



Measuring
success



Testing and validation

AIM: Check whether we are achieving our goals:



Connectedness



Enjoyment & happiness

Remotely,
through dance

HOW:

1. Identify **measures** of connectedness & joy
2. Apply measures to people dancing in different **scenarios**



Measuring connectedness

Inclusion of Other in Self (IOS) scale

(Aron, Aron & Smollan 1992)

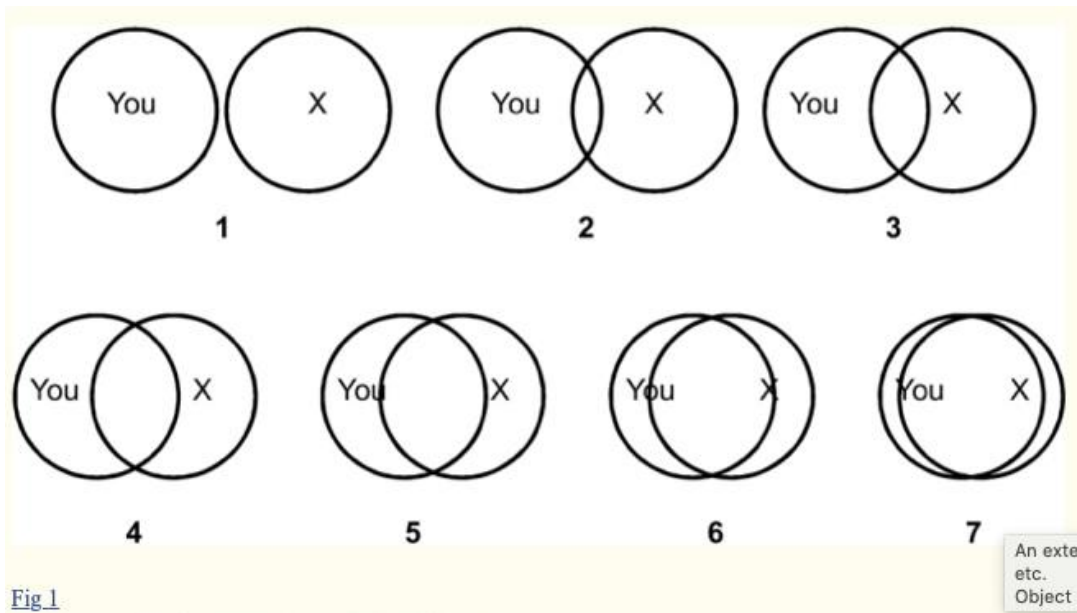


Fig 1

The 'Inclusion of the Other in the Self' (IOS) task.

Kinesthetic empathy

Ability to "feel" or imagine the movement of other people in our own body

(Cuykendall et al. 2015)

Measuring joy

Csikszentmihaly's **Flow** (Webster, Trevino & Ryan 1993)

- ❖ I felt in control
- ❖ I was totally absorbed in what I was doing
- ❖ It aroused my imagination
- ❖ It was fun

