

believed to contribute to older adults' physical, intellectual and social development.

A recent study examined both the feasibility of a weekly programme over a period of 1 year and its efficacy in improving physical activity levels and well-being. The researchers used a mixed-methods intervention design, recruiting adults over 55 years of age from local community groups in Yorkshire, UK. Each weekly session involved mixed-genre dance for 60 min. They used self-report measures of minutes per week of physical activity, and well-being was assessed using the EuroQol visual analogue scale (EQVAS) at baseline and at 3, 6 and 12 months. The results were assessed using the Friedman test. The researchers also carried out a thematic analysis of qualitative data. Feasibility was assessed based on class attendance, and 685 male and female participants with a mean age of 75 years were recruited to form focus groups. Thirty-eight per cent of the participants were considered to be highly deprived as per the Index of Multiple Deprivation.

The results demonstrated significant increases in both physical activity and EQVAS well-being scores across the four time points. The qualitative analysis of data from the focus groups showed that participants regarded the dance intervention favourably because of physical benefits such as increased mobility and flexibility, as well as psychological benefit in improving mood and well-being. They also note that previous studies have shown improved social interactions, enjoyment, increased confidence, and improvements in physical and subjective health. They conclude that dance is an acceptable way of increasing physical activity in older adults from economically diverse communities, across a wide age range from 55 to 97 years. Time to get off that couch and go dancing!

Britten L, Pina I, Nykjaer C, Astill S. Dance on: a mixed-method study into the feasibility and effectiveness of a dance programme to increase physical activity levels and wellbeing in adults and older adults. *BMC Geriatr* 2023; **23**: 48.



Six Nations: a clinical scenario comparison of systems for prisoners with psychosis in Australia, Bolivia and four European nations – ERRATUM

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This article was originally published with a spelling error in the name of author Annette

Opitz-Welke. This has now been corrected and this erratum published.

Reference

1. Aboaja A, Pandurangi P, Almeida S, Castelletti L, Rivera-Arroyo G, Opitz-Welke A, Welke J, Barlow S. Six nations: a clinical scenario comparison of systems for prisoners with psychosis in Australia, Bolivia and four European nations. *BJPsych Int* 2023; **20**(1): 13–17.