

Publications

Complete list of publications included in the scoping review (alphabetical order)

- Agosti, V., Coppola, S., & Vastola, R. (2021). Moving through didactic of human movement and bodily experience: A motion analysis preliminary study. *Journal of Human Sport and Exercise*, *16*, S574–S579. <https://doi.org/10.14198/jhse.2021.16.Proc2.41>
- Aguiñaga, S., Kaushal, N., Balbim, G. M., Wilson, R. S., Wilbur, J. E., Hughes, S., Buchner, D. M., Berbaum, M., McAuley, E., Vásquez, P. M., Marques, I. G., Wang, T., & Marquez, D. X. (2022). Latin dance and working memory: The mediating effects of physical activity among middle-aged and older Latinos. *Frontiers in Aging Neuroscience*, *14*. <https://www.frontiersin.org/articles/10.3389/fnagi.2022.755154>
- Aguiñaga, S., Marques, I. G., Kitsiou, S., Balbim, G. M., Gerber, B. S., Buchholz, S. W., Bustamante, E. E., & Marquez, D. X. (2021). BAILAMOS with mHealth technology! Improving physical activity and well-being in middle-aged and older Latinxs: A pre-post feasibility study. *Health Education & Behavior*, *48*(5), 575–583. <https://doi.org/10.1177/10901981211027517>
- Ambegaonkar, J. P., Matto, H., Ihara, E. S., Tompkins, C., Caswell, S. V., Cortes, N., Davis, R., Coogan, S. M., Fauntroy, V. N., Glass, E., Lee, J., Baraniecki-Zwil, G., & Dhokai, N. (2022). Dance, music, and social conversation program participation positively affects physical and mental health in community-dwelling older adults: A randomized controlled trial. *Journal of Dance Medicine & Science*, *26*(4), 255–264. <https://doi.org/10.12678/1089-313X.121522f>
- Areedomwong, P., Salsalum, S., Phuttanurattana, N., Sripoom, P., Butttagat, V., & Keawduangdee, P. (2019). Balance and functional fitness benefits of a Thai boxing dance program among community-dwelling older adults at risk of falling: A randomized controlled study. *Archives of Gerontology and Geriatrics*, *83*, 231–238. <https://doi.org/10.1016/j.archger.2019.04.010>
- Balazova, Z., Marecek, R., Novakova, L., Nemcova-Elfmarkova, N., Kropacova, S., Brabenec, L., Gmela, R., Vaculikova, P., Svobodova, L., & Rektorova, I. (2021). Dance intervention impact on brain plasticity: A randomized 6-month fMRI study in non-expert older adults. *Frontiers in Aging Neuroscience*, *13*(101525824), 724064. <https://doi.org/10.3389/fnagi.2021.724064>
- Balbim, G. M., Ajilore, O. A., Erickson, K. I., Lamar, M., Aguiñaga, S., Bustamante, E. E., & Marquez, D. X. (2021). The impact of the BAILAMOS™ dance program on brain

- functional connectivity and cognition in older Latino adults: A pilot study. *Journal of Cognitive Enhancement*, 5(1), 1–14. <https://doi.org/10.1007/s41465-020-00185-1>
- Baniqued, P. L., Gallen, C. L., Voss, M. W., Burzynska, A. Z., Wong, C. N., Cooke, G. E., Duffy, K., Fanning, J., Ehlers, D. K., Salerno, E. A., Aguiñaga, S., McAuley, E., Kramer, A. F., & D'Esposito, M. (2018). Brain network modularity predicts exercise-related executive function gains in older adults. *Frontiers in Aging Neuroscience*, 9, 426. <https://doi.org/10.3389/fnagi.2017.00426>
- Bennett, C. G., Angel, N., & Hackney, M. E. (2020). Mismatch between subjective and objective motor improvements with adapted tango intervention in older adults. *Physiotherapy Research International*, 25(3), e1835. <https://doi.org/10.1002/pri.1835>
- Bennett, C. G., & Hackney, M. E. (2018). Effects of line dancing on physical function and perceived limitation in older adults with self-reported mobility limitations. *Disability and Rehabilitation*, 40(11), 1259–1265. <https://doi.org/10.1080/09638288.2017.1294207>
- Borges, E. G. da S., Cader, S. A., Vale, R. G. de S., Cruz, T. H. P., Carvalho, M. C. de G. de A., Pinto, F. M., & Dantas, E. H. M. (2012). The effect of ballroom dance on balance and functional autonomy among the isolated elderly. *Archives of Gerontology and Geriatrics*, 55(2), 492–496.
- Bracco, L., Cornaro, C., Pinto-Carral, A., Koch, S. C., & Mourey, F. (2023). Tango-therapy intervention for older adults with cognitive impairment living in nursing homes: Effects on quality of life, physical abilities and gait. *International Journal of Environmental Research and Public Health*, 20(4), Article 4. <https://doi.org/10.3390/ijerph20043521>
- Britten, L., Addington, C., & Astill, S. (2017). Dancing in time: Feasibility and acceptability of a contemporary dance programme to modify risk factors for falling in community dwelling older adults. *BMC Geriatrics*, 17(1), 83. <https://doi.org/10.1186/s12877-017-0476-6>
- Britten, L., Pina, I., Nykjaer, C., & Astill, S. (2023). Dance on: A mixed-method study into the feasibility and effectiveness of a dance programme to increase physical activity levels and wellbeing in adults and older adults. *BMC Geriatrics*, 23(1), 48. <https://doi.org/10.1186/s12877-022-03646-8>
- Brustio, P. R., Liubicich, M. E., Chiabrero, M., & Rabaglietti, E. (2018). Dancing in the golden age: A study on physical function, quality of life, and social engagement. *Geriatric Nursing (New York, N.Y.)*, 39(6), 635–639. <https://doi.org/10.1016/j.gerinurse.2018.04.013>
- Bungay, H., Hughes, S., Jacobs, C., & Zhang, J. (2022). Dance for health: The impact of creative dance sessions on older people in an acute hospital setting. *Arts & Health*, 14(1), 1–13. <https://doi.org/10.1080/17533015.2020.1725072>