Funometer

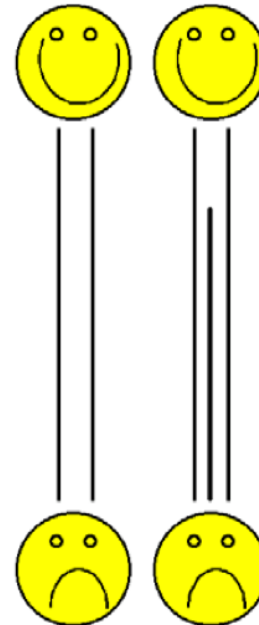


Figure 1 The Funometer – before and after completion

Smileyometer

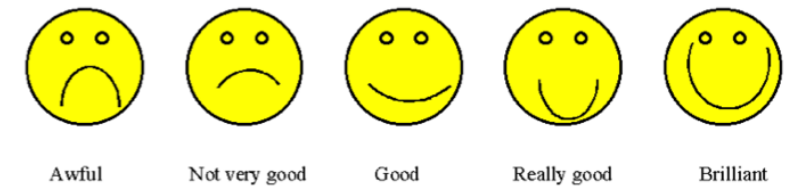


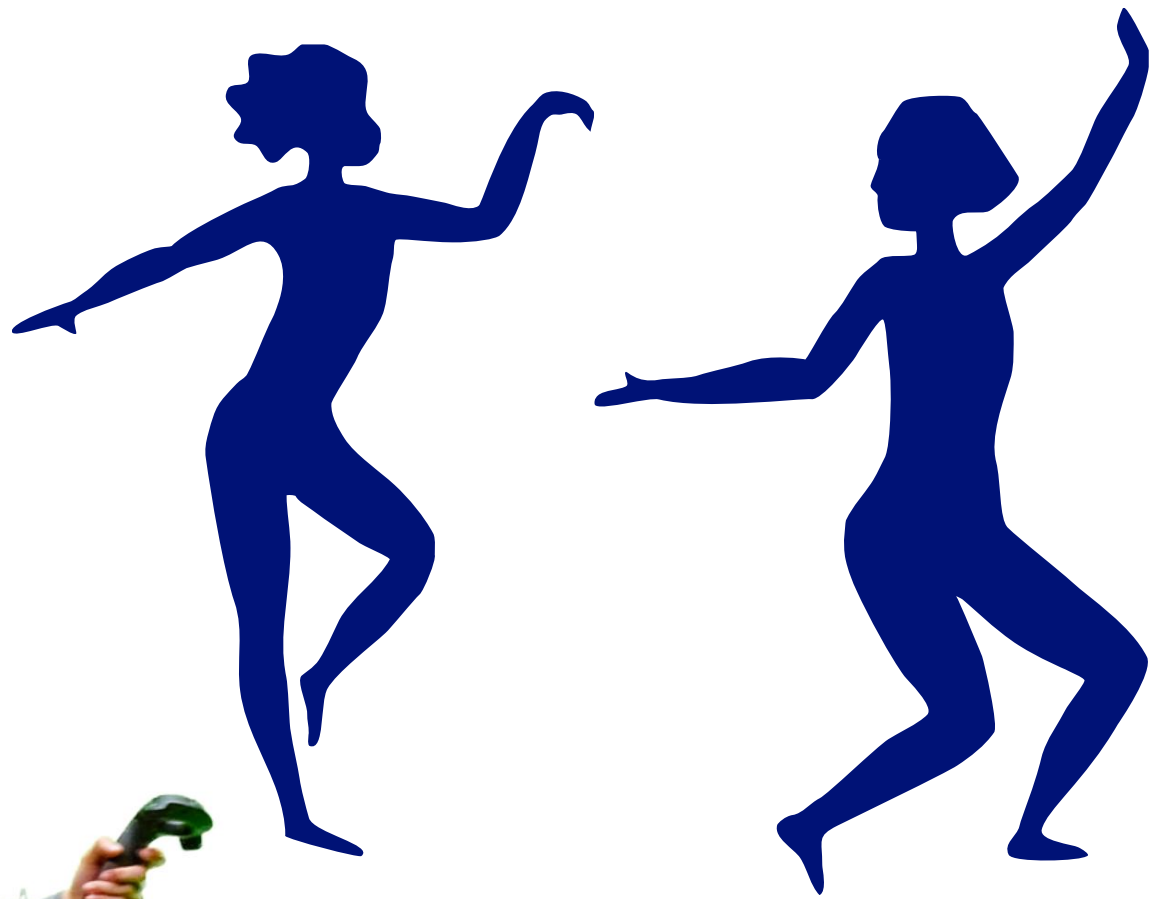
Figure 2 The Smileyometer

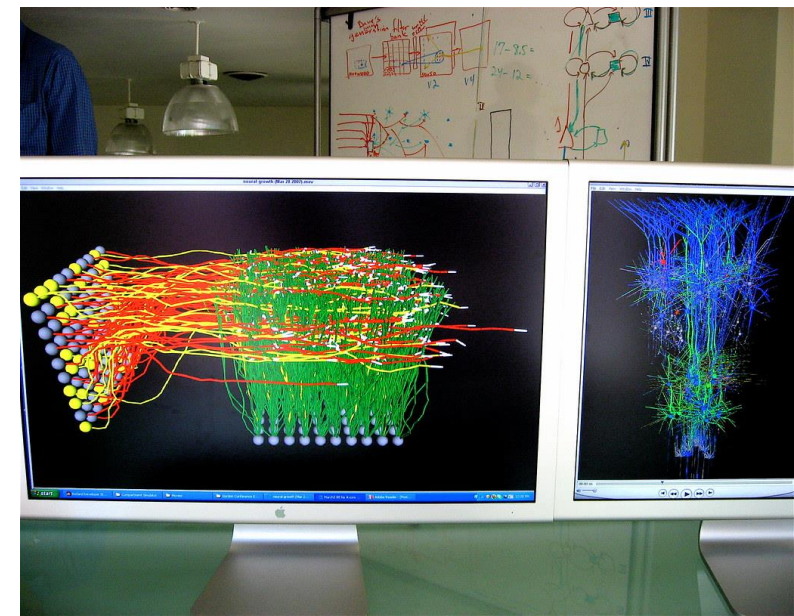
(Read, MacFarlane & Casey 2002)



