

## Final survey - 15 min dance study

Respondents: 26

Dates: 8/1/2018 - 8/3/2018

Mean age: 47.7

Mean weight: 166.8

Average number of days danced: 20.3 out of 31

- 38% danced at least 25 out of the 31 days
- 27% danced at fewer than 15 out of the 31 days
- **92.3% said dancing improved their mood**
- 68% said they felt more confident
- 61.5% reported less negative self talk
- 61.5% reported feeling happier / less depressed / in better spirits this month
- **88.4% said dancing helped them improve their mood, outlook, or general positivity**
- 50% said they had more body awareness
- 15% said their posture changed
- 46% said their mood wasn't as good if / when they missed a day
- 77% said they felt guilty when they missed a day
- **92.3% said that overall, they enjoyed dancing this month**
- 38.4% said that before this month they liked dancing
- 30.7% said they felt their dancing, coordination, strength, or athleticism improved
- 7.6% said their hunger changed
- 66.7% said they will keep dancing in the morning
- 33.3% said they lost weight on the scale
- 33.3% said they lost inches or otherwise noticed an improved appearance (i.e. legs look leaner, stomach is flatter)

- 33.3% said someone complimented or positively pointed out their body, glow, mood this month
- 38% said they liked their dance routine immediately
  - 27% said they “I liked it more after the first week”
  - 12% said “I liked it more after the first week”
  - 12% said “I liked it halfway through the month”
  - 11% said “I don't like it at all and quit / refused to participate”
- 75% of them women who quit said they couldn't make dancing work with their schedule
- 30% said they plan to keep dancing 3-4 times per week
- 27% said they plan to keep dancing 4-5 times per week
- 73% said they would strongly recommend this activity to a friend (greater than 7 on a scale from 1 to 10)

### **Participant questionnaire**

Respondents: 55

Dates: 6/29/2018

Mean age: 45

Mean weight: 166.8

- 69% said they to lose MORE than 15 pounds
- 21% said they want to lose LESS than 10 pounds
- 100% were able to participate July 1-July 28
  - 74% were able to participate July 1- August 28
- 54% they had depression in the past
- 43% said they were currently depressed or feeling bleh

- **78% said they currently struggle with positive feelings towards yourself?**
- 29% said they struggle with feeling happy most days
- **100% said they could commit 15 minutes PER DAY**
- 16% said they had physical limitations

## Survey 1

Respondents: 39

Dates: 7/9/2018 - 7/11/2018

- **77% said their mood improved**
- 59% said they felt more confident
- **71% said they have less negative self-talk**
- 25% said they have more body awareness
- 55% of participants who missed a day said that when they missed a day they noticed a difference in mood or thoughts
- 25% of participants did not miss a day
- 35% said they felt “neutral” when they first heard they would be dancing every day for 15 minutes
- 35% said they felt “somewhat excited” when they first heard they would be dancing every day for 15 minutes
- 20% said they were “not excited” when they first heard they would be dancing every day for 15 minutes
- 46% said they liked their dance routine “immediately”
- 20% said they liked their daily dance more after 2-3 days

**Addendum: 9/3**

**Height & weight analysis**

- There was a negative correlation between self reported weight and the likelihood of recommending the activity to a friend (i.e. women who **weigh more were less likely** to recommend the activity to a friend)
- No correlation between number of days of dancing and weight
- There was a slight negative correlation between weight and responses to the question “Overall, did you enjoy dancing this month?”
- Positive correlation between weight and the question “Do you feel your dancing, coordination, strength, or athleticism improved?”
- Negative correlation between weight and the question “Will you keep dancing in the morning?”
- There was a positive correlation between weight and “wanting to lose MORE than 15 pounds”
- No statistically significant correlations between height and any of the question responses
- Positive correlation between age and the question “Has your posture improved?”
- Positive correlation between age and the question “Did you feel guilty if you missed a day?”
- Negative correlation between age and “Overall, did you enjoy dancing this month?”
- Positive correlation between age and the question “Do you feel your dancing, coordination, strength, or athleticism improved?”
- Positive correlation between age and the question “Did you lose any inches or otherwise notice an improved appearance (i.e. legs look leaner, stomach is flatter)?”