

0420

## **The impact of circle dance on well-being: a qualitative study**

Ana Borges da Costa, Diane Cox  
*University of Cumbria, Lancaster, UK*

**Introduction:** Circle dance derives from the tradition of folk dance and historically has been a popular form of dance throughout the world. As a shared occupation, the integration and inclusion of the participants is a fundamental aspect of circle dance.

**Objectives:** This paper provides a brief analytical outline of the first author's doctoral research. The overall focus of this investigation was to develop an understanding of the complexity and meanings that participants attribute to circle dance and its impact on their sense of wellbeing, generating a detailed knowledge of the process of being engaged in this shared occupation.

**Method:** Using a constructivist approach to grounded theory, thirty nine in-depth interviews were conducted with participants, teachers and coordinators of teacher training programmes from the circle dance network in the United Kingdom (UK). The process of analysis culminated with the development of three major categories, representing the occupational experiences of circle dance participants, teachers and training coordinator, and one core category.

**Results:** The findings reflect the occupational experience of a diversity of people, providing an in-depth exploration of how participants realise a sense of meaning, purpose and satisfaction through engagement in circle dance and the potential contribution of this occupation to well-being.

**Conclusion:** This paper will present the findings of this qualitative study and explore its contribution to knowledge, informing occupational therapy practice and advancing occupation-based knowledge in the field of leisure, physical activity and well-being.