

Scientific Evaluation of the Online Course **Activity-based Stress Release ABSR**

Scope:	Eight modules of one week each
Content:	Everyday exercises and eurythmy
Start of survey:	24 April 2019
End of survey:	31 July 2019

Evaluation

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Translation: Eurythmy4you T. H.

The Multidimensional Mood Questionnaire (MDBF)

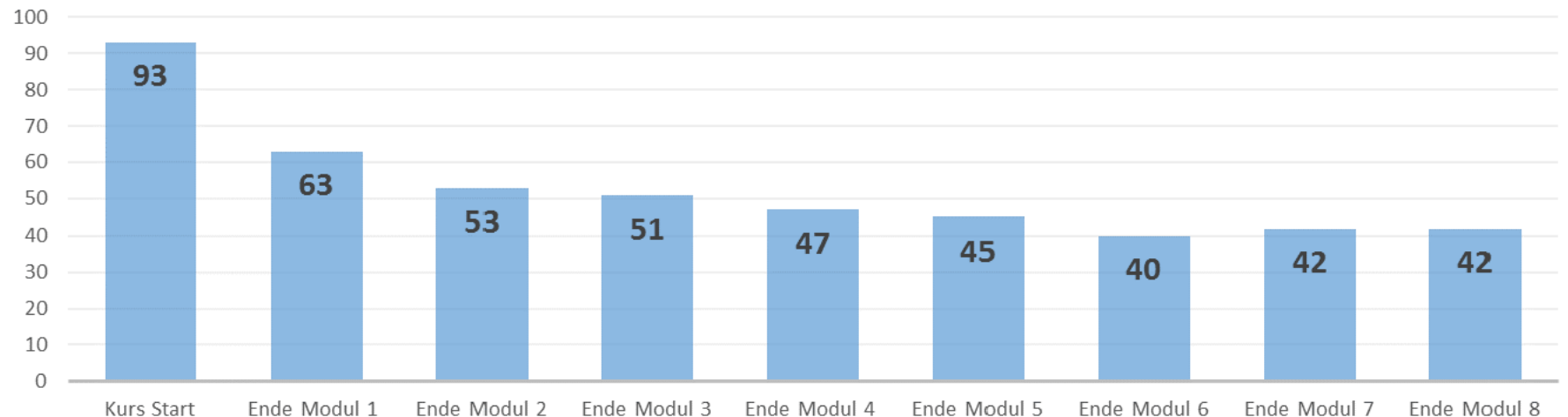
contains 24 items with a five-point response scale to measure three dimensions of mental well-being:

- Good – bad mood (GB)
- Wakefulness – Fatigue (WF)
- Quiet – Restlessness (QR)

The possible values in the three allocation ranges range from 8 to 40

Data collection

The change in well-being was measured against the background of personality traits and the experiences made during practice. The MDBF questionnaires (see legend on the left) were completed a) before the course, b) on a voluntary basis daily and c) at the end of each module.



Participants

Out of 93 participants who were interested in participating, 63 began the course. Of these 63, 45 have completed the full course.*

* The table shows the situation shortly before the end of the survey.

Total Outcome

Significant change in well-being in all three dimensions.

