

Dancing towards well-being: An exploratory study to understand the potential of dance for women's cognitive, psychological, and social needs after stroke

Location: Canada-wide.

Number of participants: 15-20

Description: Stroke often leads to persistent physical, cognitive, psychological, and social consequences that undermine long-term recovery and quality of life. Women experience a disproportionate burden, facing more severe and enduring effects alongside structural and psychosocial barriers that limit rehabilitation access and use. Standard rehabilitation remains short-term and focused on physical recovery, highlighting the need for holistic, community-based approaches such as dance that better reflect women's diverse needs and lived realities.

In this qualitative study, researchers will conduct virtual interviews with women post-stroke across Canada to: (1) explore how they perceive dance as supporting their cognitive, psychological, and social well-being after stroke, and (2) describe their preferences for a future dance program, including content, style, instruction, structure, and environment.

Language: English and/or French

Eligibility:

- permanent resident of Canada
- self-identified woman born female (cisgender woman)
- at least 18 years of age
- clinical diagnosis of stroke (ischemic or hemorrhagic) or TIA
- medically stable condition
- able to read, understand, and speak English OR French
- access to internet and audiovisual equipment (camera and microphone) for complete online survey and virtual (Microsoft Teams) interview
- Exclusion criteria:
 - serious complications or comorbidities requiring specialized interventions or surgical treatment
 - moderate-to-severe cognitive impairment, determined by a Montreal Cognitive Assessment Blind (MoCA-B) score of <19/22

Participant requirements: Participants will be asked to complete an online questionnaire or approximately 20 minutes in their own time, followed by a 60-75 minute virtual interview at a date and time that is convenient for the participant.

Institution: University of Ottawa

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