

Dance games and flourishing mental health in young women**Ethics approval number: (S/16/881)****Purpose**

This research is exploring how different social modes in dance videogames affect the mental health of young women. You will play a dance game by yourself or with someone else in 30-minute sessions for three weeks, answer questions about your wellbeing and your experience, and take part in a focus group about the experiment. Your participation will help us advance knowledge about the wellbeing of women, a population with high prevalence of depression and anxiety (World Health Organization, 2006). Your participation will be rewarded with a \$25 Coles group & Myer gift card.

Participant experience

Your experience in this study will consist in three parts.

Firstly, you will visit the Counselling Services at USC, where you will answer the DASS-21, a questionnaire about your levels of depression, anxiety, and stress (this should take less than 30 minutes).

Secondly, if your DASS-21 levels are normal or mild, you will come to the Engage Research lab (USC) for three consecutive weeks (once a week) to play Just Dance (with the Xbox One and the Kinect sensor v2) for 30 minutes, and answer questionnaires about mental health, wellbeing and your experience during the experiment (around 15 minutes).

Finally you will be to come to the lab once more to take part in a focus group (30 minutes) with the other participant with whom you have danced, or an individual interview. The focus group will be audio recorded and only the research team will access the recording.

Contacts

The research team consists of Chief Investigator Amanda Barreto Cavalcanti, Associate Professor Christian Jones and Dr. Michele Verdonck. Please direct questions to:

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Eligibility requirements

To participate, you should be female, 17-24 years old, and be new to USC, meaning you started your studies at USC in the past 12 months. Students doing a semester abroad are eligible. No experience in dancing or gaming is necessary.

Risks and benefits

There are minimal specific risks involved in this project. Playing a dance videogame may cause fatigue, perspiring, dizziness, or injury, or embarrassment.

Answering questions about mental wellbeing might cause you some discomfort, but a member of the research team will always be available to talk to you if you get upset.

Being in a focus group with another participant might make you a little anxious about expressing yourself and afraid of being judged. To prevent this from happening, the main researcher will always moderate the focus groups so that all participants are always respected and listened, the discussions always stay on topic, and all participants have an opportunity to express their opinions.

If for any reason you should experience any distress that does not pass away quickly after the experiment, please contact USC Student Wellbeing (EG.05 / ph: +61 7 5430 1226), your GP, or call Lifeline (ph: 13 11 14).

Nevertheless there are a number of benefits to participating. You will have an opportunity to have fun and take short breaks from your potentially stressful life. You will engage in physical exercise and be closer to achieve the 150 minutes the World Health Organisation recommends as the ideal weekly amount of moderate-intensity aerobic physical activity (World Health Organization, 2010). Also, you will have an opportunity to make new friends and get to know interesting people.

Moreover the experiment will advance the knowledge about the wellbeing of women, a population with high prevalence of depression and anxiety (World Health Organization, 2006). Finally this research will result in a set of guidelines for social play in dance videogames, to be used as a reference in future game designs.

Participation and consent

Participation in the project is voluntary, and you may discontinue at any time without penalty. It will not be possible to withdraw your responses after you have submitted them, but they will not contain your personal identification. You are asked to sign the consent form to participate. Consent is for the use of your results (not identified by your name) in this project as well as future related research projects.

Confidentiality and results

Your responses to this project will be de-identified. This means that you will be assigned a random number, and it is this number that will be attached to your data, not your name. Non-identifiable results may be presented at external or internal conferences or meetings, or by publication. After the experiment, you may choose to leave your email address, to which a summary of the results will be sent.

Complains / concerns

If you have any complaints about the way this research project is being conducted you can raise them with the Principal Researcher. If you prefer an independent person, contact the Chairperson of the Human Research Ethics Committee at the

University: (c/- the Research Ethics Officer, Office of Research, University of the Sunshine Coast, Maroochydore DC 4558; telephone (07) 5459 4574; email humanethics@usc.edu.au.

References

- World Health Organization. (2006). Gender and women's mental health. *Gender disparities and mental health: The facts*.
- World Health Organization. (2010). Global recommendations on physical activity for health.