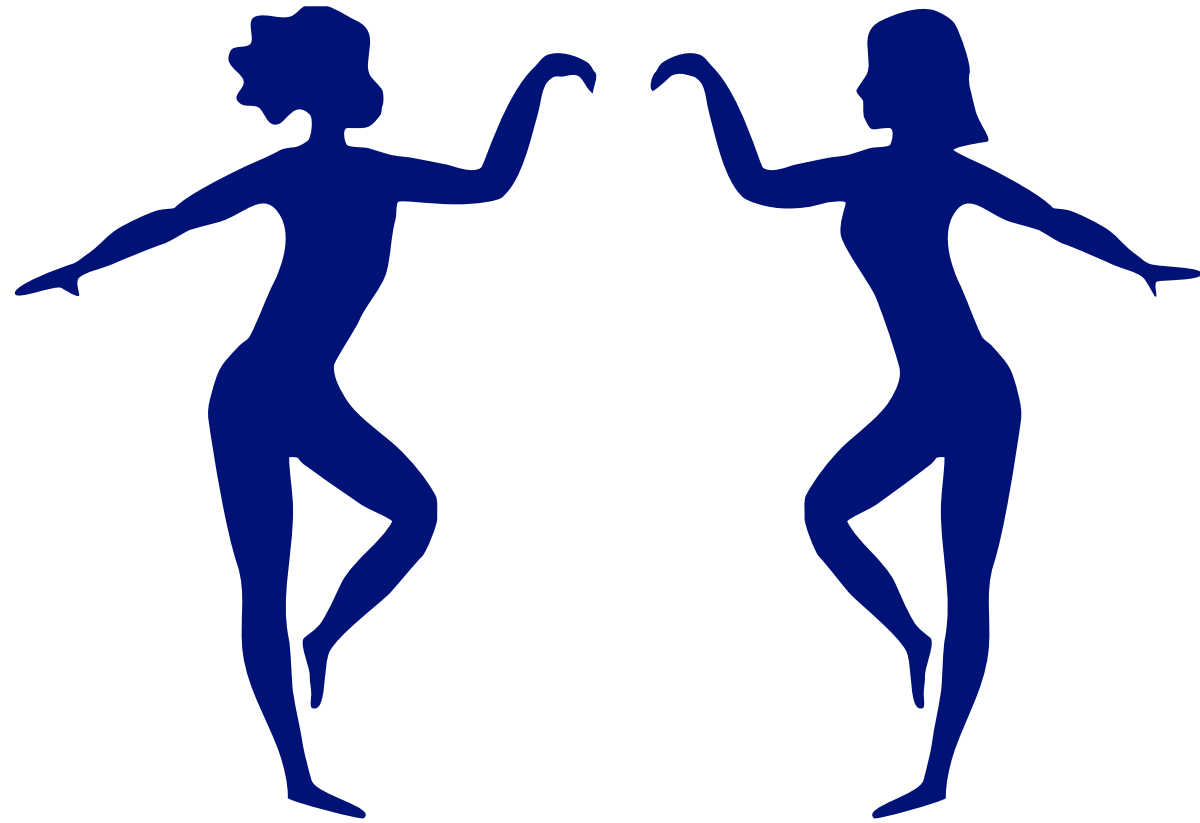




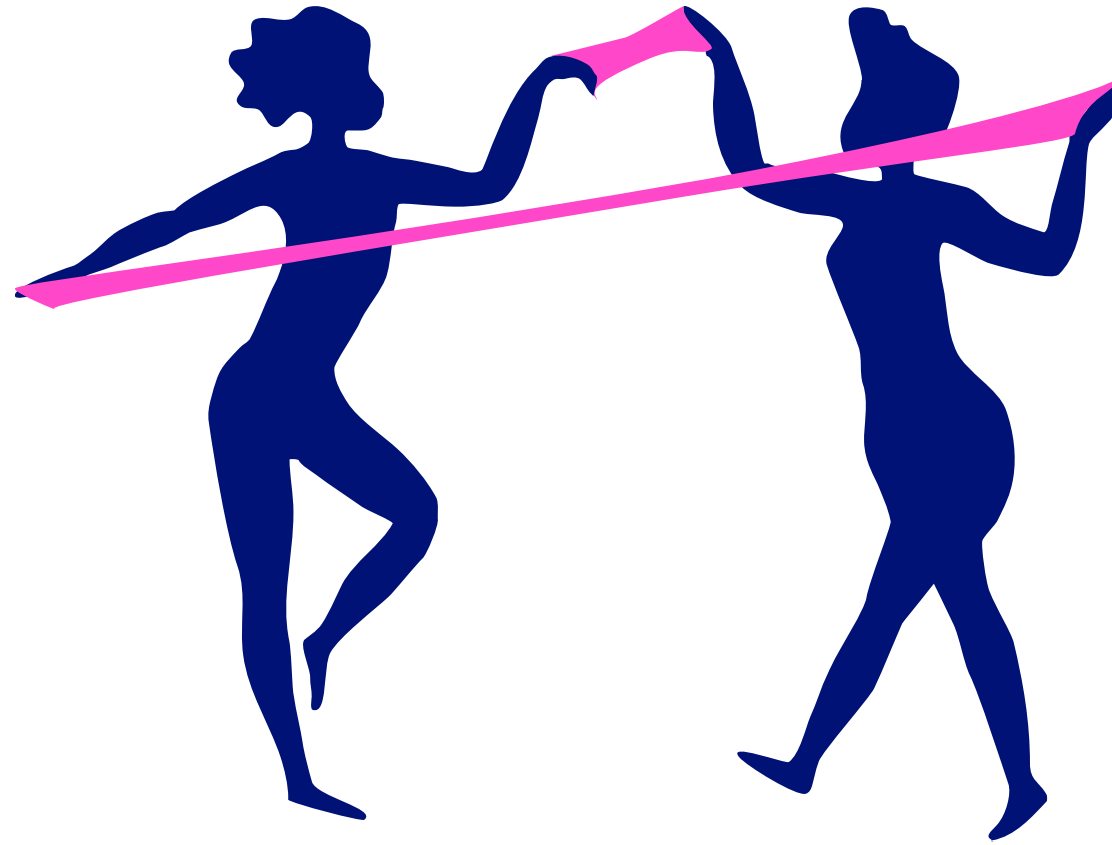


