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## Revision of a validated peer-report questionnaire to assess assessment of Eurythmy Therapy: AART-ASSESS EuMove 3.0: An expert consensus process

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### Introduction

Eurythmy Therapy (EYT) is a movement-orientated Mind-Body intervention(I) within Anthroposophic Medicine. EYT is applied to treat various medical and psychological conditions. Exercises relate to the sounds of speech and are to be performed in a distinctive manner regarding the specifications for movement-qualities, 'movement', 'feeling' while moving and the 'character', i.e., the muscle tone during performance. In this way, mindfulness is trained as a basis of the treatment.

Since 1992, different instruments were developed to document and assess EYT-movement during therapeutic settings. So far, only one instrument tries to assess the use of the above specifications, movement, feeling and character: The Havelhöher Fragebogen Eurythmie Therapie (HFET), a 83-item questionnaire. HFET was first applied in a pilot study and then validated in a consecutive study. This work describes the expert consultation process of the further development of this questionnaire into an applicable tool to assess performance specifications in EYT interventions called Anthroposophic ART-Therapy for Eurythmy Therapy (AART-ASSESS EuMove).

### Method

After a first application of the HFET in a validation study on breast cancer patients with CRF the questionnaire was filled in by peer-reports from two separate therapists. A 17-item instrument was developed with sufficient reliability called AART ASSESS EuMove, 2.1. This scale assesses general qualities regarding gait, skill, breathing and self-activity. Validated movement-items capture certainty, symmetry, the use of space and time. Validated feeling items assess the empathy for the movement and the surrounding. A multidisciplinary expert evaluated the validated items and their suitability. Experiences from the EDET-MOVE-instrument were added. The expert panel discussed in several meetings and revisions missing items for a next AART ASSESS EuMove version.

### Results

The expert panel developed a new peer-report 36-item-questionnaire for Eurythmy therapist, the AART-ASSESS EuMove, 3.0: Regarding general aspects, items to assess movement-tempo, breath, perceived warmth, self-reliance and self-activity were added. Furthermore, items were added for movement-flow, -rhythm and muscle-tone. All together 19 items were added.

### Conclusion

The new instrument AART ASSESS EuMove is a pragmatic tool that should be validated in a consecutive study.

### Contact

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