



## INFORMATION SHEET FOR RESEARCH PARTICIPANTS

### 1. Tango Across Generations (TAG) and invitation to participate in research

**We ask you to participate in the TAG study**, which investigates the effect an intergenerational Argentine Tango program on physical, mental, and social wellbeing.

You are invited to the study because you are a young person aged 60+ years old and you understand English or Finnish. You do not suffer from any serious visual or hearing impairments, or any other disabilities that would prevent you from coming to and participating in dance classes.

This research notification describes the study and related participation. The privacy notice provides information on the processing of your personal data.

The study will involve a total of 30-40 participants across the two groups (Youth and Older

adults). You can inform us about bringing someone with you, so we can register them for the study as well (if they are eligible), but a partner is absolutely not required for learning tango in this program, as it is a social dance where we rotate dance partners all the time.

This information sheet describes the study and what participation in it means for you. The Privacy Notice provides information on the processing of your personal data.

This is a follow-up study. You will be contacted again a year after the Tango program ends, if you do not withdraw your consent to participate.

### 2. Voluntary participation

Participation in this study is voluntary. You can refuse to participate in the study, withdraw from the study or your consent at any time, without stating a reason. This will have no negative consequences for you.

If you decide to stop participating in the study or withdraw your consent, any personal data, or other information collected to that point may still be used in the research if needed to ensure reliable results.

### 3. Progress of the study

Your participation in the study will span approximately 10 months (September 2026 – May 2027). You'll be joining us at the Matara (Matarankatu 6 A1, 40100, Jyväskylä) for weekly classes on Tuesdays from 16:30-18:00 in the fall semester and in the spring from 16:00-17:30.

(pre) Questionnaire (20-30 mins): We have sent you a link to a survey containing questions about your physical, mental and social wellbeing. It should take between 20-30 minutes to complete this. The questions aim to measure your overall health, well-being, quality of life, loneliness & social connectedness, and specifically your levels of depression and anxiety (or lack thereof). When you decide to participate, we

expect that you attempt to fill out these questionnaires before the first class. Please know that you can take breaks completing the questions. If these questions cause you to have questions or experience distress you can contact the researcher via the contact information at the bottom of this document.

You will be asked to repeat this questionnaire two more times during to program. after 10 weeks, and after the final showcase.

Initial Confirmation and Consent (5-10 mins): We'll begin by confirming that you have electronically signed a consent form, chosen a 6-digit participant ID, and filled out the questionnaires we have sent you. The questionnaires should be filled out prior to the first class, but if you require assistance, we can help you finish it during the first class.

Recording of movement quality (5 mins): video recordings of a simple walk will be made 3 times during the program (at the first class, week 10, and after the final showcase), to assess how your movement changes due to learning Tango.

Weekly classes (90 mins): For the first 60 minutes of classes, you will learn the basics of Argentine Tango, focussing on technique and connection with your dance partner. During the last 30 minutes of class, you will learn elements of Tango for the stage (Tango escenario). This includes lifts and jumps, if your abilities allow for it.

Monthly rehearsals: Together with the older adults group, you will prepare a few choreographies for and end-of-year showcase. 10 monthly rehearsals are scheduled, time and place will be confirmed upon the start of the program. You will have a say in co-creation of the choreography and choice of music.

Final showcase: In collaboration with the Finnish Music Campus we will organise a Final showcase of your newly learned skills [date and time to be confirmed]. You may opt out of the performance if you do not feel comfortable, but we highly recommend trying out the rehearsals and joining in the fun!

Conclusion of the Study (interview 30 mins): After the final showcase, we would like to hear your thoughts on the program. What went well, what could have been done differently, but most importantly: how has the program impacted your (daily) life. The interview should not take more than 30 minutes and will be audio recorded for transcription. The transcription and audio files will be labelled with your anonymous participant ID to prevent identification of your feedback. The original audio files will be deleted as soon as the transcription is complete.

#### **4. Possible benefits from the study**

You will receive 10 months of free tango classes and training from a professional Tango dancer! Tango has been shown to improve gait, posture, and balance. In addition, we hope that you find a new group of people to connect with in your social life – your fellow Tangueros! The research team will introduce you to the local tango community through social events (Milongas).

#### **5. Possible risks, harm, and inconvenience caused by the study as well as preparing for these**

You may experience some fatigue due to expending physical energy during the dance class. Adequate breaks during the class will be ensured by the Tango teacher, and you are encouraged to take a break when you really need one, regardless of planned breaks.

Relatively inactive persons might also experience muscle soreness after pushing themselves physically during classes. This is not a risk that needs to be eliminated, but rather a healthy response to training, and it is a sign that the body is getting stronger.

However, in the case of persistent muscle soreness you are encouraged to discuss with the tango teacher to assess if the class has too high of a training load for you, and if this can be adapted (this is usually the case).

You may be worried about your risk of injury doing any kind of physical activity. Due to the nature of Tango, injury risks are incredibly low. The vast majority of injuries associated with it are overuse related, but even these are very uncommon (1 in 1000 hours). It does not pose acute trauma injury risks, and the low-impact nature of the dance makes it unlikely to push into overuse. Nonetheless, the load of the classes will be managed with the teacher and you are always free to discuss any concerns related to your individual situation, as mentioned above.

Please also be ensured that your teacher has first aid training and a degree in physical education to help you manage the load.

You will be asked to fill out questionnaires about your physical and mental health. If this raises questions or distress about your health, please contact your health care provider. The surveys include questions about mental well-being and might induce temporary, unpleasant emotions. You can stop answering the surveys at any time. If you are worried about your mental well-being, please contact your local health provider or call 044 7888 470 for a chat with professionals. Emergency assistance 116117 is open for urgent health problems outside the opening hours of your own health centre.

You may have concerns about the privacy and confidentiality of your data. You will receive the privacy notice which will explain how the data is handled and stored. Your data will be anonymized and kept secure. Only the PI (Patti) and you can identify your data with your chosen 6-digit code.

## **6. Insurance coverage for research participants**

The University of Jyväskylä has insurance for its activities and research participants. The participants are covered for accidents, damages and injuries inflicted due to an external cause. The accident insurance is valid during measurements, measurement visits and trips directly related to them.

## **7. Compensation for participation and reimbursement of study-related costs**

Participants receive no payment or compensation for possible travel costs for this study.

## **8. Funding of the study**

The research is funded by academic research funding, i.e. the Finnish Cultural foundation's Central Finland Fund. The funders have not been involved in the design of the study, nor do they have any influence over data collection and analysis, publication decisions, or manuscript preparation.

## **9. Conflicts of Interests**

The study and the researchers have no conflicts of interest that could affect the study's independence.

## **10. Informing about research results and research outcomes**

The study will yield scientific publications, dissertations and conference and seminar presentations.

The findings of the study will be communicated to in the form of a document after the study is published. A public event will also be hosted where a talk will be presented on the first findings of the project. The research subjects will not be able to be identified from the results/publications.

#### **11. The use of research data after the study is finished**

After the study and follow-up is finished (end 2028), the research data will be archived pseudo-anonymised, which means that any information enabling personal identification is deleted where possible.

The pseudo-anonymised research data will be stored in JYU's data archive, from where the data is only available by a specific request for research purposes that adhere to good scientific conduct.

#### **12. Contact person for further information**

Patti Nijhuis  
+358504680404  
patti.p.nijhuis@jyu.fi  
Musica M305  
Principal Investigator (PI)