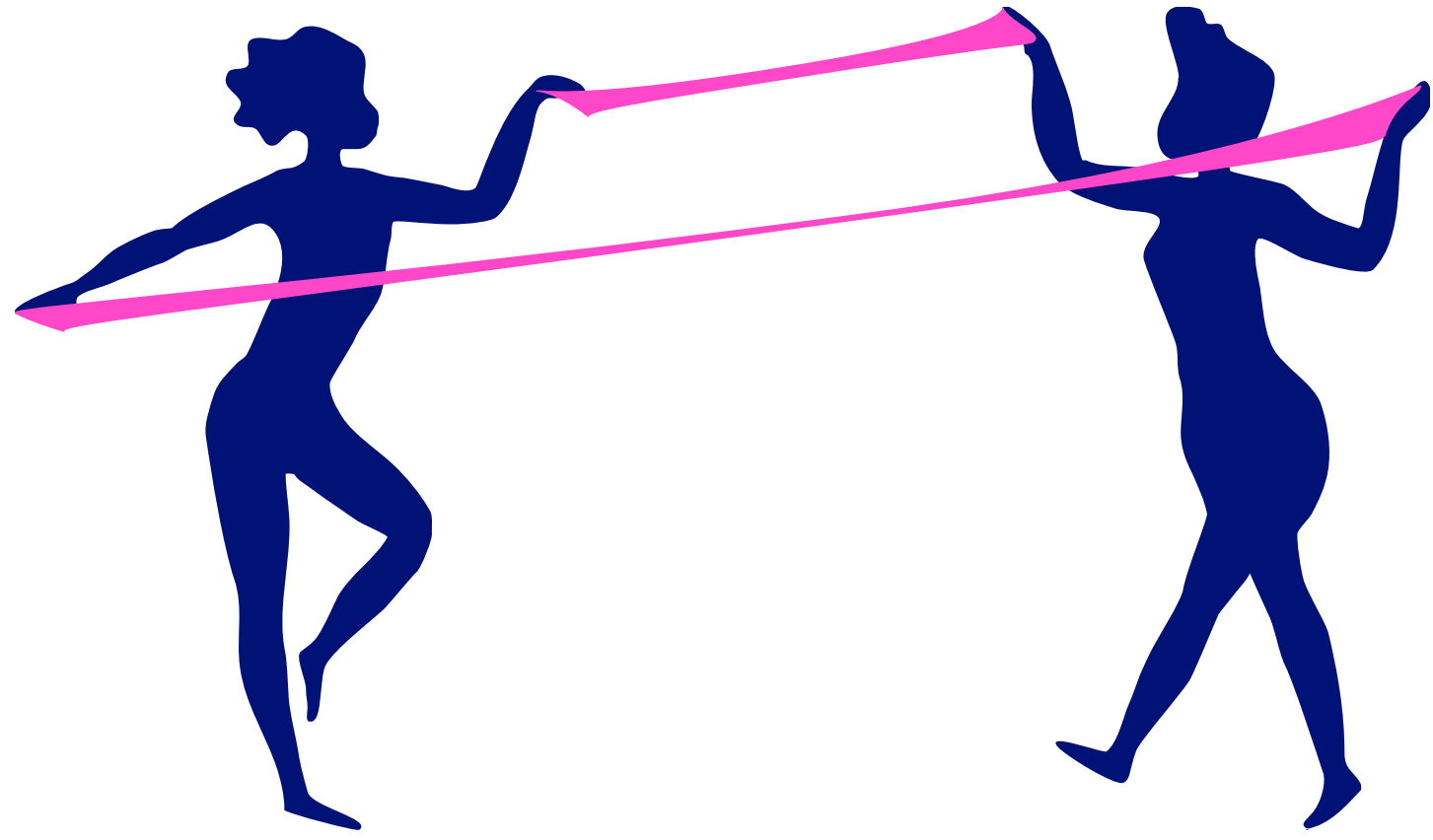


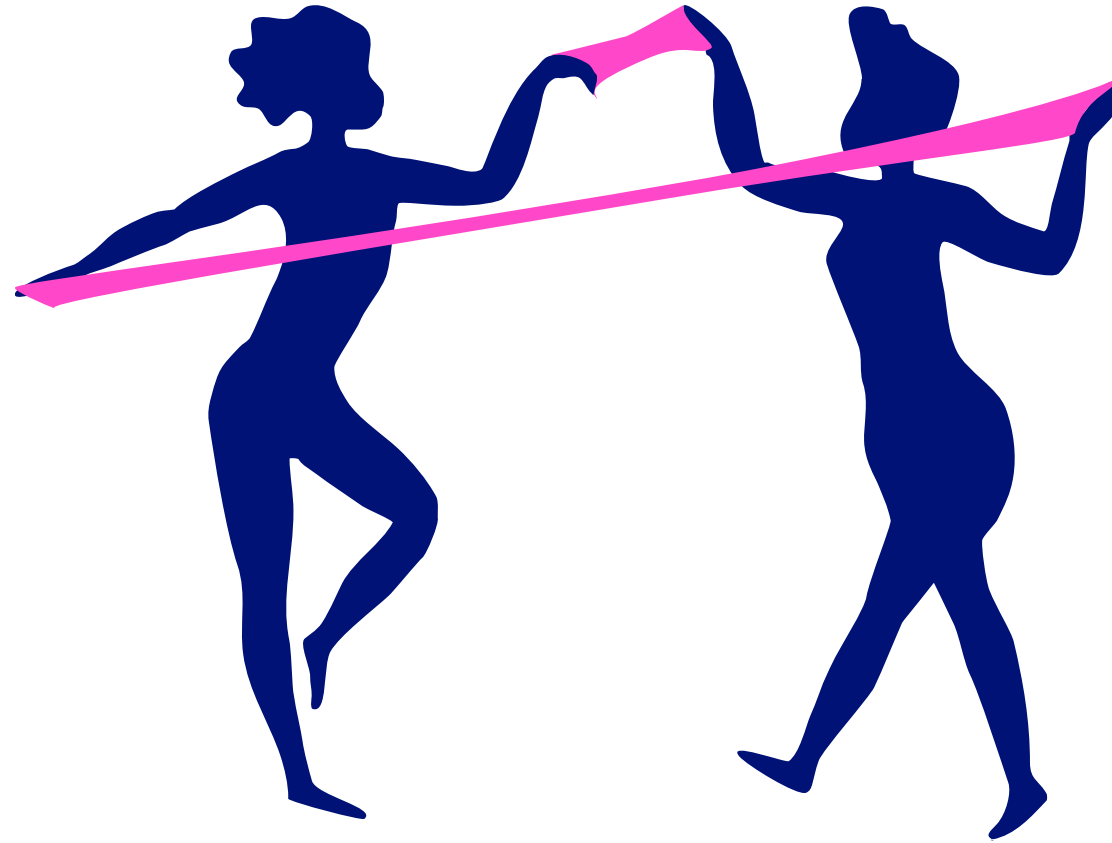




