Plain Language Statement – Service Providers

## 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 participants how to dance. 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.

### 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, you will be invited to a 30min Focus Group.
3. The Focus Group will have five opened end questions and will be a group share of your thoughts on the intervention and suggestions for improvement.

### What are the possible benefits?

1. Physical: You may find your consumers might have liked moving and dancing.
2. Psychological: Your consumers may experience joy and fun from participating in the sessions. They may also experience an improvement in their mood and increased confidence about their abilities. They may get a sense of comfort by being in and moving their body.
3. Personal worth: They may see an improvement in their sense of self-worth.
4. Cultural: They may experience joy from connecting with their cultural beliefs during some movements.
5. Social: They may notice improved relationships with people around them. They may feel connection to a wider community.
6. Economic: They 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 your consumers 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: Your consumers 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 obtain consent, will be the same person who will be conducting the Focus Group.

### Who is funding this project?

There are no external funding or payments or incentives or reimbursements that will be made to the participants, service providers or to the researcher. 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](mailto: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](mailto: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.