



Even Once Will Do It

*InterPlay can have an immediate effect
on one's sense of well-being,
even after one experience of it.*

A data-driven study measuring the short-term, immediate effects of InterPlay on several measures of well-being

Although plenty of anecdotal and personal experience exists to support the belief in the positive effect of InterPlay on well-being, we set out to collect data systematically to confirm that it is not only a belief but a reality.

The method

Right after having taken part in an InterPlay event ranging in length from one hour to two concurrent days, participants were asked to fill out a simple form asking for some demographic information. The form also included a list of 11 statements describing a comparative state of well-being:

- I am more aware of my whole body.
- I am more energized.
- I found some joy or laughter.
- I am more at ease.
- I feel more part of the group.
- I connected with others in the room.
- I feel more creative.
- I am more hopeful.
- I am more at peace.
- I challenged myself to do something outside my comfort zone.
- I can see ways to use InterPlay in my daily life.

For each statement, participants were asked to circle a number from 7 (very true) to 1 (not true).

We collected data from **almost 700 participants** who took part in **62 events** led by **28 different leaders** in **28 different locations**. This included those who had done quite a bit of InterPlay as well as newcomers.

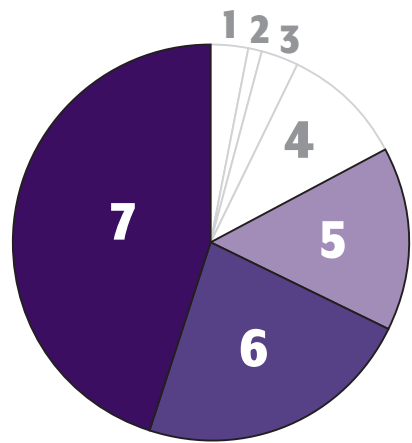
The consistency of these results across many settings, leaders and participants allows us to conclude that even doing just one InterPlay event can shift one's sense of well-being.

InterPlay Has an Immediate Effect on Well-Being

The graphs on this page illustrate how almost 700 people rated their response to eleven different statements of personal experience associated with well-being at the conclusion of a single InterPlay event. A “7” indicated “very true” and a “1” indicated “not true.” The darker areas of the graphs indicate stronger agreement with the statements.

Overall, participants **responded positively on all elements** that were being rated.

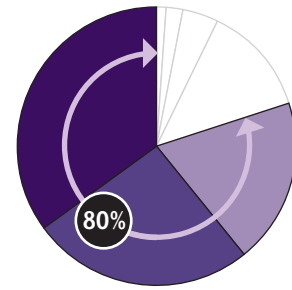
On each one, “7” (very true) was the most frequent response and the **positive rating** for each statement (5-7) ranged from **80-94%**.



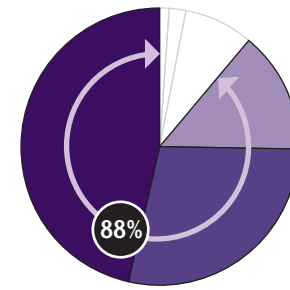
Reading the Graphs

In each graph, the results are illustrated with the same color, beginning with dark purple for “7” and moving through the numbers in order in a counter-clockwise direction.

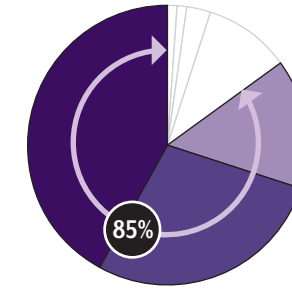
The purple areas would indicate a positive response (5-7) and the white areas a neutral or negative response (1-4).



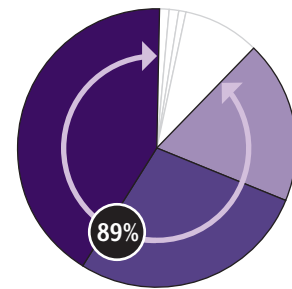
I am more aware of my whole body.



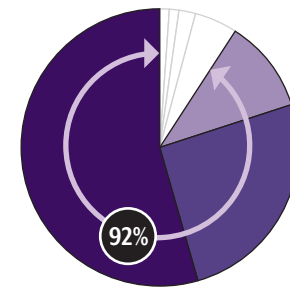
I feel more part of the group.



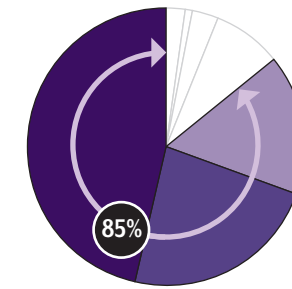
I am more at peace.