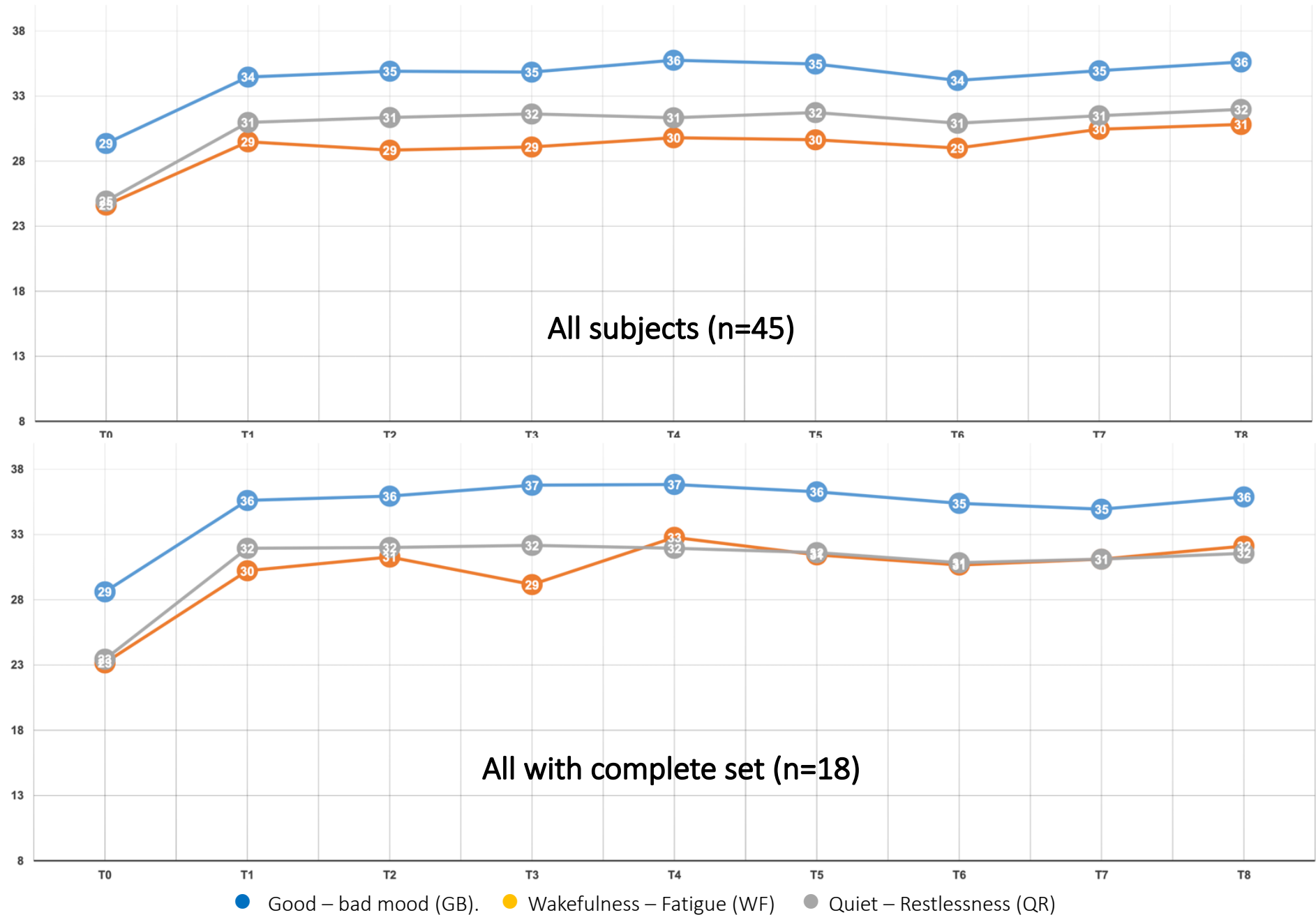
GB: 29.4 -> 35.6 (+21%)

WF: 24.6 -> 30.8 (+26%)

QR: 24.9 -> 32.0 (+29%)

The main change occurs by a leap at the beginning of the course.

