depression Inventory for testing depression, clinical outcomes in routine evaluation-outcome measure (CORE-DM) for testing dance therapy effectiveness, and symptoms checklist-90 (SCL-90) for testing depression and anxiety levels. The research methodology design was pre-post. Moving on to the results, there were huge differences between patients in the DMT practicing and control groups according to the result measures for the duration from the pretreatment to follow-up measurements. Nevertheless, no differences in the change of result values were noticed for the post-treatment to follow-up measurement, that is the levels of symptoms kept being stable during the follow-up period.

**References**

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