Plain Language Statement - Participants

## Creative Arts and Music Therapy Research Unit

## ***Project:*** *The impact of dance movement therapy on symptoms*

## *of trauma in women with an experience of family and domestic violence: A feasibility quantitative study*

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# Introduction

Thank you for your interest in participating in this research project. This is a PhD research project supervised by the University of Melbourne, and conducted in Perth, WA. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask questions about anything you don’t understand or want to know more about.

Your participation is voluntary. If you don’t wish to take part, you don’t have to. If you begin participating, and decide to stop before the end, you can also stop at any time. You will not be required to provide a reason for withdrawing from the project at any time.

### What is this research about?

The purpose of this project is to study the effect of dance movement therapy on symptoms of trauma. Dance movement therapy is not a dance class, and we do not teach you how to dance. In fact, previous dance skills are NOT a pre-requisite. The focus will be on creativity and well-being. Dance therapy helps us explore movement in accordance with our bodies in a safe, trusted environment. We use culturally appropriate techniques and music in our sessions. We use rhythm, music, movements, touch to get re-acquainted with ourselves in a safe space. We also have fun by moving together as a group and talking about movement and how it makes us feel. No previous experience with dance is required. Come and join as you are. (or like).

### What will I be asked to do?

Should you agree to participate, you will be required to do the following:

1. A consent form will be provided to you by the researcher. You are encouraged to provide written consent or decline participation in this project. If you do not wish to participate, you will receive no further interaction with the researcher. There are no negative consequences if you choose not to participate.
2. Once you provide consent, your organisation will be assigned a unique identification number which will be used to randomly allocate you to receive either treatment immediately or after a wait period.
3. You will then be invited to complete one survey and one questionnaire which take 10minutes in total to complete. The researcher will be able to read out the questions to you if you have difficulties with literacy.
4. If you are in the treatment group, you will be invited to attend six group sessions with the researcher. Each session will be 60 minutes and run on a weekly basis. You will be asked to complete one questionnaire (5min) at the end of every session. It is ok if you do not complete all six sessions. In the sixth session, you will be given the same questionnaire that you completed at the very start. You will also be invited to a 30min optional Focus Group which will run on a different day.
5. The Focus Group will have five open ended questions and will be a group share of your thoughts on the intervention and suggestions for improvement.
6. There will be follow up questionnaires (5 min) that will be given to you six weeks and 12 weeks after you finish your intervention. These are optional to complete.
7. If you are in the control waiting group, you will be invited to complete the same questionnaire at the start and end of six weeks. Your intervention will start in the next school term. At the new school term, will be invited to attend six group sessions with the researcher. Each session will be 60 minutes and run on a weekly basis. It is ok if you do not complete all six sessions.
8. Each your session will look like this: You will be invited to join in for a movement warm up with the therapist. After the warmup, the session will focus on exploring movements clearly (eg: moving fast vs moving slow, moving with weight vs moving with lightness, moving in different directions etc). The session will wind down with some quiet time and self-reflection.
9. During your reflection, you will be encouraged to express your personal thoughts in a journal (paper diary) in whatever form you like. Eg: poetry, drawing, writing. This will be for you to keep for your personal use.

### What are the possible benefits?

1. Physical: You may find moving/dancing using different movements to be fun.
2. Psychological: You may experience joy and fun from participating in the sessions. You may also experience an improvement in your mood and increased confidence about your abilities. You may get a sense of comfort by being in and moving your body.
3. Personal worth: You may see an improvement in your sense of self-worth.
4. Cultural: You may experience joy from connecting with your cultural beliefs during some movements.
5. Social: You may notice improved relationships with people around you. You may feel connection to a wider community.
6. Economic: You will be contributing to the current knowledge and evidence around dance movement therapy with women with an experience of family and domestic violence. This contribution will help us further expand research in this area, and to request for funds to deliver creative evidence-based therapy services to women with an experience of family domestic violence.

### What are the possible risks?

There is some potential for cognitive, behavioural, emotional or physical discomfort, or social, and economic harms.

Cognitive: It is possible you may feel upset /disillusioned or dissatisfied with the process of the intervention.

Behavioural: It is possible that the discussing certain topics may trigger negative behaviours.

Emotional: You may experience negative emotions when discussing certain information in sessions or filling in the questionnaires.

Physical: Each session will be tailored to according to the individual’s physical ability, with attention paid to existing injuries, pregnancies, mobility difficulties. However, there is a minimal risk that physical injury could occur during the session.

Social harm:

Economic harm: Time spent in this research will not be compensated monetarily for participating in this study.

### Do I have to take part?

No. Participation is completely voluntary. You can withdraw at any time without any explanations. Your withdrawal will not affect any of your other programs. You can also request for your data not to be used in the study if you withdraw from the study.

### Will I hear about the results of this project?

The results will be published in the researcher’s PhD dissertation and journal articles and will be presented at conferences, and meetings.

The researcher will be able to provide a face-to-face group session to discuss the findings of the study to the organisations and the participants.

The researcher will also provide a summary written report of the results for dissemination to the participants.

### What will happen to information about me?

All of your data will be de-identified, and stored accordance to the researcher’s data management plan. Data will be stored for fifteen years after the research is completed and destroyed after. All of the data collected will be able to be accessed by the researchers in this study.

###  Is there any potential conflict of interest?

The person who will explain the project (dance movement therapy) and obtains consent, will be the same person who will be carrying out the sessions with you. In other words, the researcher will be the therapist.

### Who is funding this project?

The researcher has a scholarship from University of Melbourne to undertake her PhD studies. This funding is helping the researcher provide this project at no financial cost to participants.

### Where can I get further information?

If you would like more information about the project, please contact the researchers; Professor Sabine Koch: sabine.koch@unimelb.edu.au or Thila Raja : tsarungaraja@student.unimelb.edu.au

### Who can I contact if I have any concerns about the project?

This project has human research ethics approval from The University of Melbourne Project ID: 31722. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Research Integrity Administrator, Office of Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 1376 or Email: research-integrity@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence, please provide the name of the research team and/or the name or ethics ID number of the research project.