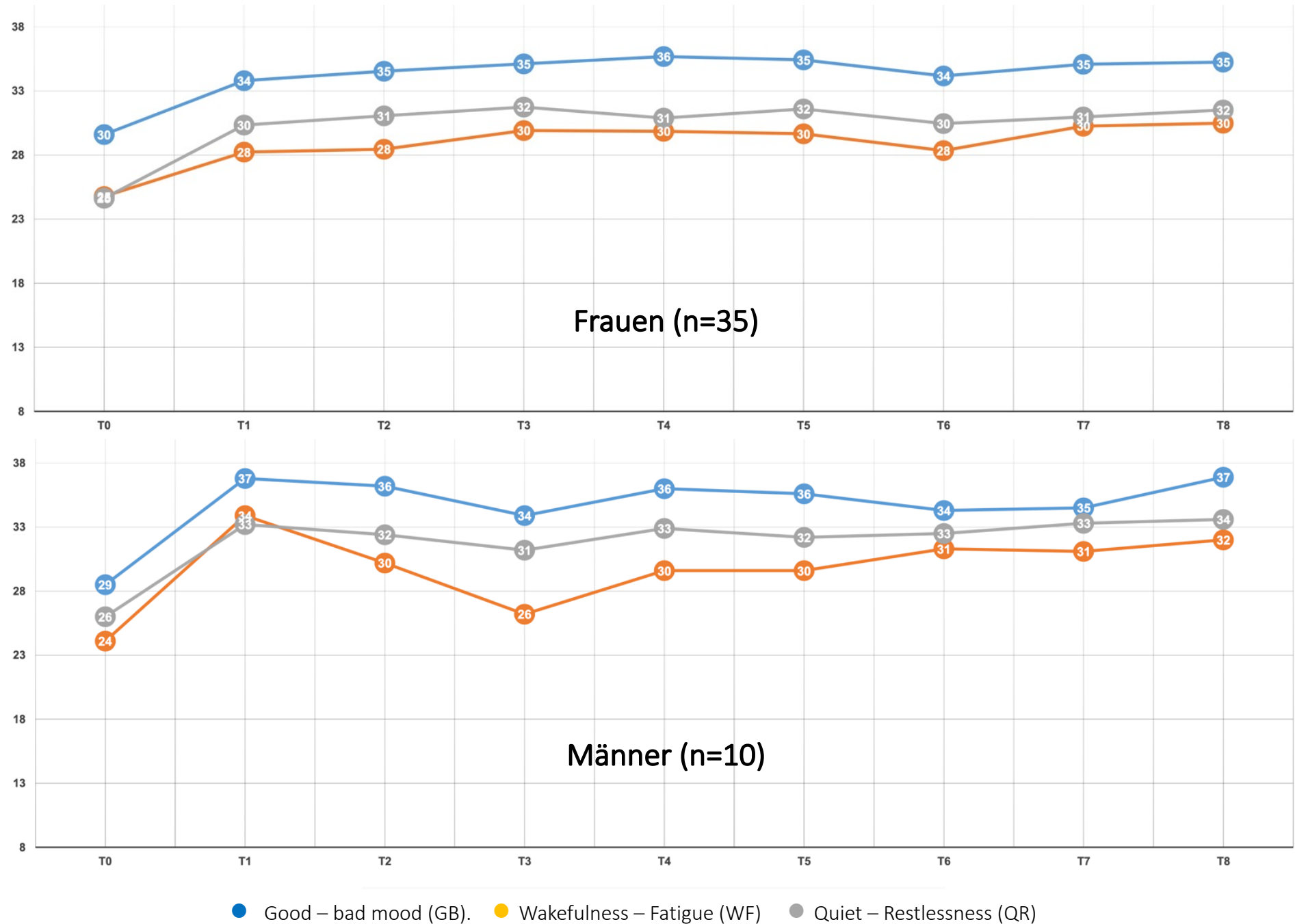
The results of the group that completed each questionnaire (n=18), are comparable to those of the group as a whole (n=45).



Sex

The male subjects start with an average worse state of health.

In the end, they achieve the same or slightly better results than the female subjects.