- Bungay, H., & Jacobs, C. (2020). Dance for health: The perceptions of healthcare professionals of the impact of music and movement sessions for older people in acute hospital settings. *International Journal of Older People Nursing*, 15(4), e12342. <https://doi.org/10.1111/opn.12342>
- Buransri, M., & Phanpheng, Y. (2021). Effects of traditional Srichiangmai dance on balance and mobility in the elderly. *Muscles, Ligaments & Tendons Journal*, 11(2), 215–222. <https://doi.org/10.32098/mltj.02.2021.02>
- Burzynska, A. Z., Jiao, Y., Knecht, A. M., Fanning, J., Awick, E. A., Chen, T., Gothe, N., Voss, M. W., McAuley, E., & Kramer, A. F. (2017). White matter integrity declined over 6-months, but dance intervention improved integrity of the fornix of older adults. *Frontiers in Aging Neuroscience*, 9(101525824), 59. <https://doi.org/10.3389/fnagi.2017.00059>
- Cepeda, C. C. P., Lodovico, A., Fowler, N., & Rodacki, A. L. F. (2015). Effect of an eight-week Ballroom dancing program on muscle architecture in older adult females. *Journal of Aging and Physical Activity*, 23(4), 607–612. <https://doi.org/10.1123/japa.2014-0101>
- Cheng, L., Chang, S., Gao, Z., Wang, C., Wu, C., & Yu, L. (2019). Effects of different exercise methods at the same intensity on bone mineral density of lumbar vertebrae and proximal femur in elderly women. *Medicina Dello Sport*, 72(1), 37–46. <https://doi.org/10.23736/S0025-7826.18.03432-4>
- Chutimakul, L., Sukonthasab, S., Kritpet, T., & Vannalee, C. (2018). Effect of modified Khon dance performance on functional fitness in older Thai persons. *Journal of Health Research*, 32(6), 432–439. <https://doi.org/10.1108/JHR-05-2018-0009>
- Clifford, A. M., Shanahan, J., O'Leary, H., O'Neill, D., & Ni Bhriain, O. (2019). Social dance for health and wellbeing in later life. *Complementary Therapies in Clinical Practice*, 37, 6–10. <https://doi.org/10.1016/j.ctcp.2019.07.006>
- Coelho, P., Marmeleira, J., Cruz-Ferreira, A., Laranjo, L., Pereira, C., & Bravo, J. (2022). Creative dance associated with traditional Portuguese singing as a strategy for active aging: A comparative cross-sectional study. *BMC Public Health*, 22(1), 2334–2334. <https://doi.org/10.1186/s12889-022-12978-4>
- Coogan, S. M., Dhokai, N., Baraniecki-Zwil, G., Glass, E., & Ambegaonkar, J. P. (2023). Motivation and determinants for successful engagement among community-dwelling older adults participating in a ballroom dance program. *Journal of Dance Education*, 23(1), 57–67. <https://doi.org/10.1080/15290824.2021.1896720>
- Coubard, O. A., Duretz, S., Lefebvre, V., Lapalus, P., & Ferrufino, L. (2011). Practice of contemporary dance improves cognitive flexibility in aging. *Frontiers in Aging Neuroscience*, 3(101525824), 13. <https://doi.org/10.3389/fnagi.2011.00013>

- Cruz-Ferreira, A., Marmeleira, J., Formigo, A., Gomes, D., & Fernandes, J. (2015). Creative dance improves physical fitness and life satisfaction in older women. *Research on Aging, 37*(8), 837–855. <https://doi.org/10.1177/0164027514568103>
- da Silva Borges, E. G., de Souza Vale, R. G., Cader, S. A., Leal, S., Miguel, F., Pernambuco, C. S., & Dantas, E. H. M. (2014). Postural balance and falls in elderly nursing home residents enrolled in a ballroom dancing program. *Archives of Gerontology and Geriatrics, 59*(2), 312–316. <https://doi.org/10.1016/j.archger.2014.03.013>
- Dhokai, N., Matto, H., Ihara, E. S., Tompkins, C. J., Caswell, S. V., Cortes, N., Davis, R., Coogan, S. M., Fauntroy, V. N., Glass, E., Lee, J. (Moon), Baraniecki-Zwil, G., & Ambegaonkar, J. P. (2023). Community arts engagement supports perceptions of personal growth in older adults. *Journal of Aging Studies, 66*, 101142. <https://doi.org/10.1016/j.jaging.2023.101142>
- Douka, S., Zilidou, V. I., Lilou, O., & Manou, V. (2019). Traditional dance improves the physical fitness and well-being of the elderly. *Frontiers in Aging Neuroscience, 11*(101525824), 75. <https://doi.org/10.3389/fnagi.2019.00075>
- Douka, S., Zilidou, V. I., Lilou, O., & Tsolaki, M. (2019). Greek traditional dances: A way to support intellectual, psychological, and motor functions in senior citizens at risk of neurodegeneration. *Frontiers in Aging Neuroscience, 11*(6). <https://doi.org/10.3389/fnagi.2019.00006>
- Ehlers, D. K., Daugherty, A. M., Burzynska, A. Z., Fanning, J., Awick, E. A., Chaddock-Heyman, L., Kramer, A. F., & McAuley, E. (2017). Regional brain volumes moderate, but do not mediate, the effects of group-based exercise training on reductions in loneliness in older adults. *Frontiers in Aging Neuroscience, 9*(101525824), 110. <https://doi.org/10.3389/fnagi.2017.00110>
- Ehlers, D. K., Fanning, J., Awick, E. A., Kramer, A. F., & McAuley, E. (2016). Contamination by an active control condition in a randomized exercise trial. *PLOS ONE, 11*(10), e0164246. <https://doi.org/10.1371/journal.pone.0164246>
- Esmail, A., Vrinceanu, T., Lussier, M., Predovan, D., Berryman, N., Houle, J., Karelis, A., Grenier, S., Minh Vu, T. T., Villalpando, J. M., & Bherer, L. (2020). Effects of dance/movement training vs. aerobic exercise training on cognition, physical fitness and quality of life in older adults: A randomized controlled trial. *Journal of Bodywork and Movement Therapies, 24*(1), 212–220. <https://doi.org/10.1016/j.jbmt.2019.05.004>
- Eyigor, S., Karapolat, H., Durmaz, B., Ibisoglu, U., & Cakir, S. (2009). A randomized controlled trial of Turkish folklore dance on the physical performance, balance, depression and quality of life in older women. *Archives of Gerontology and Geriatrics, 48*(1), 84–88.

