

Summary report “Effects of and experiences with Eurythmy therapy for children”

- In June 2018, a research group consisting of five experienced eurythmy therapists and a researcher started a study examining the effects of and experiences with eurythmy therapy in children aged 3 to 18 years.
- During the study, a monitoring procedure was developed that could routinely monitor relevant background characteristics of the participating children and eurythmy therapy-specific effects and experiences reported by parents/care takers (and some teachers).
- In the period March 2019 – July 2021, a total of 101 children participated in the study: 42 children in the age category 3 to 6 years (41.6%), 49 children in the age category 6 to 12 years (48.5%), and 10 children in the age category 12 to 18 years (9.9%).
- Of this group of children there are 26 of whom all questionnaires before and after the treatment were completed (almost) completely by both the eurythmy therapists and the parents/care takers. The results of these 26 children and the total group are described separately. In addition, the results of 7 children with disabilities living in a residential group are also described as a separate group.
- The care questions formulated by the parents/care takers are very diverse and relate to: physical complaints/disabilities, speech problems/language development, emotional problems, general developmental problems, constitutional problems, behavioral problems, fatigue complaints, learning disabilities, concentration problems, and/or sleep disorders.
- In the group of 26, 17 children (65.4%) had never had this therapy before, and 9 children had, of which 3 children (11.5%) once and 6 children (23.1%) several times. In the total group, 53 children (56.4%) had never had this therapy before, and 41 children did have this therapy before, of which 21 children (22.3%) once and 20 children (21.3%) several times. In the group of children with a mental and/or physical disability (N=6), 4 children (66%) had no previous eurythmy therapy and 2 (33%) children had more than 1x eurythmy therapy.
- Statistically significant improvements between eurythmy therapy specific observation items before and after therapy were found for almost all items in the categories physical body, etheric body, astral body, intention, motor skills, eurythmic movements, and practice; both in the group of 26 and in the total group.
- Change of complaints:
 - The statistically significant change in severity of the complaints (scale from 0 (no complaints) to 10 (most serious imaginable complaints); before treatment versus

after treatment) for which the children were treated (estimated by the parents/care takers) was:

- For the small group:
 - Complaint 1 (N=26): 7.0 > 4.8 (p<0.000)
 - Complaint 2 (N=24): 7.0 > 4.7 (p<0.000)
 - Complaint 3 (N=12): 7.1 > 5.6 (p< 0.055)
- For the total group:
 - Complaint 1 (N=75): 7.2 > 4.8 (p<0.000)
 - Complaint 2 (N=69): 7.2 > 4.6 (p<0.000)
 - Complaint 3 (N=36): 7.2 > 5.1 (p<0.000)
- For the group of children with a disability:
 - Complaint 1 (N=5): 5.60 > 5.40 (p< 0.014)
 - Complaint 2 (N=5): 6.60 > 6.60 (not significant)
 - Complaint 3 (N=4): 7.00 > 6.75 (p< 0.004)
- The statistically significant change in severity of the complaints (scale from 0 (no complaints) to 10 (most serious imaginable complaints)) for which the children were treated (estimated by the teachers) was:
 - For the total group:
 - Complaint 1 (N=26): 6.5 > 5.2 (p< 0.002)
 - Complaint 2 (N=24): 6.5 > 5.7 (p< 0.184)
 - Complaint 3 (N=20): 6.8 > 5.3 (p< 0.031)
- In the opinion of the treating eurythmy therapists:
 - In the small group in 1 child (3.8%) the complaints remained the same after the treatment, and the complaints improved in 25 children (96.2%) (22: slightly improved; 3: very improved).
 - In the total group in 1 child (1.3%) the complaints worsened after the treatment, in 4 children (5.1%) the complaints remained the same, and in 63 children (93.6%) the complaints improved (55: slightly improved; 18: very improved).
 - In the group of children with a disability, after the treatment, the complaints improved in 5 children (70%) and unknown in 2 children (30%).
 - After the treatment, in the opinion of the parents/care takers, a large part of the children feels reasonably to very much better in their own skin (small group: 75%; total group: 69.5%; group of children with intellectual and/or or physical disability: 86%) and

- a large proportion of the children can be more in itself (small group: 71.4%; total group: 71.2%; group of children with a disability: 100%); and
- More than half of the children have become calmer (small group: 53.5%; total group: 51.7%; group of children with a disability: 84%).
- The quality of the eurythmy therapy and the eurythmy therapist is highly rated by the parents/care takers:
 - Therapist grade (average):
 - Small group: 8.8 (range: 7-10)
 - Total group: 8.8 (range: 7-10)
 - Group of children with a disability: 8.5 (range: 7-10)
 - Grade eurythmy therapy (average):
 - Small group: 8.3 (range: 6-10)
 - Total group: 8.3 (range: 5-10)
 - Group of children with disabilities: 7.1 (range: 5-8)
 - Recommend therapy to others:
 - Small group: 12 probably (46.2%) and 14 definitely (53.8%)
 - Total group: 1 probably not (1%), 33 probably (35.5%) and 59 definitely (63.4%)
 - Group of children with a disability: 2 probably 33% and 4 definitely (67%).
- In addition to quantitative analyses, there are also qualitative descriptions of the effects experienced by eurythmy therapists and parents/care takers and experiences with the children.
- The reliability, after item reduction, of the scales of the questionnaire with which the eurythmy therapists can monitor the eurythmy therapy specific observations (physical body, etheric body, astral body, intention, motor skills, eurythmic movements and exercises is good (Cronbach's alpha must be greater than or equal to 0.7). Cronbach's alpha for the scales is:
 - Physical body (7 items; N=52): 0.770
 - Ether body (3 items; N=80): 0.726
 - Astral body (4 items; N=77): 0.820
 - Intention (4 items; N=52): 0.709
 - Motor skills (2 items; N=116): 0.680
 - Eurythmic movements (12 items; N=72): 0.932
 - Exercises (4 items; N=126): 0.911
- Conclusions:

- The care questions formulated by the parents/care takers are very diverse and relate to medical, pedagogical and developmental questions.
- The experiences with eurythmy therapy described by the parents/care takers, teachers and eurythmy therapists are mainly positive.
- There are clear indications that eurythmy therapy is effective in the treatment of the described indications. This is based on quantitative and qualitative analyses and indications of both difference-making evidence (evidence that a change has taken place) and mechanistic evidence (evidence of how the change came about).
- The results of the research provide sufficient justification for follow-up research: theoretical research, psychometric research into the measuring instrument eurythmy therapy-specific observations, routine outcome monitoring in daily practice, and better controlled effect research.