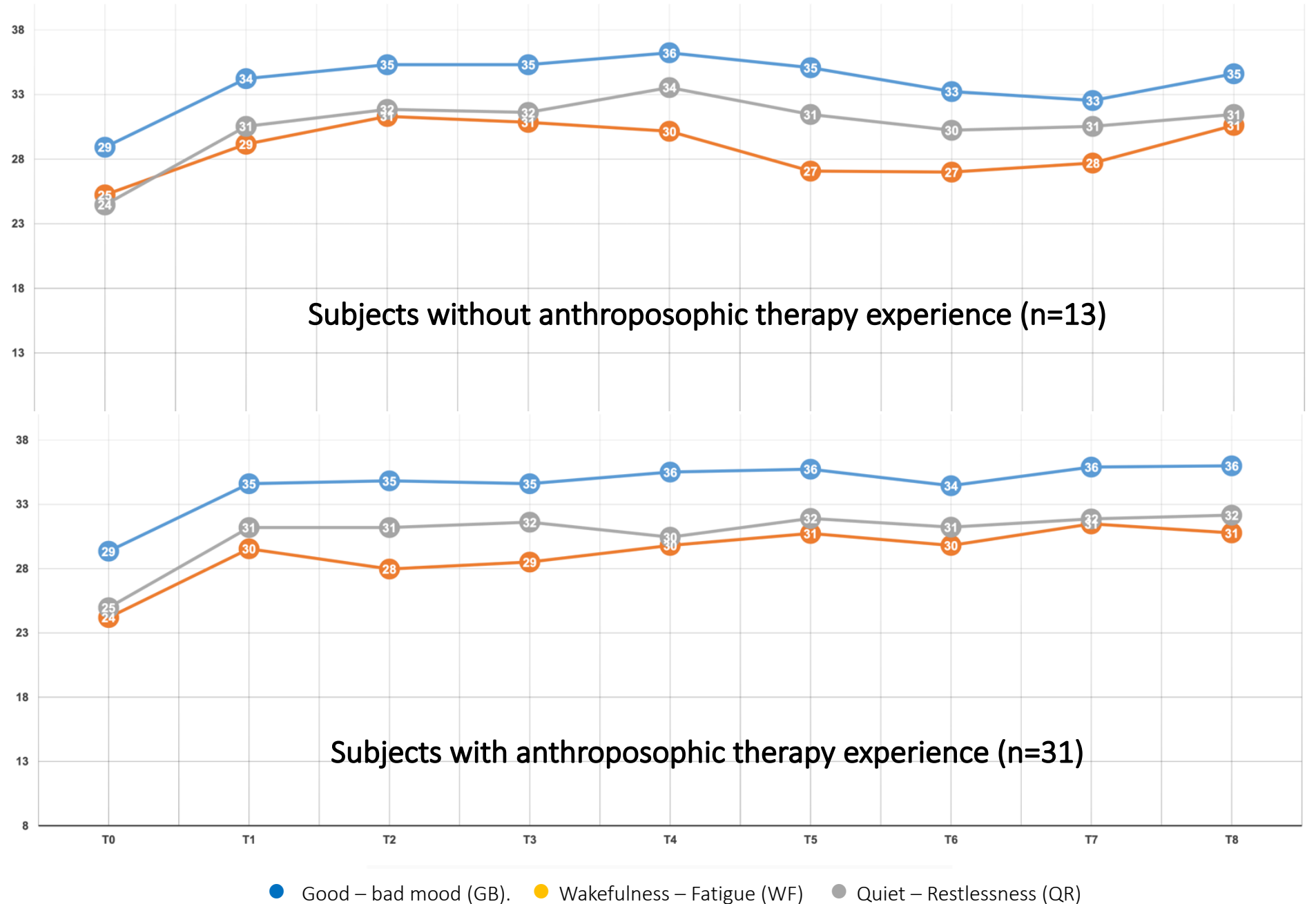


Anthroposophic therapy experience

Without previous anthroposophical therapy experience, there is a greater fluctuation in the state of mind.

In particular, modules 5, 6 and 7 with their special self-reference are a challenge.

The level and degree of improvement are ultimately the same.