- Fanning, J. T., Barnstaple, R., Babcock, P., Black, A., Collier, N., Linville, M. C., McGee, C., Morgan, A. R., Rice, P., Thomas, J. T., Thumuluri, D., Vogeley, A., Laurita-Spanglet, J., Hugenschmidt, C. E., & Soriano, C. T. (2023). Virtual delivery of improvisational movement and social engagement interventions in the IMOVE trial during the COVID-19 pandemic. *Contemporary Clinical Trials Communications*, 33, 101102. <https://doi.org/10.1016/j.conctc.2023.101102>
- Farmer, C., Laws, H., Eldon, S., & Maliphant, R. (2022). Relationships between dance, health and aesthetic performance in a company of mature dancers: An exploratory study. *Journal of Dance & Somatic Practices*, 14(2), 197–216. https://doi.org/10.1386/jdsp_00084_1
- Fausto, B. A., Azimipour, S., Charles, L., Yarborough, C., Grullon, K., Hokett, E., Duberstein, P. R., & Gluck, M. A. (2022). Cardio-dance exercise to improve cognition and mood in older African Americans: A propensity-matched cohort study. *Journal of Applied Gerontology*, 41(2), 496–505. <https://doi.org/10.1177/073346482110105>
- Federici, A., Bellagamba, S., & Rocchi, M. B. L. (2005). Does dance-based training improve balance in adult and young old subjects? A pilot randomized controlled trial. *Aging Clinical and Experimental Research*, 17(5), 385–389.
- Ferrufino, L., Bril, B., Dietrich, G., Nonaka, T., & Coubard, O. A. (2011). Practice of contemporary dance promotes stochastic postural control in aging. *Frontiers in Human Neuroscience*, 5(101477954), 169. <https://doi.org/10.3389/fnhum.2011.00169>
- Filar-Mierzwa, K., Dlugosz, M., Marchewka, A., Dabrowski, Z., & Poznanska, A. (2017). The effect of dance therapy on the balance of women over 60 years of age: The influence of dance therapy for the elderly. *Journal of Women & Aging*, 29(4), 348–355. <https://doi.org/10.1080/08952841.2016.1194689>
- Filar-Mierzwa, K., Dlugosz-Bos, M., Marchewka, A., & Aleksander-Szymanowicz, P. (2021). Effect of different forms of physical activity on balance in older women. *Journal of Women & Aging*, 33(5), 487–502. <https://doi.org/10.1080/08952841.2020.1718579>
- Filar-Mierzwa, K., Marchewka, A., Bac, A., Kulis, A., Dabrowski, Z., & Teleglow, A. (2017). Effects of dance therapy on the selected hematological and rheological indicators in older women. *Clinical Hemorheology and Microcirculation*, 66(2), 157–165. <https://doi.org/10.3233/CH-160241>
- Filar-Mierzwa, K., Marchewka, A., Dabrowski, Z., Bac, A., & Marchewka, J. (2019). Effects of dance movement therapy on the rheological properties of blood in elderly women. *Clinical Hemorheology and Microcirculation*, 72(2), 211–219. <https://doi.org/10.3233/CH-180470>
- Filar-Mierzwa, K., Marchewka, A., Dabrowski, Z., Wójcik, B., Superata, J., & Poznańska, A. (2014). Effects of rehabilitation in the form of dance and movement therapy on nitric

oxide levels in elderly woman. *Medicina Sportiva*, 18(4), 130–133.

<https://doi.org/10.5604/17342260.1127308>

Franchi, M. V., Badiali, F., Sarto, F., Muller, P., Muller, N. G., Rehfeld, K., Monti, E., Rankin, D., Longo, S., Lund, J., Hokelmann, A., & Narici, M. (2022). Neuromuscular aging: A case for the neuroprotective effects of dancing. *Gerontology*, *fbp*, 7601655, 1–9.

<https://doi.org/10.1159/000524843>

Franco, M. R., Sherrington, C., Tiedemann, A., Pereira, L. S., Perracini, M. R., Faria, C. S. G., Negrao-Filho, R. F., Pinto, R. Z., & Pastre, C. M. (2020). Effect of senior dance (DanSE) on fall risk factors in older adults: A randomized controlled trial. *Physical Therapy*, 100(4), 600–608. <https://doi.org/10.1093/ptj/pzz187>

Garcia Gouvêa, J. A., Dias Antunes, M., Bortolozzi, F., Marques, A. G., & Marques Gomes Bertolini, S. M. (2017). Impact of senior dance on emotional and motor parameters and quality of life of the elderly. *Rev Rene*, 18(1), 51–58.

<https://doi.org/10.15253/2175-6783.2017000100008>

Goldberg, W. G., & Fitzpatrick, J. J. (1980). Movement therapy with the aged. *Nursing Research*, 29(6), 339–346.

Granacher, U., Muehlbauer, T., Bridenbaugh, S. A., Wolf, M., Roth, R., Gschwind, Y., Wolf, I., Mata, R., & Kressig, R. W. (2012). Effects of a salsa dance training on balance and strength performance in older adults. *Gerontology*, 58(4), 305–312.

<https://doi.org/10.1159/000334814>

Guzman, J., Aguinaga, S., Balbim, G. M., Lamar, M., Marques, I. G., & Marquez, D. X. (2021). The effects of the BAILAMOS dance program on hippocampal volume in older Latinos: A randomized controlled pilot study. *Translational Behavioral Medicine*, 11(10), 1857–1862. <https://doi.org/10.1093/tbm/ibab009>

Hackney, M. E., Byers, C., Butler, G., Sweeney, M., Rossbach, L., & Bozzorg, A. (2015). Adapted Tango improves mobility, motor-cognitive function, and gait but not cognition in older adults in independent living. *Journal of the American Geriatrics Society*, 63(10), 2105–2113. <https://doi.org/10.1111/jgs.13650>

Hackney, M. E., Kantorovich, S., & Earhart, G. M. (2007). A study on the effects of Argentine tango as a form of partnered dance for those with Parkinson Disease and the healthy elderly. *American Journal of Dance Therapy*, 29(2), 109–127.

<https://doi.org/10.1007/s10465-007-9039-2>

Hamacher, D., Hamacher, D., Rehfeld, K., Hokelmann, A., & Schega, L. (2015). The effect of a six-month dancing program on motor-cognitive dual-task performance in older adults. *Journal of Aging and Physical Activity*, 23(4), 647–652.