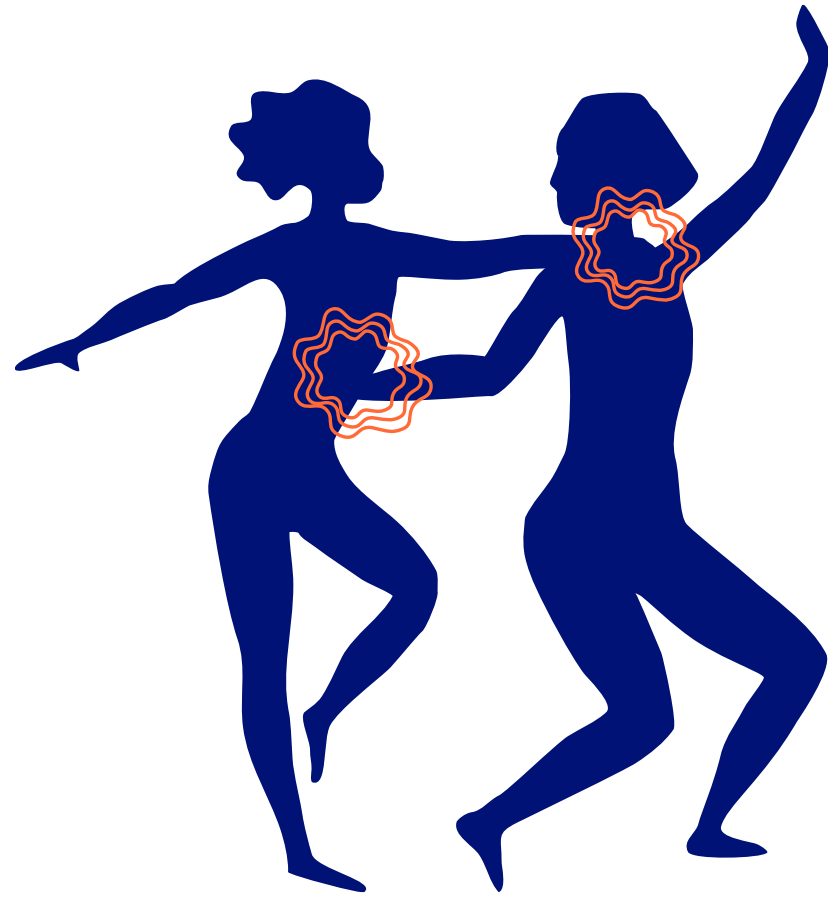


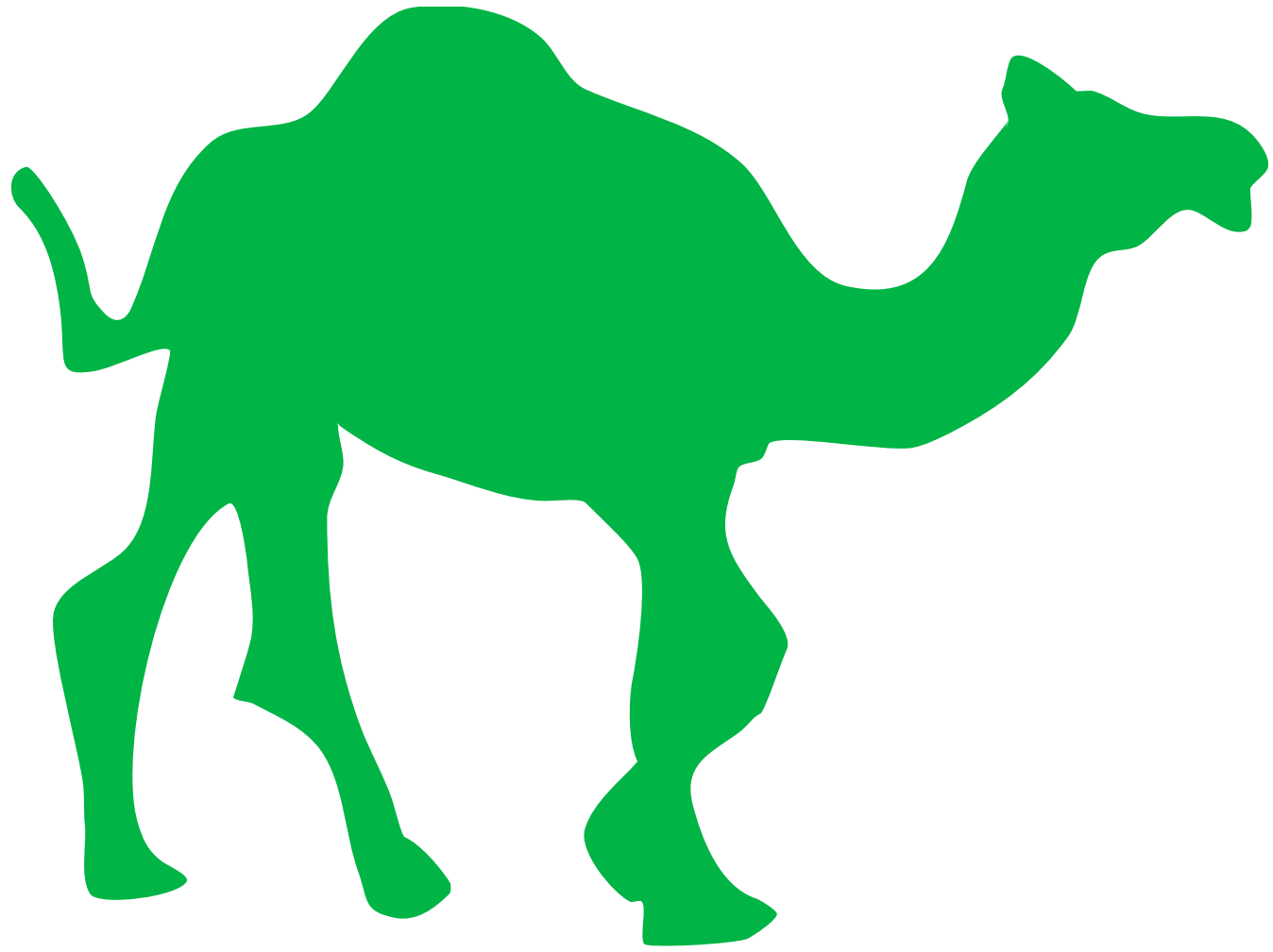