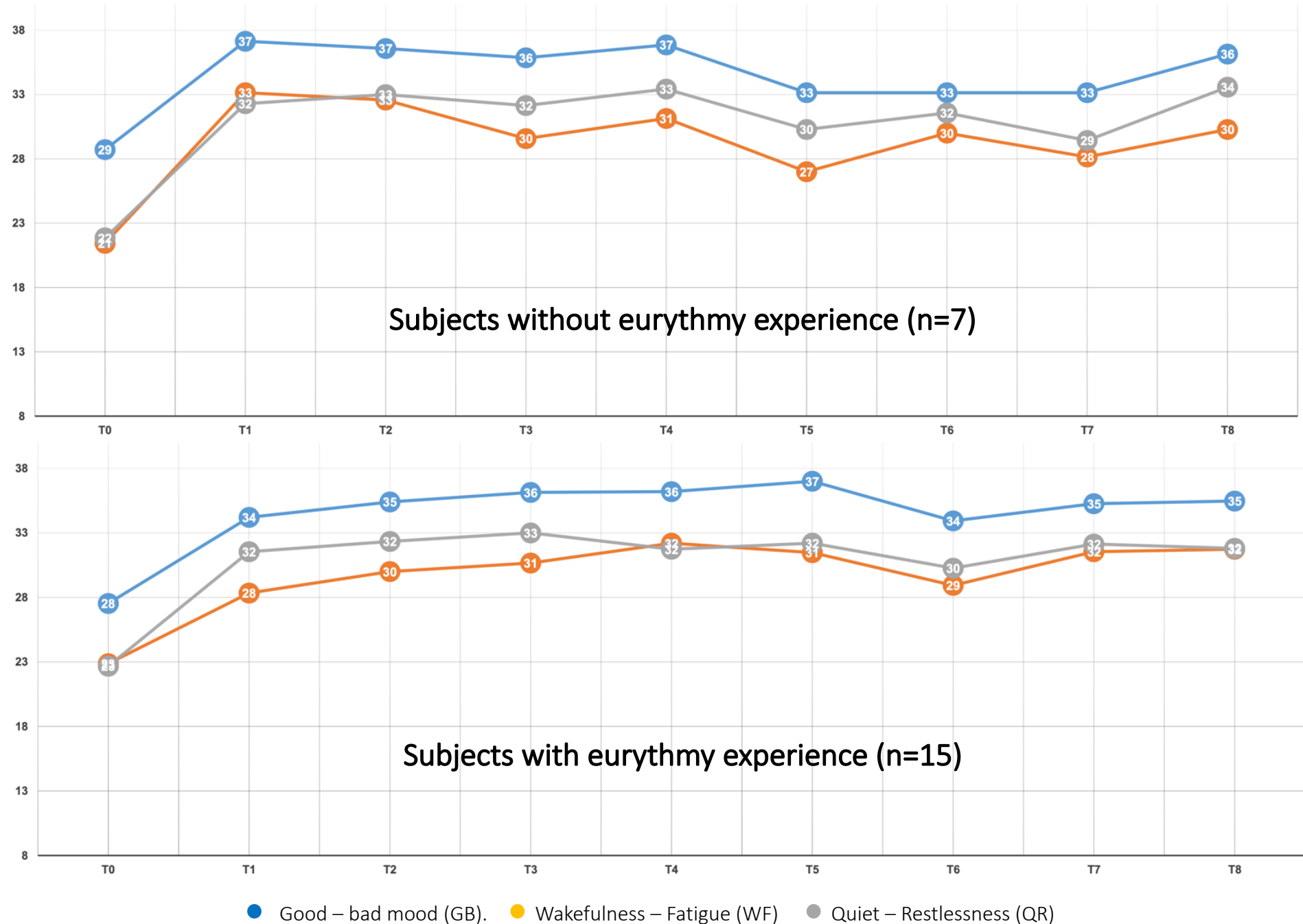


Eurythmy Experience

Significant improvement in well-being for people without knowledge of eurythmy.

Compared to subjects with knowledge of eurythmy, slightly better well-being at the end with poorer well-being at the beginning.

Modules 5, 6 and 7 are a greater challenge for people without knowledge of eurythmy.