<https://doi.org/10.1123/japa.2014-0067>

- Hamacher, D., Hamacher, D., Rehfeld, K., & Schega, L. (2016). Motor-cognitive dual-task training improves local dynamic stability of normal walking in older individuals. *Clinical Biomechanics*, 32, 138–141. <https://doi.org/10.1016/j.clinbiomech.2015.11.021>
- Hamburg, J., & Clair, A. A. (2003). The effects of a Laban-based movement program with music on measures of balance and gait in older adults. *Activities, Adaptation & Aging*, 28(1), 17–33.
- Hewston, P., Kennedy, C., Ioannidis, G., Merom, D., Hladysz, G., Marr, S., Lee, J., Sztramko, R., Trainor, L., Grenier, A., Woolhouse, M. H., Patterson, C., & Papaioannou, A. (2022). Development of GERAS DANcing for cognition and exercise (DANCE): A feasibility study. *Pilot and Feasibility Studies*, 8(1), Article 1. <https://doi.org/10.1186/s40814-021-00956-3>
- Ho, V., Li, X., & Smith, G. D. (2022). An exploratory study to assess the impact of a chair-based dance intervention among older people with depressive symptoms in residential care. *Topics in Geriatric Rehabilitation*, 38(2), 131–139. <https://doi.org/10.1097/TGR.0000000000000354>
- Hofgaard, J., Ermidis, G., & Mohr, M. (2019). Effects of a 6-week Faroese chain dance programme on postural balance, physical function, and health profile in elderly subjects: A pilot study. *BioMed Research International*, 2019, 1–9. <https://doi.org/10.1155/2019/5392970>
- Holmerova, I., Machacova, K., Vankova, H., Veleta, P., Juraskova, B., Hrniciarikova, D., Volicer, L., & Andel, R. (2010). Effect of the Exercise Dance for Seniors (EXDASE) program on lower-body functioning among institutionalized older adults. *Journal of Aging and Health*, 22(1), 106–119. <https://doi.org/10.1177/0898264309351738>
- Hopkins, D. R., Murrah, B., Werner, W., Hoeger, K., & Colbert Rhodes, R. (1990). Effect of low-impact aerobic dance on the functional fitness of elderly women. *The Gerontologist*, 30(2), 189–192. <https://doi.org/10.1093/geront/30.2.189>
- Hui, E., Chui, B. T., & Woo, J. (2009). Effects of dance on physical and psychological well-being in older persons. *Archives of Gerontology and Geriatrics*, 49(1), e45-50. <https://doi.org/10.1016/j.archger.2008.08.006>
- Hyodo, K., Kidokoro, T., Yamaguchi, D., Iida, M., Watanabe, Y., Ueno, A., Noda, T., Kawahara, K., Nishida, S., Kai, Y., & Arao, T. (2023). Feasibility, safety, enjoyment, and system usability of web-based aerobic dance exercise program in older adults: Single-arm pilot study. *JMIR Aging*, 6(e39898). <https://doi.org/10.2196/39898>
- Janyacharoen, T., Laophosri, M., Kanpittaya, J., Auvichayapat, P., & Sawanyawisuth, K. (2013). Physical performance in recently aged adults after 6 weeks traditional Thai

- dance: A randomized controlled trial. *Clinical Interventions in Aging*, 8(101273480), 855–859. <https://doi.org/10.2147/CIA.S41076>
- Jeffrey, A., Markula, P., & Story, C. (2022). Women's articulations of aging: "Learning to be affected" through experiences in recreational ballet. *Frontiers in Sports and Active Living*, 4(795956). <https://doi.org/10.3389/fspor.2022.795956>
- Jong, Y.-M., Lee, M.-S., & Lee, J.-K. (2018). Effects of participation in DanceSports program on age identity, existential identity, and ego integrity of the elderly in South Korea. *Indian Journal of Public Health Research and Development*, 9(11), 1076–1079. <https://doi.org/10.5958/0976-5506.2018.01599.1>
- Joung, H. J., & Lee, Y. (2019). Effect of creative dance on fitness, functional balance, and mobility control in the elderly. *Gerontology*, 65(5), 537–546. <https://doi.org/10.1159/000499402>
- Kaewjoho, C., Mato, L., Thaweewannakij, T., Nakmareong, S., Phadungkit, S., Gaogasigam, C., & Amatachaya, S. (2020). Thai dance exercises benefited functional mobility and fall rates among community-dwelling older individuals. *Hong Kong Physiotherapy Journal*, 40(1), 19–27. <https://doi.org/10.1142/S1013702520500031>
- Kattenstroth, J.-C., Kalisch, T., Holt, S., Tegenthoff, M., & Dinse, H. R. (2013). Six months of dance intervention enhances postural, sensorimotor, and cognitive performance in elderly without affecting cardio-respiratory functions. *Frontiers in Aging Neuroscience*, 5, 5. <https://doi.org/10.3389/fnagi.2013.00005>
- Kennedy, C. C., Hewston, P., Ioannidis, G., Egbujie, B., Marr, S., Negm, A., Lee, J., Hladys, G., Sztramko, R., Woo, T., Misiaszek, B., Patterson, C., & Papaioannou, A. (2022). Effect of the GERAS DANcing for cognition and exercise program on physical function in older adults. *Journal of Aging and Physical Activity*, 31(2), 182–190. <https://doi.org/10.1123/japa.2021-0504>
- Kim, S.-M., Park, H.-J., Min, B.-J., & So, W.-Y. (2018). Effects of a Korean traditional dance program on health-related fitness and blood lipid profiles in Korean elderly females. *Iranian Journal of Public Health*, 47(1), 127–129.
- Kluge, M., Tang, A., Glick, L., LeCompte, M., & Willis, B. (2012). Let's Keep Moving: A dance movement class for older women recently relocated to a continuing care retirement community (CCRC). *Arts & Health*, 4(1), 4–15. <https://doi.org/10.1080/17533015.2010.551717>
- Kosmat, H., & Vranic, A. (2017). The efficacy of a dance intervention as cognitive training for the old-old. *Journal of Aging and Physical Activity*, 25(1), 32–40. <https://doi.org/10.1123/japa.2015-0264>

