

**UW LEND Trainee – Leadership Project Proposal  
2023-2024**

**Program:** UW Adult Autism Clinic

**Contact Person:** Gary Stobbe, MD

**Email:** gastobbe@uw.edu

**Phone:** 206-228-2689

**Project Title:** Dance Intervention for Adults with Developmental and/or Intellectual Disabilities

**Describe the Need:**

The Seattle Children’s Alyssa Burnett Adult Life Center (ABC) serves adults 18 and older with intellectual and/or developmental disabilities by providing opportunities for lifelong learning, connection and community involvement at its building located in Bothell, WA. Many of the individuals who participate in the program also have motor disabilities as a result of their conditions. Improved motor ability and personal perception of that ability is associated with greater self-confidence of overall resilience, and may predict participation and performance in cognitive, social and emotional tasks. It remains unclear whether interventions aimed at improving motor skills may simultaneously lead to improvements in self-efficacy and generalized confidence.

Dance has been demonstrated to improve “body functions, emotional expression, social participation and attitudinal change” in children with cerebral palsy. Adults with ASD have also been shown to benefit from dance with respect to body awareness, social skills and psychological well-being.

In addition to objective physical ability, participation in dance classes may also improve perceived physical activity, which is thought to play a large role in the extent to which individuals participate in future physical activity. This in turn may have implications in prevention of cardiovascular disease, diabetes, cancer, obesity, depression and premature death among other benefit. Improved physical competence through dance classes may help individuals perceive themselves as capable of making improvements in other domains, such as psychosocial and behavioral goals.

**Brief Description of Proposed Project:**

Subjects will participate in a weekly dance intervention for 10-weeks and will be compared to an appropriate control group, with both groups completing pre and post surveys to assess feasibility of the intervention along with impact on social communication and quality of life outcomes. The dance intervention and control group (“non-movement” recreation activities

class) will be delivered at the Seattle Children's Alyssa Burnett Adult Life Center (ABC) in Bothell, WA.

**Project Goal and/or Desired Outcome:**

The objective of this study is to:

- a) Determine if a dance intervention is accessible and feasible for adults with intellectual and/or developmental disabilities (IDD).
- b) Explore if a dance intervention in adults with IDD leads to improvements in social or quality of life measures.

**Proposed Roles/Responsibilities of the UW LEND Trainee(s):** *Include number of trainees desired*

1-4 trainees will be trained to assist in obtaining consent and assent from participants and caregivers/guardians, and collecting pre- and post-participation surveys. Survey data will include demographics, as well as the following surveys and assessments: Adult Hope Scale; Lifespan Self-Esteem Scale, WHOQOL-BREF-ID & Disabilities Module; Perceived Stress Scale; Raven's Progressive Matrices; Vineland; and Motor Skills Scale. Training will occur under the supervision of the study PI, co-PI, and other research personnel. 0-4 hours/week will be required to receive necessary training as well as conducting the collection of participant consent and pre- and post-surveys during Fall and Winter quarters of the 2023-24 school year.

**List Any Desired Trainee Prior Experiences or Skills:**

Prior participation in research studies preferred but not required.