Age

over 65

Strong improvement

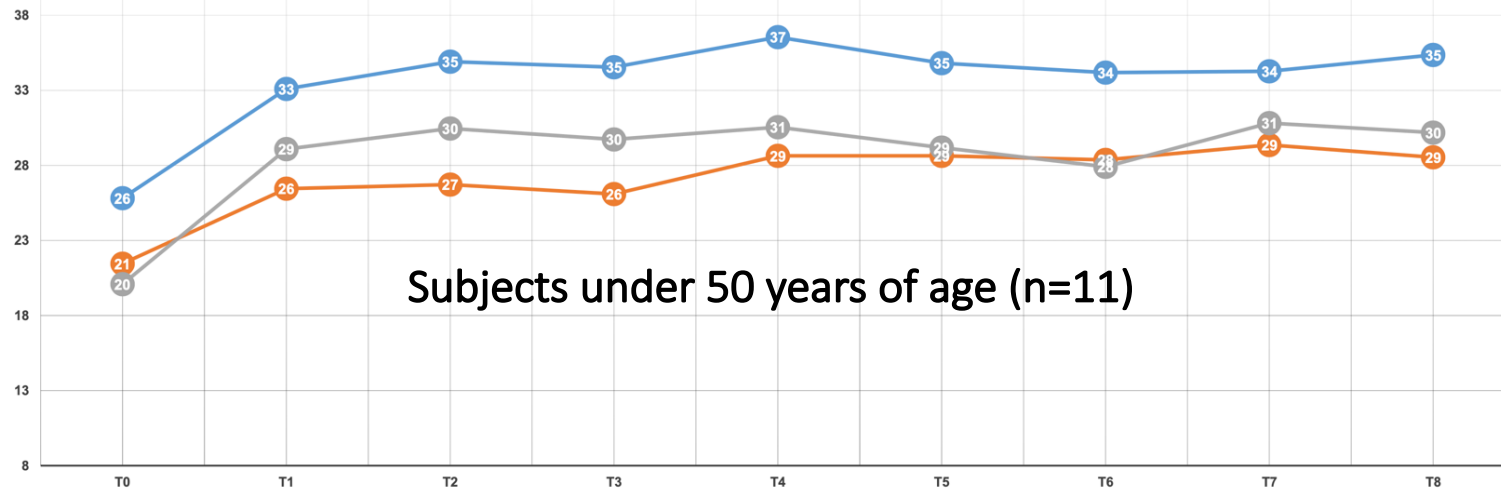
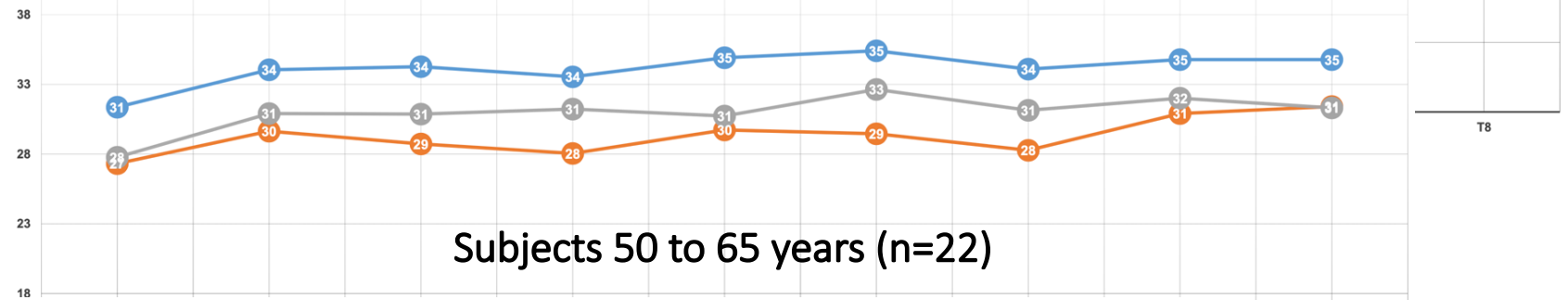
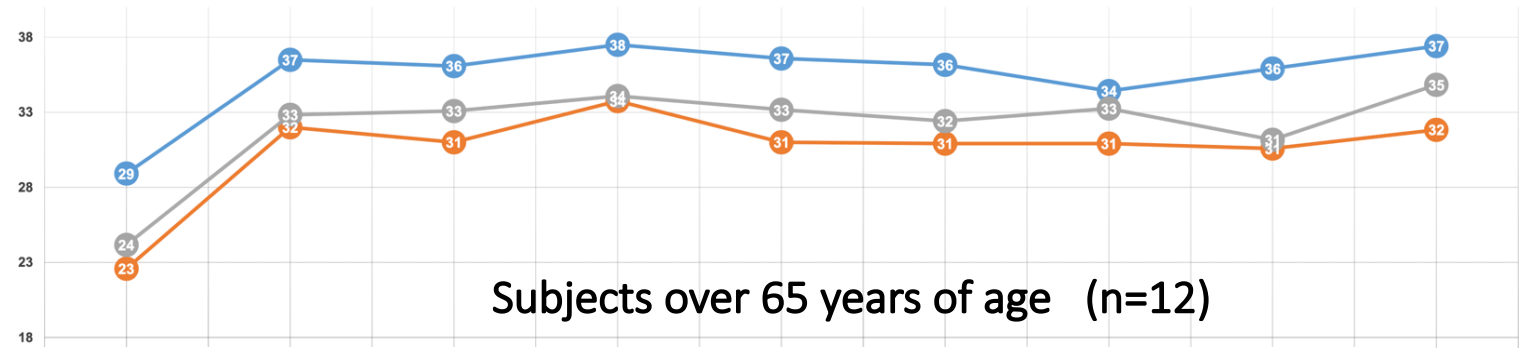
- Higher level of well-being

50 to 65

- Lesser, but continuous improvement

under 50

- Strong improvement in well-being
- Start at a lower level



● Good - bad mood (GB). ● Wakefulness - Fatigue (WF) ● Quiet - Restlessness (QR)

Subjectively assessed health

Very significant improvement in health perception in subjects with initially unsatisfactory well-being.