- Krampe, J. (2013). Exploring the effects of dance-based therapy on balance and mobility in older adults. *Western Journal of Nursing Research*, 35(1), 39–56.
<https://doi.org/10.1177/0193945911423266>
- Krampe, J., Miller, S. J., Echebiri, C., Rantz, M. J., & Skubic, M. (2014). Nighttime restfulness during daytime dance therapy: An exploratory study using bed sensors. *Western Journal of Nursing Research*, 36(3), 362–373.
<https://doi.org/10.1177/0193945913503716>
- Krampe, J., Wagner, J. M., Hawthorne, K., Sanazaro, D., Wong-Anuchit, C., Budhathoki, C., Lorenz, R. A., & Raaf, S. (2014). Does dance-based therapy increase gait speed in older adults with chronic lower extremity pain: A feasibility study. *Geriatric Nursing*, 35(5), 339–344. <https://doi.org/10.1016/j.gerinurse.2014.03.008>
- Kropacova, S., Mitterova, K., Klobusiakova, P., Brabenec, L., Anderkova, L., Nemcova-Elfmarkova, N., Balazova, Z., Rektor, I., Grmela, R., Svobodová, L., Vaculikova, P., & Rektorova, I. (2019). Cognitive effects of dance-movement intervention in a mixed group of seniors are not dependent on hippocampal atrophy. *Journal of Neural Transmission*, 126(11), 1455–1463. <https://doi.org/10.1007/s00702-019-02068-y>
- Li, H., Qiu, X., Yang, Z., Zhang, Z., Wang, G., Kim, Y., & Kim, S. (2022). Effects of Cha-cha dance training on the balance ability of the healthy elderly. *International Journal of Environmental Research and Public Health*, 19(13535).
<https://doi.org/10.3390/ijerph192013535>
- Lima, M. M. S., & Vieira, A. P. (2007). Ballroom dance as therapy for the elderly in Brazil. *American Journal of Dance Therapy*, 29(2), 129–142. <https://doi.org/10.1007/s10465-007-9040-9>
- Lin, L.-J., McClear, E., & Tabourne, C. E. S. (2008). The outcomes of therapeutic dance movement on physical and emotional functioning for elderly people. *American Journal of Recreation Therapy*, 7(1), 25–34.
- Lu, T., Song, Q.-H., Xu, R.-M., Guo, Y.-H., Wang, F., Hu, J.-P., Wang, Y., & Zhang, L.-Y. (2015). Dance combined with magnetic pulse stimulates the ability of walk and balance in elder people. *International Journal of Clinical and Experimental Medicine*, 8(3), 4381–4386.
- Machacova, K., Vankova, H., Volicer, L., Veleta, P., & Holmerova, I. (2017). Dance as prevention of late life functional decline among nursing home residents. *Journal of Applied Gerontology*, 36(12), 1453–1470. <https://doi.org/10.1177/0733464815602111>
- Marchewka, A., Filar-Mierzwa, K., Dąbrowski, Z., & Teległó, A. (2015). Effects of rhythmic exercise performed to music on the rheological properties of blood in women over 60 years of age. *Clinical Hemorheology and Microcirculation*, 60(4), 363–373.
<https://doi.org/10.3233/CH-131793>

- Marmeleira, J. F., Pereira, C., Cruz-Ferreira, A., Fretes, V., Pisco, R., & Fernandes, O. M. (2009). Creative dance can enhance proprioception in older adults. *The Journal of Sports Medicine and Physical Fitness*, 49(4), 480–485.
- Marquez, D. X., Bustamante, E. E., Aguiñaga, S., & Hernandez, R. (2015). BAILAMOS©: Development, pilot testing, and future directions of a Latin dance program for older Latinos. *Health Education & Behavior*, 42(5), 604–610. <https://doi.org/10.1177/1090198114543006>
- Marquez, D. X., Wilbur, J., Hughes, S., Wilson, R., Buchner, D. M., Berbaum, M. L., McAuley, E., Aguiñaga, S., Balbim, G. M., Vásquez, P. M., Marques, I. G., Wang, T., & Kaushal, N. (2022). BAILA: A randomized controlled trial of Latin dancing to increase physical activity in Spanish-speaking older Latinos. *Annals of Behavioral Medicine*, 56(12), 1231–1243. <https://doi.org/10.1093/abm/kaac009>
- Marquez, D. X., Wilson, R., Aguinaga, S., Vasquez, P., Fogg, L., Yang, Z., Wilbur, J., Hughes, S., & Spanbauer, C. (2017). Regular Latin dancing and health education may improve cognition of late middle-aged and older Latinos. *Journal of Aging and Physical Activity*, 25(3), 482–489. <https://doi.org/10.1123/japa.2016-0049>
- Martin-Wylie, E., Urmston, E., & Redding, E. (2022). Impact of creative dance on subjective well-being amongst older adults: An arts-informed photo-elicitation study. *Arts & Health*, 16(1), 1–17. <https://doi.org/10.1080/17533015.2022.2156562>
- Matto, H., Ihara, E., Tompkins, C., McNeil, K., Lopez-Piper, A., Eber, M., Dhokai, N., Davis, R., Cortes, N., Caswell, S., Coogan, S., Fauntroy, V., Glass, E., Baraniecki-Zwil, G., & Ambegaonkar, J. (2021). A novel participant-empowered pedagogical approach to engage and retain control group participants in arts-based randomized controlled trials. *Families in Society: The Journal of Contemporary Social Services*, 102(4), 529–537. <https://doi.org/10.1177/1044389421997356>
- Mavrovouniotis, F. H., Argiriadou, E. A., & Papaioannou, C. S. (2010). Greek traditional dances and quality of old people's life. *Journal of Bodywork & Movement Therapies*, 14(3), 209–218. <https://doi.org/10.1016/j.jbmt.2008.11.005>
- McKinley, P., Jacobson, A., Leroux, A., Bednarczyk, V., Rossignol, M., & Fung, J. (2008). Effect of a community-based Argentine tango dance program on functional balance and confidence in older adults. *Journal of Aging and Physical Activity*, 16(4), 435–453.
- Mendez Colmenares, A., Voss, M. W., Fanning, J., Salerno, E. A., Gothe, N. P., Thomas, M. L., McAuley, E., Kramer, A. F., & Burzynska, A. Z. (2021). White matter plasticity in healthy older adults: The effects of aerobic exercise. *NeuroImage*, 239(cpp, 9215515), 118305. <https://doi.org/10.1016/j.neuroimage.2021.118305>

