

SCHIZOPHRENIA Factsheet

September 2020

What is dance therapy?

Dance therapy refers to the use of physical movement in a therapeutic context, aiding the expression of emotions and experiences. The American Dance Therapy Association defines dance therapy as the “psychotherapeutic use of movement for furthering emotional, social, cognitive and physical integration of the individual.” Dance therapy does not entail any specific or choreographed therapeutic ‘dance’; instead, the therapeutic nature of dance is completely individualised, and guided by a therapist based on an individual’s needs.

What is the evidence for dance therapy for schizophrenia?

Moderate to low quality evidence suggests dance therapy may have a small benefit for reducing negative symptom severity. The ‘negative symptoms’ of schizophrenia refer to an absence of normal functions. These include a scarcity of facial expressions of emotion, reduced frequency and range of gestures and voice modulation, restricted eye contact, poverty of speech, reduced social interaction, reduced motivation, poor hygiene, and reduced experience of pleasure often manifesting as scarcity of recreation, inability to experience closeness, and reduced interest in any sexual activity.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.