



ANNA DUBERG obtained her Physiotherapy degree in 2003, and started working in primary healthcare with special interests in body awareness and adolescent health. Since 2008, she has been the main dance instructor in the current study; the “Dance Project”. In 2009, she became a registered doctoral student at School of Health and Medical Sciences at Örebro University, Sweden. She has also been working with eating disorders in the child and adolescent psychiatry for several years. Attention to, and the effects of, the body in movement has always been among her main interests.

Globally, psychological health problems are currently among the most serious public health challenges. Adolescent girls suffer from internalizing problems, such as somatic symptoms and mental health problems, at higher rates than in decades. This thesis highlights health effects and experiences from a randomized controlled intervention trial. The intervention comprised dance with focus on enjoyment twice weekly for 8 months. Recruitment was conducted in collaboration with school health services. The dance group showed increased self-rated health scores, and exhibited a decrease in somatic symptoms, emotional distress and use of medication compared to the control group. The central understanding of the adolescent girls’ experiences was that the dance intervention increased self-trust and enriched personal resources. A non-judgmental atmosphere and a supportive togetherness were shown to be important for participation. The intervention was considered to be cost-effective due to decreased number of school nurse visits and an increase in quality of life. The results of this thesis may provide practical information for school health care staff and caregivers in designing future interventions.

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ANNA DUBERG

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