



Investigating the Impact of Dance and Movement for Depression in Adolescents as Measured by the Beck Depression Inventory

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Introduction

- Rates of depression among adolescents have increased substantially over the last decade.
- Adolescence is a critical developmental period, marked by increased vulnerability to behavioral health conditions.
- This period serves as a foundational stage for developing social and emotional habits that are essential to mental health and well-being in adulthood.
- Although antidepressant medications can be effective, concerns about side effects and long-term use have led many adolescents and families to seek complementary, non-pharmacological treatments.
- Movement and art-based approaches show promise for supporting mental well-being, yet the data is limited with adolescent populations.
- This study was conducted to provide research to contribute to the field of occupational therapy.

Methods

- The goal of this study was to explore changes in depressive symptoms from participation in the Arts in Medicine (AIM) movement-based program.
- This study was conducted with the UAB AIM program and Partial Hospitalization Program (PHP) through Children's of Alabama.
- In collaboration with Melissa Turnage, an AIM artist in residence, who teaches a dance and movement-based program.
- Participants:
 - Adolescents enrolled at PHP
 - Participating in an established weekly movement-based program with Turnage through AIM
- Participants self-administered the Beck Depression Inventory (BDI) after the AIM established class once a week for three consecutive weeks.
- Data Collection:
 - Beck Depression Inventory
 - Altered total scoring, 20 items
 - Minimal: 0-12
 - Mild: 13-18
 - Moderate: 19-27
 - Severe: 28-60

Results

- 4 total consent forms, 2 consistent participants who completed the full three-week data collection
- 2 female adolescents who had a depression diagnosis
- Participant A: consistent decreases in depressive symptoms over the 3-week data collection
- Participant B: Decreasing depressive symptoms in the first 2 weeks, but symptoms increased by week 3

Participant	Week 1 score	Week 1 Severity	Week 2 score	Week 2 Severity	Week 3 score	Week 3 Severity
A	39	Severe	14	Mild	2	Minimal
B	46	Severe	18	Mild	27	Moderate

Conclusion

- Results indicated decreasing levels of depressive symptoms, although only one participant demonstrated continued improvement, affected by the art-based dance and movement program.

Implications:

- Occupational therapists should consider integrating art-based interventions into behavioral health settings for adolescents who experience depression or depressive symptoms.
- Occupational therapists use the arts-based interventions to enhance clients' health and well-being.

Future Research:

- Expanding research for dance and movement-based interventions to decrease depressive symptoms in adolescents.
- Research is needed in outpatient behavioral health settings using alternative forms of intervention for depressive symptoms.
- To increase the literature for art-based interventions for adolescents experiencing depressive symptoms.

Discussion

- The Model of Human Occupation (MOHO) client-centered model supports holistic engagement, which encompasses volition, habituation, and performance capacity.
- Adolescents who experience depressive symptoms may have disruptions in their daily occupations, which affect their valued motivation, roles in daily occupations, and their physical and mental capacity to perform meaningful occupations.
- Participating in a dance and movement program provides structure to intrinsic and extrinsic motivating occupations.
- This AIM program is seen to provide adolescents with a sense of routine and positive feedback to support daily and meaningful occupations.
- Participating in an art-based program promotes health and wellness by increasing energy levels, affecting mood, and reducing stress.

Limitations & Areas of Improvement:

- The challenge of recruitment in the outpatient behavioral health setting resulted in a small sample size of participants.
- The capstone process time constraints, and the PHP students starting and finishing the outpatient program on different days/weeks.
- Potential data validity with self-report assessment due to students potentially lacking motivation or underreporting symptoms.

References

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