賽馬會「觸動」舞蹈計劃
Jockey Club Dance Well Project

The Hong Kong Academy for Performing Arts ("HKAPA")
An Impact Study of the Jockey Club Dance Well Project

The research aims to collect both qualitative and quantitative data to examine the **physical, psychological, social, and emotional changes** of Parkinson's disease patients who take part in the Jockey Club Dance Well Project (the "Project").

Research Team:
Leader: Prof Anna CY Chan (Dean, School of Dance, HKAPA)
Consultant: Prof Sara Houston (Professor (Dance and Community Engagement), School of Arts, University of Roehampton)
Researchers:
1. Mr Jake Ngo (Lecturer in Dance Science, HKAPA)
2. Ms Heidi Yu (Lecturer in Dance Science, HKAPA)
3. Ms Wong Wing Yan Sarah (Research Assistant)
4. Mr Szeto Ching Ho Ricco (Research Assistant) (Jun 2022 to Jun 2023)
5. Ms Tsang Sze Long Christy (Research Assistant) (Jun 2022 to Apr 2023)

Methodology:
Ethical approval has been obtained from HKAPA Research and Ethics Committee, and all participants are required to provide written informed consent before the study started. Information about participants will not be disclosed and all data will be processed by the researchers only. Participation in the research is voluntary and participants have the right to terminate their participation at any stage of the research.

Taking the English National Ballet's "Dance for Parkinson's" research study, conducted by Prof Sara Houston of the University of Roehampton as a reference, the Project uses a mix-mode of methodology to collect qualitative and quantitative data to examine the effect of dance among Parkinson's Disease patients from **physical, social, emotional and artistic perspectives.** A control group is recruited for comparison, and participants maintain their regular activities without attending the Dance Well classes or other dance activities during the data collection period. Attendance records are collected for every class and tracked to examine adherence.

The **qualitative data** has been obtained through semi-structured interviews (sample questions as below) and thematic analysis is used to analyse. Other methods include participant observation, filming, nonstructured conversations with participants, as well as reflective discussions and focus group interviews with the teaching artists and stakeholders.

1. Tell me about your feelings towards the Project?
2. What is your biggest incentive to keep you coming to the Dance Well classes?
3. What do you like/dislike the most in the classes? And why?
4. What changes have you observed after joining the Project, in physical, mental, and social aspects?

The **quantitative data** is collected through multiple tests and questionnaires, in partnership with physiotherapists and researchers. Tests include:

1. Unified Parkinson's Disease Rating Scale Test (UPDRS)
2. Gait analysis
3. Timed Up and Go Test (TUGT)
4. Six-Minute Walk Test (6MWT)
5. Berg Balance Scale (BBS)
6. Dance for Parkinson's Questionnaire

香港演藝學院
賽馬會「觸動」舞蹈計劃 -- 研究項目

本研究透過收集參與賽馬會「觸動」舞蹈計劃 (下稱計劃) 研究項目的柏金遜症患者的量化及質化數據，評估舞蹈如何影響柏金遜症患者的身體機能，心理及社交方面的狀態。

研究團隊:

團隊領導： 陳頌瑛教授 [香港演藝學院舞蹈學院院長]

研究顧問：Sara Houston 教授 [英國羅漢普頓大學文學院教授(舞蹈及社群參與)]

研究人員：

1. 敖君龍 [香港演藝學院舞蹈學院講師(舞蹈科學)]
2. 余曉彤 [香港演藝學院舞蹈學院講師(舞蹈科學)]
3. 黃穎欣 [研究助理]
4. 司徒正浩 [研究助理] (2022 年 6 月至 2023 年 6 月)
5. 曾思朗 [研究助理] (2022 年 6 月至 2023 年 4 月)

研究方法:

研究已獲得香港演藝學院研究倫理委員會的倫理批准，所有參與者須在研究開始前，提供書面形式的收集資料同意書。 參與者的個人資訊均不會披露於研究報告中，所有數據僅由研究人員團隊可檢閱。 研究活動純屬自願性質，參與者有權在研究的任何階段要求終止。

此計劃的研究項目參考英國羅漢普頓大學 Sara Houston 教授對英國國家芭蕾舞團「Dance for Parkinson's」的研究，採用混合模式收集量化和質化數據，評估舞蹈如何從**身體機能**、**社交**、**心理**和**藝術**的角度影響柏金遜症患者。此研究項目設有對照組作比較，對照組成員在資料收集期間維持日常生活，無須參與「觸動」舞蹈課或其他舞蹈活動。所有課堂出席記錄會被收集並追蹤記錄。

質化數據透過半結構性訪談取得（範例問題如下），並應用主題分析法加以分析。 其他資料收集方式包括觀察舞蹈課堂、錄影、訪問，小組討論及與藝術家導師和相關人士的焦點訪談及探討。

1. 談談您對賽馬會「觸動」舞蹈計劃的感受？
2. 讓您繼續參與「觸動」舞蹈課的最大動力是什麼？
3. 您在課堂上最喜歡/最不喜歡是什麼？為什麼？
4. 您觀察到身體機能、心理和社交方面在加入計劃後有哪些變化？

量化數據由物理治療師和研究人員合作透過多項測試和問卷收集。 測試包括:

1. 統一柏金遜症評定量表 (UPDRS)
2. 步態分析
3. 起身行走測試 (TUGT)
4. 六分鐘行走測試 (6MWT)
5. 伯格氏平衡量表 (BBS)
6. 柏金遜症舞蹈調查問卷

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<u>**Reference 參考資料:**</u>

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