- Meng, X., Li, G., Zhang, G., Yin, H., Jia, Y., Wang, S., Shang, B., Wang, C., & Chen, L. (2020). Effects of dance intervention on frailty among older adults. *Archives of Gerontology and Geriatrics*, *88*(8214379, 7ax), 104001. <https://doi.org/10.1016/j.archger.2019.104001>
- Merom, D., Grunseit, A., Eramudugolla, R., Jefferis, B., Mcneill, J., & Anstey, K. J. (2016). Cognitive benefits of social dancing and walking in old age: The Dancing Mind randomized controlled trial. *Frontiers in Aging Neuroscience*, *8*, 26. <https://doi.org/10.3389/fnagi.2016.00026>
- Merom, D., Mathieu, E., Cerin, E., Morton, R. L., Simpson, J. M., Rissel, C., Anstey, K. J., Sherrington, C., Lord, S. R., & Cumming, R. G. (2016). Social dancing and incidence of falls in older adults: A cluster randomised controlled trial. *PLOS MEDICINE*, *13*(8), e1002112. <https://doi.org/10.1371/journal.pmed.1002112>
- Minsterova, A. S., Klobusiakova, P., Kropacova, S., Novakova, L., Brabenec, L., Balazova, Z., Grmela, R., Skotakova, A., Svobodova, L., & Rektorova, I. (2020). Multishell diffusion MRI reflects improved physical fitness induced by dance intervention. *Neural Plasticity*, *2020*, 1–9. <https://doi.org/10.1155/2020/8836925>
- Mitterova, K., Klobusiakova, P., Sejnoha Minsterova, A., Kropacova, S., Balazova, Z., Tocik, J., Vaculikova, P., Skotakova, A., Grmela, R., & Rektorova, I. (2021). Impact of cognitive reserve on dance intervention-induced changes in brain plasticity. *Scientific Reports*, *11*(1), 18527. <https://doi.org/10.1038/s41598-021-97323-2>
- Muller, P., Rehfeld, K., Schmicker, M., Hokelmann, A., Dordevic, M., Lessmann, V., Brigadski, T., Kaufmann, J., & Muller, N. G. (2017). Evolution of neuroplasticity in response to physical activity in old age: The case for dancing. *Frontiers in Aging Neuroscience*, *9*(101525824), 56. <https://doi.org/10.3389/fnagi.2017.00056>
- Noopud, P., Suputtitada, A., Khongprasert, S., & Kanungsukkasem, V. (2019). Effects of Thai traditional dance on balance performance in daily life among older women. *Aging Clinical and Experimental Research*, *31*(7), 961–967. <https://doi.org/10.1007/s40520-018-1040-8>
- Nur, K. R. M., Susanto, T., Yunanto, R. A., Susumaningrum, L. A., & Rasni, H. (2022). Traditional dance “Molong Kopi” for maintaining of health status among older adults in long-term care of Indonesia. *Working with Older People*, *26*(3), 238–245. <https://doi.org/10.1108/WWOP-04-2021-0017>
- Oliveira, B. R. R., Matos, I. C., Maranhão Neto, G. A., Rodrigues, F., Monteiro, D., Lattari, E., & Machado, S. (2021). A 16-week intervention on mood and life quality in elderly: Testing two exercise programs. *Cuadernos de Psicología Del Deporte*, *21*(2), 24–31.
- Osgood, N. J., Meyers, B. S., & Orchowsky, S. (1990). The impact of creative dance and movement training on the life satisfaction of older adults: An exploratory study.

Journal of Applied Gerontology, 9(3), 255–265.

<https://doi.org/10.1177/073346489000900302>

- Overdorf, V., Kollia, B., Makarec, K., & Alleva Szeles, C. (2016). The relationship between physical activity and depressive symptoms in healthy older women. *Gerontology & Geriatric Medicine*, 2(101662571), 2333721415626859. <https://doi.org/10.1177/2333721415626859>
- Pacheco, E., Hoyos, D. P., Watt, W. J., Lema, L., & Arango, C. M. (2016). Feasibility study: Colombian Caribbean folk dances to increase physical fitness and health-related quality of life in older women. *Journal of Aging and Physical Activity*, 24(2), 284–289. <https://doi.org/10.1123/japa.2015-0012>
- Paglione, V., Kenny, S. J., McDonough, M. H., Din, C., & White, K. (2023). Movement, music, and connection: Older adults' experiences of community dance. *Activities, Adaptation & Aging*, 1–23. <https://doi.org/10.1080/01924788.2023.2191097>
- Paglione, V., Magrath, J., McDonough, M. H., Din, C., & Kenny, S. J. (2023). 'Promoting wellness, having fun, and creating community': A dance instructor's pedagogical practices and perspectives on the influence of community dance classes for older adults. *Research in Dance Education*, 1–18. <https://doi.org/10.1080/14647893.2022.2159359>
- Pilch, W. B., Mucha, D. M., Pałka, T. A., Suder, A. E., Piotrowska, A. M., Tyka, A. K., Tota, Ł. M., & Ambrozy, T. (2015). The influence of a 12-week program of physical activity on changes in body composition and lipid and carbohydrate status in postmenopausal women. *Menopause Review (Przegląd Menopauzalny)*, 14(4), 231–237. <https://doi.org/10.5114/pm.2015.56311>
- Pitluk Barash, M., Shuper Engelhard, E., & Elboim-Gabyzon, M. (2023). Feasibility and effectiveness of a novel intervention integrating physical therapy exercise and Dance Movement Therapy on fall risk in community-dwelling older women: A randomized pilot study. *Healthcare*, 11(8), 1104. <https://doi.org/10.3390/healthcare11081104>
- Pope, J., Helwig, K., Morrison, S., Estep, A., Caswell, S., Ambegaonkar, J., & Cortes, N. (2019). Multifactorial exercise and dance-based interventions are effective in reducing falls risk in community-dwelling older adults: A comparison study. *Gait & Posture*, 70(9416830, dcm), 370–375. <https://doi.org/10.1016/j.gaitpost.2019.03.030>
- Purkart, B., Bertoneclj, B., Podlogar, A., & Pavletic, M. S. (2023). Improving postural stability in active older adults: Argentine Tango dance as an alternative fall-prevention strategy. *Alternative Therapies in Health & Medicine*, 29(5), 201–209.
- Rehfeld, K., Luders, A., Hokelmann, A., Lessmann, V., Kaufmann, J., Brigadski, T., Muller, P., & Muller, N. G. (2018). Dance training is superior to repetitive physical exercise in

