

“YOU DANCE” Erasmus+ Project

Cooperation partnerships in youth - Key Action 2 KA210-YOU

Small-scale partnerships in youth

PROJECT NUMBER - 2023-3-IT03-KA210-YOU-000182993

PROJECT NAME – YOUngsters social inclusion & refugees’ integration through DANCE based interventions - YOU DANCE

VADEMECUM FOR QUESTIONNAIRE

In this document you will find the research tools for You Dance.

The first questionnaire (A2) will be administered to a sample of 90 subjects aged between 16 and 20. It is made up of 9 questions on a Likert scale (quantitative survey) and 2 open questions that will be processed with a qualitative analysis.

The compilation period can run from 20 June 2024 to 20 July 2024, in line with the project timeline. Should this period not be sufficient to reach 90 subjects, it can be extended until 10 August 2024.

During this period, each partner must engage in two events to present the project and recruit participants (You Dance Desk). In any case, the link to the questionnaire can also be launched on the project's social channels. Please note that each event must be documented with photos and videos and that these can be associated with other events/initiatives that each partner realises for its own professional activity.

At the end, from 10 August to 31 August 2024, the data will be processed, and the 90 subjects will be ranked according to their adherence to the target group requirements. At that point, each partner will contact the first 30 in the ranking list for the activities (A3) and scroll down the list according to any unavailability. The time frame for defining the group of 30 is from 1 September 2024 to 30 September 2024.

The activities envisaged in A3 can therefore start from 1 October 2024 to 16 February 2024. Speaking of A3, the training tools for the dance-based intervention will be provided before the next meeting, in time to be read and discussed. In advance, in this document, the two scales validated in the literature for the evaluation of the dance-based intervention are proposed (administration methods will be presented later).

Questionnaire for the 90 participants aged between 16 and 20

Questions	Never	Rarely	Sometimes	Often	Always
When I get angry, I tend to say or do things that I regret later.					
It's hard for me to calm down when I'm upset.					
I sometimes feel overwhelmed by my emotions					
It's difficult for me to express how I feel to others					
I often feel sad or unhappy for no apparent reason.					
I sometimes isolate myself from others when I'm feeling down.					
I find it difficult to concentrate on school or work because of my emotions.					
I'm embarrassed to express my emotions in public.					
I get angry easily when things don't go my way.					

Other questions for qualitative evaluation

10. Describe in detail the main emotional difficulties you encounter on a daily or frequent basis.
How do these difficulties manifest themselves and what impact do they have on your life?
11. To which negative emotions do you feel most vulnerable? How do you usually react to these emotions and what strategies do you use to manage them?

Warwick-Edinburgh Mental Well-Being Scale (Tennant et al., 2007)
(Measured at baseline/pre-intervention, post-intervention, and follow-up)

Please think about how you have been feeling in the past month and respond to the statements below.

In the past month...	None of the time	A bit of the time	Some of the time	Most of the time	All of the time
1. I have been optimistic about the future	1	2	3	4	5
2. I have been feeling useful	1	2	3	4	5
3. I have been feeling relaxed	1	2	3	4	5
4. I have been feeling interested in other people	1	2	3	4	5
5. I have had energy to spare	1	2	3	4	5
6. I have been dealing with problems well	1	2	3	4	5
7. I have been thinking clearly	1	2	3	4	5
8. I have been feeling good about myself	1	2	3	4	5
9. I have been feeling close to other people	1	2	3	4	5
10. I have been feeling confident	1	2	3	4	5
11. I have been able to make up my own mind about things	1	2	3	4	5
12. I have been feeling loved	1	2	3	4	5
13. I have been interested in new things	1	2	3	4	5
14. I have been feeling cheerful	1	2	3	4	5

Depression, Anxiety, and Stress Scale (Henry & Crawford, 2005)
(Measured at baseline/pre-intervention, post-intervention, and follow-up)

Please think about your experiences in the **past month** and respond to the statements below.

In the past month...	None of the time	A bit of the time	Some of the time	Most of the time	All of the time
1. I found it hard to wind down	1	2	3	4	5
2. I was aware of dryness of my mouth	1	2	3	4	5
3. I struggled to experience any positive feeling at all	1	2	3	4	5
4. I experienced breathing difficulty (in the absence of physical exertion)	1	2	3	4	5
5. I found it difficult to work up the initiative to do things	1	2	3	4	5
6. I tended to over-react to situations	1	2	3	4	5
7. I experienced trembling	1	2	3	4	5
8. I felt that I was using a lot of nervous energy	1	2	3	4	5
9. I was worried about situations in which I might panic and make a fool of myself	1	2	3	4	5
10. I felt that I had nothing to look forward to	1	2	3	4	5
11. I found myself getting agitated	1	2	3	4	5
12. I found it difficult to relax	1	2	3	4	5
13. I felt downhearted and blue	1	2	3	4	5
14. I was intolerant of anything that kept me from getting on with what I was doing	1	2	3	4	5
15. I felt I was close to panic	1	2	3	4	5
16. I was unable to become enthusiastic about anything	1	2	3	4	5
17. I felt I was not worth much as a person	1	2	3	4	5
18. I felt that I was rather touchy	1	2	3	4	5
19. I was aware of the action of my heart in the absence of physical exertion	1	2	3	4	5
20. I felt scared without any good reason	1	2	3	4	5
21. I felt that life was meaningless	1	2	3	4	5