



賽馬會「觸動」舞蹈計劃

Jockey Club Dance Well Project

We cordially invite **people with Parkinson's disease** to participate in a research study by the Hong Kong Academy for Performing Arts. The two-year research study will be conducted simultaneously during the Jockey Club Dance Well Project. By collecting participants' data before and after the Dance Well classes mainly through physical fitness tests, group discussions and questionnaires, the research aims to examine the effects of dance among Parkinson's disease patients on their physical, psychological and social health.

Research Aims:

- Measure the progression of Parkinson's disease patients throughout the Dance Well classes
- Examine how dance can affect participants' physical, mental and social conditions
- Evaluate how dance can affect participants' daily life and improve their quality of life
- Examine the relation between dance experience, self-perception, and self-efficacy

The research findings will facilitate the arts, social welfare and medical sectors to better understand how dance can positively affect the physical, mental and social development of people with Parkinson's disease. Therefore, your participation is vital for this research.

The subject of this research study is people with Parkinson's, and it will be conducted by comparing the control group with the experimental group. During the research period, participants will be required to complete 5 test sessions, including questionnaires, group discussions, interviews, dance class observations, videos and a series of physical tests to measure the physical and mental effects of dance, such as gait analysis, cardiovascular fitness tests as well as balance evaluation.

1. Experimental Group: Parkinson's participants in the Dance Well classes during the study period
2. Control Group: Parkinson's participants maintain daily life as usual without involving in any dancing-related activities

Upon completion of the study, participants will receive a brief report and a HK\$500 supermarket voucher, and will also be given registration priority for future Dance Well classes.

The identities of the participants will be kept anonymous and confidential. Participation in the research is voluntary and participants can terminate their participation at any time. The personal information collected will be assigned a specific research code, and all personal information, research codes and information related to other personal identification numbers will be stored in a safe and secure place, and only the Research and Ethics Committee and the research team of the Hong Kong Academy for Performing Arts can verify such information. Your personal information collected in this research will not be disclosed in the research report. The Hong Kong Academy for Performing Arts will retain the personal data for not more than 7 years after the completion of the study.

Registration for Experimental Group: please log in to art-mate's Dance Well Project website for registration.

Registration for Control Group: please log in to <https://bit.ly/3NNo70S>

Contact the Research Team: 2584 8859 (jcdancewell_research@hkapa.edu)

The Hong Kong Academy for Performing Arts reserves the right to accept or reject any registration.