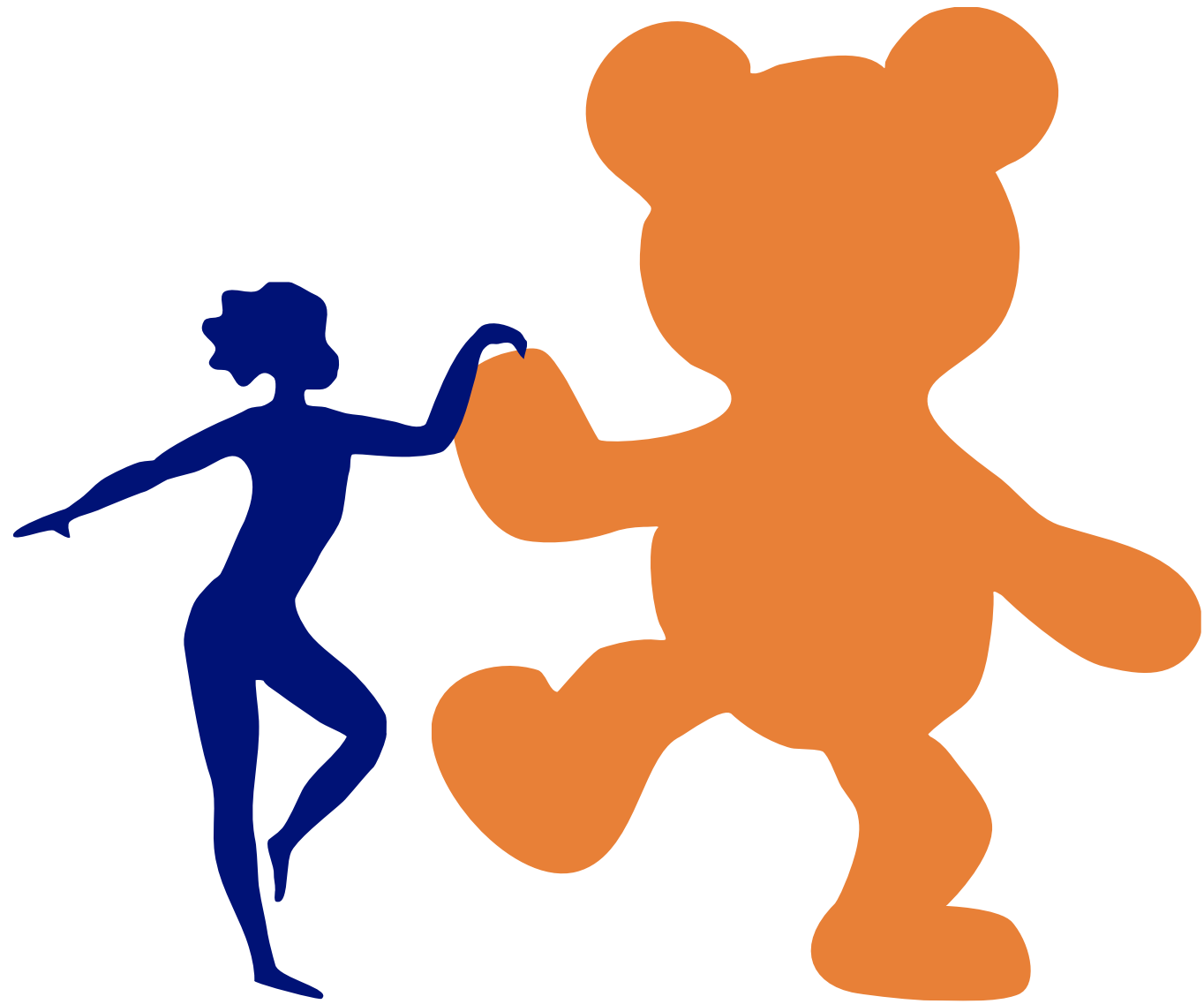














