

10.16 ‘Wellbeing via dance caught my mind’: A qualitative study exploring health impacts of online dance classes among patients with pulmonary fibrosis.

Vikram Niranjan¹, Giampiero Tarantino¹, Jaspal Kumar², Nicola Cassidy³, Liam Galvin³, Gemma O'Dowd³, Tracey Barnes⁴, Finola O'Neill³, Matthew Cullen³, Ray O'Connor⁵, Andrew O'Regan⁵.

1. UCD, 2. National University of Singapore, 3. Irish Lung Fibrosis Association, Dublin, 4. Dancing for Health CIC, Derbyshire, 5. University of Limerick,

Dance is considered to be an excellent physical activity (PA) to improve physical and mental health outcomes among various groups of patients. This qualitative study aimed to investigate the perspectives of adults living with pulmonary fibrosis (PF) who had participated in a dance intervention.

A group of patients with PF, members of the Irish Lung Fibrosis Association, participated in 75 minutes online dance intervention for eight weeks delivered by an experienced choreographer. An exploratory qualitative study using thematic analysis of semi structured interviews was carried out to understand feasibility as well as health and wellbeing impacts of dancing. Eight participants (6 Female, 2 male; mean age 72.3 years) were recruited. Four key themes emerged: 1) Dance is fun – we're not exercising 2) Improved sense of wellbeing 3) Positive impact of own online social space 4) Connecting dance impacts to clinical health. Overall, our virtual dance intervention was acceptable, enjoyable, preferable, and feasible among participants; who strongly perceived health benefits especially breathing efficiency and mental health improvements for managing their day-to-day struggles with PF. Emerging themes could influence the development and evaluation of dance as an alternate form of PA for patients with PF, exploring its benefits and sustainability.

Keywords: Dance, wellbeing, quality of life, community-engaged research, chronic disease, pulmonary fibrosis, pulmonary diseases. **Authors Contributions:** VN conceptualised, supervised and obtained funding for the study. VN, NC, LG, GOD, ROC, AOR developed the methodology. GT, JK and VN performed data collection and analysis. GT and VN, wrote the manuscript with input from TB, NC, LG, GOD, FON, MC, ROC, AOR and JK. All authors have seen and approved the final version of the manuscript for publication. **Ethics approval and consent to participate:** Ethical approval for this study was granted by the institutional Human Research Ethics Committee – Sciences, UCD with reference no. LS-21-94-Niranjan and all participants provided written informed consent.

Conflict of interests: No author has any conflict of interest.