

## Summary of RESEARCH STUDY RESULTS

### Drum Circle Program for Eating Disorder Patients

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**Conclusion:** Eating disorder in-patients who participated in one or more drum circle interventions experienced a highly statistically significant increase in positive affect (emotions and feelings), and a highly statistically significant decrease in negative affect, after the interventions.

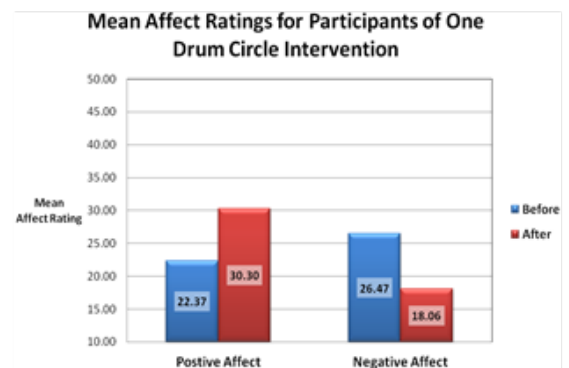
40 one-hour drum circles were held for this program which took place between June 2010 and March 2011 at St. Paul's Hospital in Vancouver, Canada, in the In-Patient Eating Disorders Program. The 79 individual patients involved (in a total of 204 drum circle interventions) used the validated PANAS (Positive and Negative Affect Scale) to rate their positive and negative emotions before and after each drum circle.

The key findings of the study and their statistical significance are noted below.

#### One Drum Circle Intervention

Participants who took part in just one drum circle intervention experienced a highly statistically significant improvement in positive affect (emotions and feelings) after the intervention.

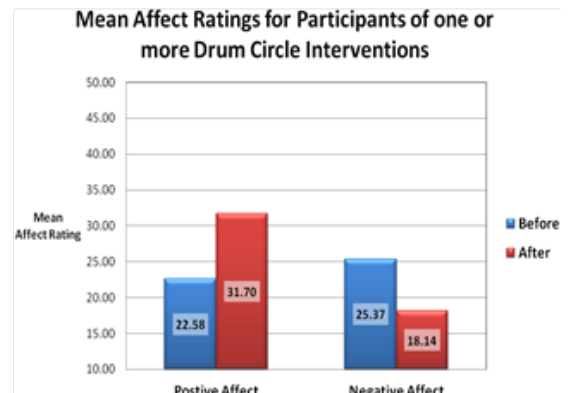
Participants who took part in just one drum circle intervention experienced a highly statistically significant decrease in negative affect (emotions and feelings) after the intervention.



#### One or More Drum Circle Interventions

Participants who took part in one or more drum circle interventions experienced a highly statistically significant improvement in positive affect (emotions and feelings) after the interventions.

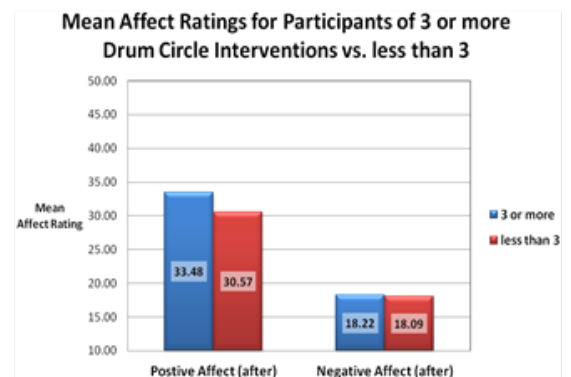
Participants who took part in one or more drum circle interventions experienced a highly statistically significant decrease in negative affect (emotions and feelings) after the interventions.



#### Three or more Drum Circle Interventions versus less than three Drum Circle Interventions

Participants who took part in three or more drum circle interventions experienced a statistically significant greater improvement in positive affect compared to those who participated in less than three drum circle interventions.

Participants who took part in three or more drum circle interventions did not experience a statistically significant greater decrease in negative affect compared to those who participated in less than three drum circle interventions.



For more information about the study, or drum circle interventions for eating disorder patients and others in health care settings, or to find out more about drum circles in general, please contact Lyle Povah at +1 604-736-6487, [info@lylepovah.com](mailto:info@lylepovah.com) or visit [www.drummingandhealth.com](http://www.drummingandhealth.com)