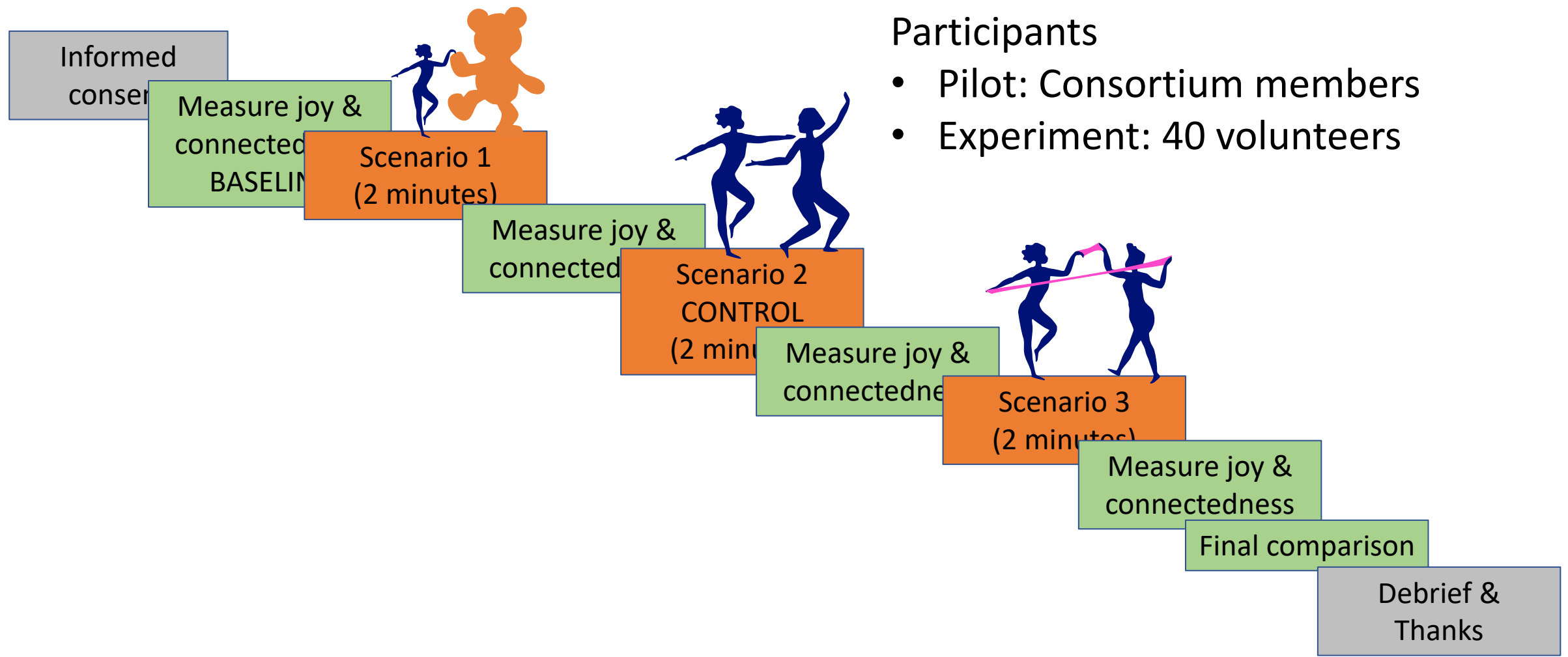
Study design. 'Effects of visualization'

