



## Brief Summary of Research on the Effectiveness of Dance/Movement Therapy

Here we present four systematic reviews of dance/movement therapy effectiveness, each of which includes meta-analysis:

### Two independent reviews:

#### 1.

Cruz, R., & Sabers, D. (1998) Dance/movement therapy is more effective than previously reported. *The Arts in Psychotherapy: An international journal*, 25, 101-104. [Ritter and Low (1996), corrected.]

Thirteen studies of 469 participants total, analyzed for anxiety, self-concept, body awareness, and separately for all psychiatric patients.

**Finding: Effect size values were comparable to those published for CBT, at the time.**

#### 2.

Koch, S. C., Kunz, T., Kolter, A., Lykou, S., & Cruz, R. (2013). Effects of dance movement therapy and dance on psychological outcomes: A meta-analysis. *Arts in Psychotherapy*, vol 41, (1), 46-64.

An update of Cruz and Sabers, using 23 studies of 1078 participants total. **Findings as excerpted from the Abstract, with emphasis added:**

“Results suggest that **DMT and dance are effective for increasing quality of life and decreasing clinical symptoms such as depression and anxiety**. Positive effects were also found on the **increase of subjective well-being, positive mood, affect, and body image.**” © 2013 Elsevier Ltd.

### Two reviews for the Cochrane Collaboration of Systematic Reviews:

#### 3.

Meekums, B., Karkou, V., & Nelson, E.A. (2012) Dance movement therapy for depression. *Cochrane Database of Systematic Reviews 2012, Issue 6*. Art. No.: CD009895. DOI: 10.1002/14651858.CD009895.

**Findings: Three randomized controlled trials, of 130 participants total, SMD of -7.3 favoring the DMT intervention for reduced depression. In review, with publication expected before the end of 2014.**

#### 4.

Bradt, J., Goodill, S.W., & Dileo, C. (2011) Dance/movement therapy for improving psychological and physical outcomes in cancer patients. *Cochrane Database of Systematic Reviews 2011, Issue 10*. Art. No.: CD007103. DOI: 10.1002/14651858.CD007103.pub2

**Findings: Two randomized controlled trials of 69 participants total. M-A of body image outcomes possible but SMD of -.13 did not find support for an effect.**

This systematic review is currently (August 2014) being updated (by Bradt, Goodill & Shim) with new studies included.

Overall, there has been DMT outcome research conducting using various forms of clinical trials to demonstrate benefits with the following outcomes and populations. A reference list of the studies from which this list was drawn follows below. It suggests the breadth of application and utility of this therapeutic approach, **when provided by a trained professional clinician.**

- Mood (depression, anxiety, vitality)
- Self-concept/esteem, body-image (cancer, children)
- Social/relationship skills (anti- violence/bullying)
- Capacity for empathy (e.g., staff caregivers)
- Stress management, self-regulation (trauma)
- Academic performance (e.g., reading fluency)
- Readiness for parenting (e.g., pregnancy support)
- Medical, psychomotor, neuro-functioning (PD, fibromyalgia)

#### **Selected studies and publications on DMT effectiveness:**

##### **Randomized controlled trials, controlled clinical trials, pre-experimental designs and meta-analyses**

- Berrol, C. F., Ooi, W. L., & Katz, S. S. (1997). Dance/movement therapy with older adults who have sustained neurological insult: A demonstration project. *American Journal of Dance Therapy*, 19(2), 135-160.
- Blazquez, A; Guillamo, E & Javierre, C. (2010) Preliminary experience with dance movement therapy in patients with chronic fatigue syndrome. *The Arts in Psychotherapy. Vol.37(4)*, pp. 285-292.
- Bojner-Horwitz, E., Theorell, T., & Anderberg, U. M. (2003). Dance/movement therapy and changes in stress-related hormones: a study of fibromyalgia patients with video-interpretation. *The Arts in Psychotherapy*, 30(5), 255-264.
- Bradt, J., & Goodill, S. (2013). Creative arts therapies defined. *JAMA Internal Medicine. Advanced online publication*. doi:10.1001/jamainternmed.2013.6145.
- Bradt, J., Goodill, S.W., & Dileo, C. (2011) Dance/movement therapy for improving psychological and physical outcomes in cancer patients. *Cochrane Database of Systematic Reviews 2011, Issue 10. Art. No.: CD007103. DOI: 10.1002/14651858.CD007103.pub2.*
- Bräuninger, I. (2012). Dance movement therapy group intervention in stress treatment: A randomized controlled trial (RCT). "*The Arts in Psychotherapy*, 39(5): 443-450.
- Bräuninger, I. (2012). The efficacy of dance movement therapy group on improvement of quality of life: A randomized controlled trial. *The Arts in Psychotherapy* 39, (4): 296-303.
- Cruz, R., & Sabers, D. (1998) Dance/movement therapy is more effective than previously reported. *The Arts in Psychotherapy*, 25, 101-104.