- inducing brain plasticity in the elderly. *PLOS ONE*, *13*(7), e0196636.
<https://doi.org/10.1371/journal.pone.0196636>
- Rehfeld, K., Muller, P., Aye, N., Schmicker, M., Dordevic, M., Kaufmann, J., Hokelmann, A., & Muller, N. G. (2017). Dancing or fitness sport? The effects of two training programs on hippocampal plasticity and balance abilities in healthy seniors. *Frontiers in Human Neuroscience*, *11*(101477954), 305. <https://doi.org/10.3389/fnhum.2017.00305>
- Rektorova, I., Klobusiakova, P., Balazova, Z., Kropacova, S., Sejnoha Minsterova, A., Grmela, R., Skotakova, A., & Rektor, I. (2020). Brain structure changes in nondemented seniors after six-month dance-exercise intervention. *Acta Neurologica Scandinavica*, *141*(1), 90–97. <https://doi.org/10.1111/ane.13181>
- Rodacki, A. L. F., Cepeda, C. P. C., Lodovico, A., & Ugrinowitsch, C. (2017). The effects of a dance-based program on the postural control in older women. *Topics in Geriatric Rehabilitation*, *33*(4), 244–249. <https://doi.org/10.1097/TGR.000000000000166>
- Rodrigues-Krause, J., Farinha, J. B., Ramis, T. R., Macedo, R. C. O., Boeno, F. P., Dos Santos, G. C., Vargas, J. J., Lopez, P., Grazioli, R., Costa, R. R., Pinto, R. S., Krause, M., & Reischak-Oliveira, A. (2018). Effects of dancing compared to walking on cardiovascular risk and functional capacity of older women: A randomized controlled trial. *Experimental Gerontology*, *114*, 67–77.
<https://doi.org/10.1016/j.exger.2018.10.015>
- Rodziewicz-Flis, E. A., Kawa, M., Kaczor, J. J., Szaro-Truchan, M., Flis, D. J., Lombardi, G., & Ziemann, E. (2023). Changes in selected exerkines concentration post folk-dance training are accompanied by glucose homeostasis and physical performance improvement in older adults. *Scientific Reports*, *13*(1), 8596.
<https://doi.org/10.1038/s41598-023-35583-w>
- Rodziewicz-Flis, E. A., Kawa, M., Skrobot, W. R., Flis, D. J., Wilczynska, D., Szaro-Truchan, M., Bolek-Adamek, J., & Kaczor, J. J. (2022). The positive impact of 12 weeks of dance and balance training on the circulating amyloid precursor protein and serotonin concentration as well as physical and cognitive abilities in elderly women. *Experimental Gerontology*, *162*, 111746. <https://doi.org/10.1016/j.exger.2022.111746>
- Sampoon, K., Posri, N., & Kittichotpanich, B. (2019). Application of social dance exercise and social support program to improve quality of life for Thai older adults. *Journal of Health Research*, *33*(3), 260–266. <https://doi.org/10.1108/JHR-08-2018-0071>
- Sawami, K., Kimura, M., Kitamura, T., Kawaguchi, M., Furusumi, M., Suishu, C., Morisaki, N., & Hattori, S. (2020). The effect of cognitive dance therapy as dementia prevention. *International Medicine*, *1*(3), 140–146.
<https://doi.org/10.5455/im.302644235>

- Serra, M. M., Alonso, A. C., Peterson, M., Mochizuki, L., Greve, J. M. D., & Garcez-Leme, L. E. (2016). Balance and muscle strength in elderly women who dance Samba. *PLOS ONE*, *11*(12), e0166105. <https://doi.org/10.1371/journal.pone.0166105>
- Serrano-Guzman, M., Aguilar-Ferrandiz, M. E., Valenza, C. M., Ocana-Peinado, F. M., Valenza-Demet, G., & Villaverde-Gutierrez, C. (2016). Effectiveness of a flamenco and sevillanas program to enhance mobility, balance, physical activity, blood pressure, body mass, and quality of life in postmenopausal women living in the community in Spain: A randomized clinical trial. *Menopause*, *23*(9), 965–973. <https://doi.org/10.1097/GME.0000000000000652>
- Shigematsu, R., Chang, M., Yabushita, N., Sakai, T., Nakagaichi, M., Nho, H., & Tanaka, K. (2002). Dance-based aerobic exercise may improve indices of falling risk in older women. *Age and Ageing*, *31*(4), 261–266.
- Silva, K. M. D., Nitschke, R. G., Durand, M. K., Heidemann, I. T. S. B., Tholl, A. D., Rumor, P. C. F., & Moncada, M. J. A. (2022). Circle dance: Integrative and complementary practice in the daily health promotion for older adults. *Revista Brasileira de Enfermagem*, *75* (suppl 4)(e20210003), 1–8. <https://doi.org/10.1590/0034-7167-2021-0003>
- Sofianidis, G., Dimitriou, A.-M., & Hatzitaki, V. (2017). A comparative study of the effects of Pilates and Latin dance on static and dynamic balance in older adults. *Journal of Aging and Physical Activity*, *25*(3), 412–419. <https://doi.org/10.1123/japa.2016-0164>
- Sofianidis, G., Hatzitaki, V., Douka, S., & Grouios, G. (2009). Effect of a 10-week traditional dance program on static and dynamic balance control in elderly adults. *Journal of Aging and Physical Activity*, *17*(2), 167–180.
- Sohn, J., Park, S.-H., & Kim, S. (2018). Effects of DanceSport on walking balance and standing balance among the elderly. *Technology and Health Care*, *26*(S1), S481–S490. <https://doi.org/10.3233/THC-174760>
- Stonnington, C. M., Krell-Roesch, J., Locke, D. E. C., Hentz, J. G., Dueck, A. C., Geda, Y. E., Tariot, P. N., & Caselli, R. J. (2019). Impact of Zumba on cognition and quality of life is independent of APOE4 carrier status in cognitively unimpaired older women: A 6-month randomized controlled pilot study. *American Journal of Alzheimer's Disease and Other Dementias*, *35*, 1–10.
- Tantiwiboonchai, N., & Kritpet, T. (2017). Effects of Muay Thai aerobic dance on biochemical bone markers and physical fitness in elderly women. *Journal of Exercise Physiology Online*, *20*(1), 188–199.
- Thornberg, K., Lindquist, I., & Josephsson, S. (2012). Experiences of healthy elderly participating in a creative dance workshop. *Advances in Physiotherapy*, *14*(2), 71–77. <https://doi.org/10.3109/14038196.2012.662696>