Participants

- Pilot: Consortium members
- Experiment: 40 volunteers



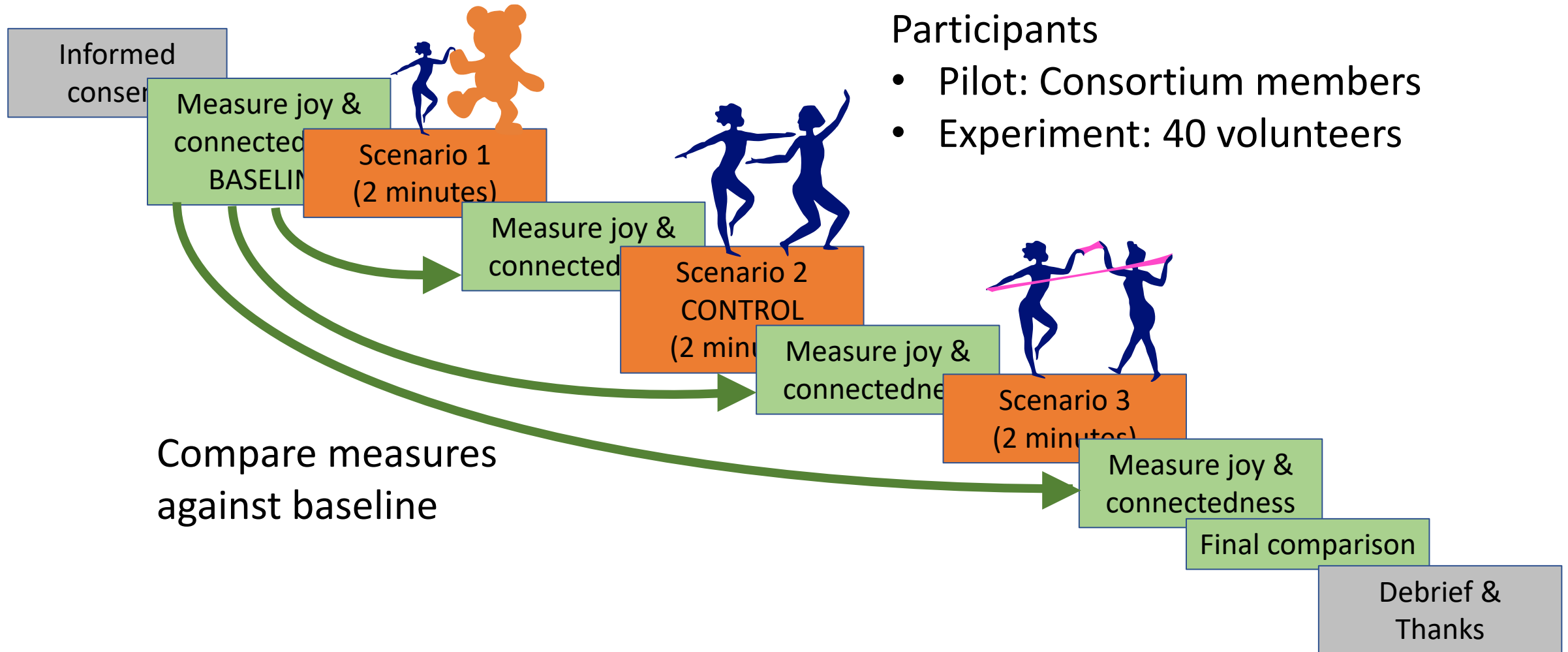
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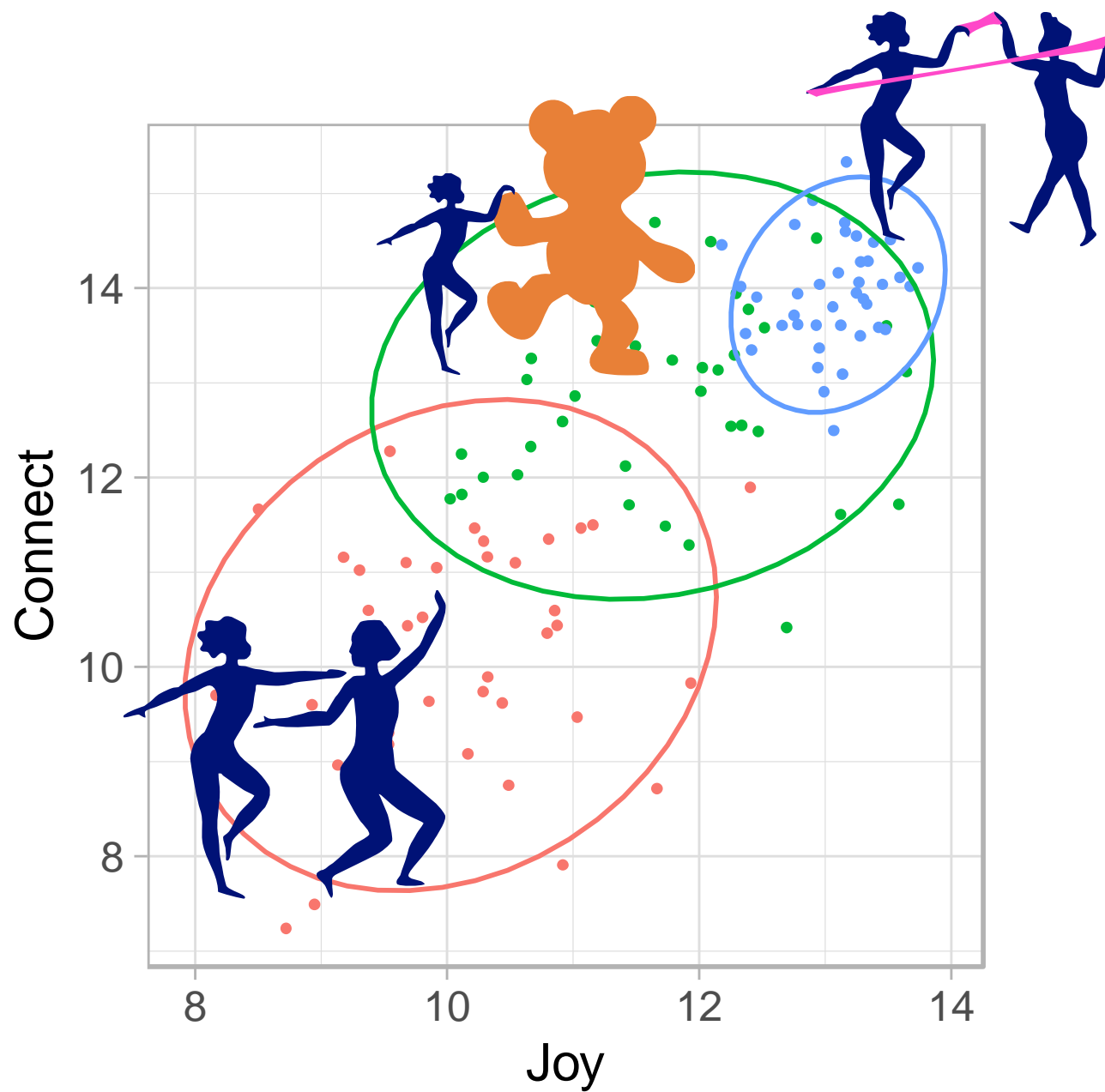
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Results*



*(made-up!)



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