- Brooks, D., & Stark, A. (1989). The effect of D/MT on affect: A pilot study. *American Journal of Dance Therapy*, 11(2), 101-111.
- Cima, R., Maes, I., Joore, M. A., Scheyen, D., Fefaie, A., Baguley D., Aneunis, A., van Breukelen, G., & Viaeyen, J. (2012). Specialised treatment based on cognitive behaviour therapy versus usual care for tinnitus: a randomised controlled trial. *Lancet*, 379, 1951-1959. [Note: the CBT intervention in this study was delivered through dance/movement therapy.]
- Cruz, R.F. (2001) *The effect size of dance/movement therapy: Reviewing Cruz & Sabers (1998)*. Poster presented at the annual meeting of the American Dance Therapy Association, Raleigh, NC.
- Dayanim, S. (2009). The acute effects of a specialized movement program on the verbal abilities of patients with late-stage dementia. *Alzheimer's Care Today*. April-June, pp. 93-98.
- Dibbell-Hope, S. (2000). The use of dance/movement therapy in psychological adaptation to breast cancer. *Arts in Psychotherapy*, 27(1), 51-68.
- Erwin-Grabner, T, Goodill, S., Schelly-Hill, E., & Von Neida, K. (1999). Effectiveness of dance/movement therapy on reducing test anxiety. *American Journal of Dance Therapy*, 21(1), 19-34.
- Goodill, S. (2005). Research Letter: Dance/movement therapy for adults with cystic fibrosis: Pilot data on mood and adherence. *Alternative Therapies in Health & Medicine*, 11(1), 76-77.
- Harvey, S. (1989). Creative arts therapies in the classroom: A study of cognitive, emotional and motivational changes. *American Journal of Dance Therapy*, 11(2), 85-100.
- Hervey, L. & Kornblum, R. (2006). An evaluation of Kornblum's body-based violence prevention curriculum for children. *The Arts in Psychotherapy*, vol. 33, pp. 113-129.
- Ho, Rainbow T.H. (n.d.) The effects of a dance/movement-based psychotherapy on the symptom cluster, quality of life, and diurnal cortisol rhythm in Chinese breast cancer patients undergoing radiotherapy (Funding: GRF/HIU745110H) (ongoing).
- Jeong, Y. L., Hong, S. C., Lee, M. S., Park, M. C., Kim, Y. K., & Suh, C. M. (2005). Dance movement therapy improves emotional responses and modulates neurohormones in adolescents with mild depression. *International Journal of Neuroscience*, 115(12), 1711-1720.
- Koch, S. C., Kunz, T., Kolter, A., Lykou, S., & Cruz, R. (2013). Effects of dance movement therapy and dance on psychological outcomes: A meta-analysis. *Arts in Psychotherapy*, vol 41, (1), 46-64.
- Koch, S., Morlinghaus, K., & Fuchs, T. (2007). The joy dance: Specific effects of a single dance intervention on psychiatric patients with depression. *The Arts in Psychotherapy* 34, 340-349.
- Koshland, L., & Wittaker, J. W. B. (2004) PEACE through dance/movement: Evaluating a violence prevention program. *American Journal of Dance Therapy*, 26(2), 69-90.
- Krantz, A., & Pennebaker, J. W. (2007). Expressive dance, writing, trauma, and health: When words have a body. In I. A. Serlin, J. Sonke-Henderson, R. Brandman, & J. Graham-Pole (Eds.) *Whole Person Healthcare, Volume 3: The arts and health*, (pp. 201-229). Westport, CT: Praeger Publishers.

- Moore, C. (2006). Dance/movement therapy in the light of trauma: Research findings of a multidisciplinary project. In S. C. Koch & I. Braüninger (Eds.), *Advances in dance/movement therapy: Theoretical perspectives and empirical findings* (pp. 104–115). Berlin: Logos Verlag.
- Mala A, Karkou V, & Meekums B. (2012) Dance/Movement Therapy (DMT) for depression: A scoping review. *Arts in Psychotherapy*, vol. 39, Pages 287–295.
- Meekums, B., Karkou, V., & Nelson, E.A. (2012) *Dance movement therapy for depression*. *Cochrane Database of Systematic Reviews 2012*, Issue 6. Art. No.: CD009895. DOI: 10.1002/14651858.CD009895.
- National Collaborating Centre for Mental Health (2010). *Core interventions in the treatment and management of schizophrenia in adults in primary and secondary care (Updated edition)*. National Clinical Guideline Number 82. London, UK: The British Psychological Society & The Royal College of Psychiatrists. [Note: This government publication in the UK recommends dance/movement therapy and other creative arts therapies in treatment for adults with schizophrenia.]
- Ritter, M. & Low, K.G. (1996) Effects of dance/movement therapy: A meta-analysis. *Arts in Psychotherapy*, vol. 23, pp. 249-260.
- Röhricht, F, Papadopoulos, N., Holden, S. & Clarke, TR (2011) Therapeutic processes and clinical outcomes of body psychotherapy in chronic schizophrenia – An open clinical trial. *The Arts in Psychotherapy* 38 (2011) 196– 203.
- Sandel, S. L., Judge, J. O., Landry, N., Faria, L., Ouellette, R., & Majczak, M. (2005). Dance and movement program improves quality-of-life measures in breast cancer survivors. *Cancer Nursing*, 28(4), 301–309.

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