- Vaccaro, M. G., Izzo, G., Ilacqua, A., Migliaccio, S., Baldari, C., Guidetti, L., Lenzi, A., Quattrone, A., Aversa, A., & Emerenziani, G. P. (2019). Characterization of the effects of a six-month dancing as approach for successful aging. *International Journal of Endocrinology*, 2019(101516376), 2048391. <https://doi.org/10.1155/2019/2048391>
- Valentine-Garzon, M. A., Maynard, M., & Selznick, S. Z. (1993). ROM dance program effects on frail elderly women in an adult day-care center. *Physical & Occupational Therapy in Geriatrics*, 11(1), 63–83.
- Vankova, H., Holmerova, I., Machacova, K., Volicer, L., Veleta, P., & Celko, A. M. (2014). The effect of dance on depressive symptoms in nursing home residents. *JAMDA*, 15(8), 1–6. <https://doi.org/10.1016/j.jamda.2014.04.013>
- Voss, M. W., Sutterer, M., Weng, T. B., Burzynska, A. Z., Fanning, J., Salerno, E., Gothe, N. P., Ehlers, D. K., McAuley, E., & Kramer, A. F. (2019). Nutritional supplementation boosts aerobic exercise effects on functional brain systems. *Journal of Applied Physiology*, 126(1), 77–87. <https://doi.org/10.1152/jappphysiol.00917.2017>
- Vrinceanu, T., Esmail, A., Berryman, N., Predovan, D., Vu, T. T. M., Villalpando, J. M., Pruessner, J. C., & Bherer, L. (2019). Dance your stress away: Comparing the effect of dance/movement training to aerobic exercise training on the cortisol awakening response in healthy older adults. *Stress*, 22(6), 687–695. <https://doi.org/10.1080/10253890.2019.1617690>
- Wang, L., Guo, F., Zhao, C., Zhao, M., Zhao, C., Guo, J., Zhang, L., Zhang, L., Li, Z., & Zhu, W. (2023). The effect of aerobic dancing on physical fitness and cognitive function in older adults during the COVID-19 pandemic—A natural experiment. *Sports Medicine and Health Science*, 5(3), 196–204. <https://doi.org/10.1016/j.smhs.2023.07.005>
- Wang, Q., & Zhao, Y. (2021). Effects of a modified Tap dance program on ankle function and postural control in older adults: A randomized controlled trial. *International Journal of Environmental Research and Public Health*, 18(12). <https://doi.org/10.3390/ijerph18126379>
- Waugh, M., Grunseit, A. C., Mathieu, E., & Merom, D. (2023). The psychometric properties of a novel task-based dance self-efficacy measure for older adult dance program participants. *Arts & Health*, 1–20. <https://doi.org/10.1080/17533015.2021.1968446>
- Weighart, H., & Dipasquale, S. (2020). Insights on ten weeks of classical Ballet training and postural stability in older adults. *International Journal of Exercise Science*, 13(1), 101–112.
- Woloszyn, N., Wisniowska-Szurlej, A., Grzegorzczak, J., & Kwolek, A. (2021). The impact of physical exercises with elements of dance movement therapy on the upper limb grip strength and functional performance of elderly wheelchair users living in nursing

- homes—A randomized control trial. *BMC Geriatrics*, 21(1), 423.
<https://doi.org/10.1186/s12877-021-02368-7>
- Wu, H. Y., Tu, J. H., Hsu, C. H., & Tsao, T. H. (2016). Effects of low-impact dance on blood biochemistry, bone mineral density, the joint range of motion of lower extremities, knee extension torque, and fall in females. *Journal of Aging and Physical Activity*, 24(1), 1–7. <https://doi.org/10.1123/japa.2014-0088>
- Wu, V. X., Yap, X. Y., Tam, W. S. W., Goh, J., Mok, W. Y. J., & Ramazanu, S. (2023). Qualitative inquiry of a community dance program for older adults in Singapore. *Nursing & Health Sciences*, 25(3), 341–353. <https://doi.org/10.1111/nhs.13032>
- Wu, W.-L., Wei, T.-S., Chen, S.-K., Chang, J.-J., Guo, L.-Y., & Lin, H.-T. (2010). The effect of Chinese Yuanji-dance on dynamic balance and the associated attentional demands in elderly adults. *Journal of Sports Science and Medicine*, 9(1), 119–126.
- Zhang, X., Ni, X., & Chen, P. (2014). Study about the effects of different fitness sports on cognitive function and emotion of the aged. *Cell Biochemistry and Biophysics*, 70(3), 1591–1596. <https://doi.org/10.1007/s12013-014-0100-8>
- Zhang, X., Van Der Schans, C. P., Liu, Y., Krijnen, W. P., & Hobbelen, J. S. M. (2023). Efficacy of dance intervention for improving frailty among Chinese older adults living in the community: A randomized controlled trial. *Journal of Aging and Physical Activity*, 31(5), 806–814. <https://doi.org/10.1123/japa.2021-0500>
- Zhao, X., Qi, N., Long, H., & Yang, S. (2022). The impact of national music activities on improving long-term care for happiness of elderly people. *Frontiers in Psychology*, 13(1009811). <https://doi.org/10.3389/fpsyg.2022.1009811>
- Zilidou, V. I., Frantzidis, C. A., Romanopoulou, E. D., Paraskevopoulos, E., Douka, S., & Bamidis, P. D. (2018). Functional re-organization of cortical networks of senior citizens after a 24-week traditional dance program. *Frontiers in Aging Neuroscience*, 10(101525824), 422. <https://doi.org/10.3389/fnagi.2018.00422>
- Zygmunt, A., Doliński, W., Zawadzka, D., & Pezdek, K. (2023). Uplifted by dancing community: From physical activity to well-being. *International Journal of Environmental Research and Public Health*, 20(4), 3535.
<https://doi.org/10.3390/ijerph20043535>