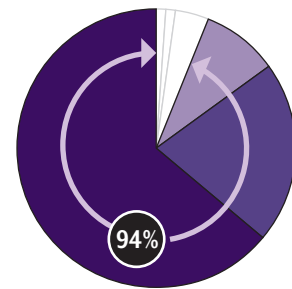
I am more energized.



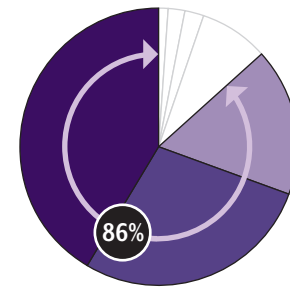
I connected with others in the room.



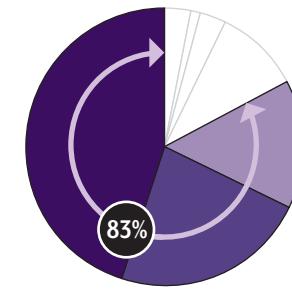
I challenged myself to do something outside my comfort zone.



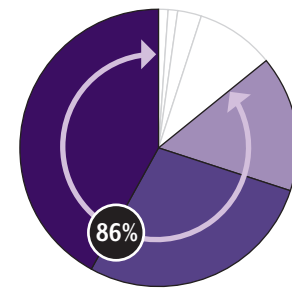
I found some joy or laughter.



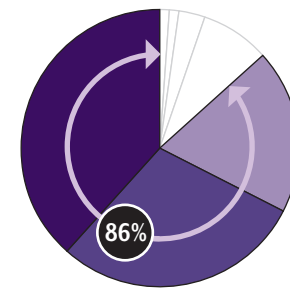
I feel more creative.



I can see ways to use InterPlay in my daily life.



I am more at ease.



I am more hopeful.

InterPlay Creates Positive Response Even with Those Required to Participate

Attendees at InterPlay events reflected in this study may have personally chosen to be there or they may have been a “captive audience” if, for example, a sponsoring agency required them to attend.

In order to see the difference that “choice” made in response to the 11 statements, we separated the data based on whether participants chose to or were required to attend.

The first graph in each of the pairs of graphs shows the responses to the 11 statements of those who *chose* to attend an InterPlay event. The second shows the responses of those who were *required* to attend.

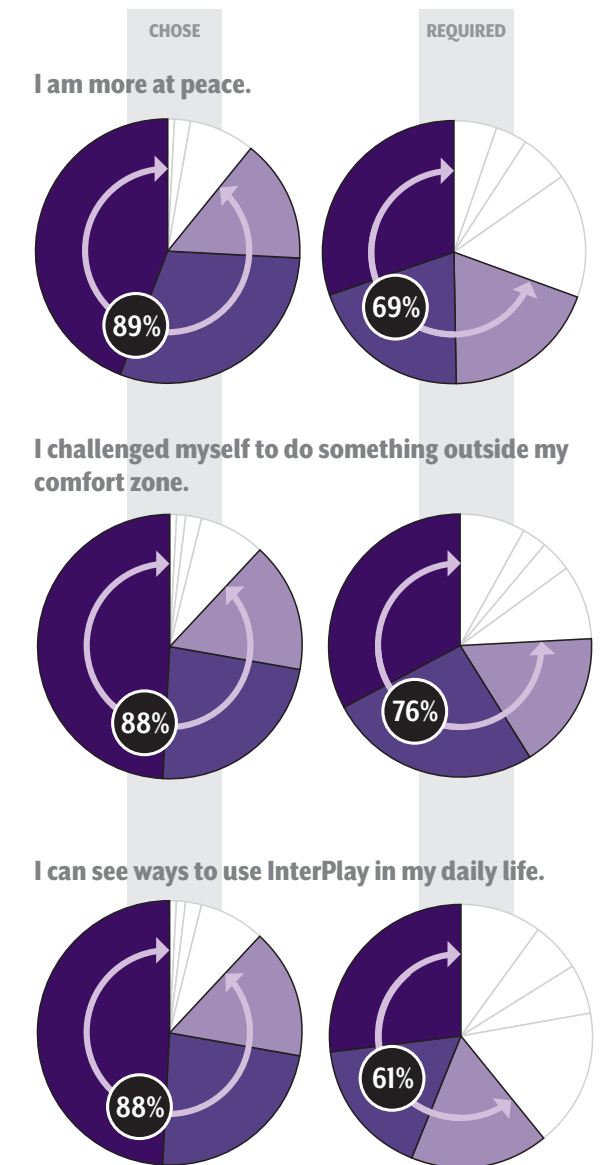
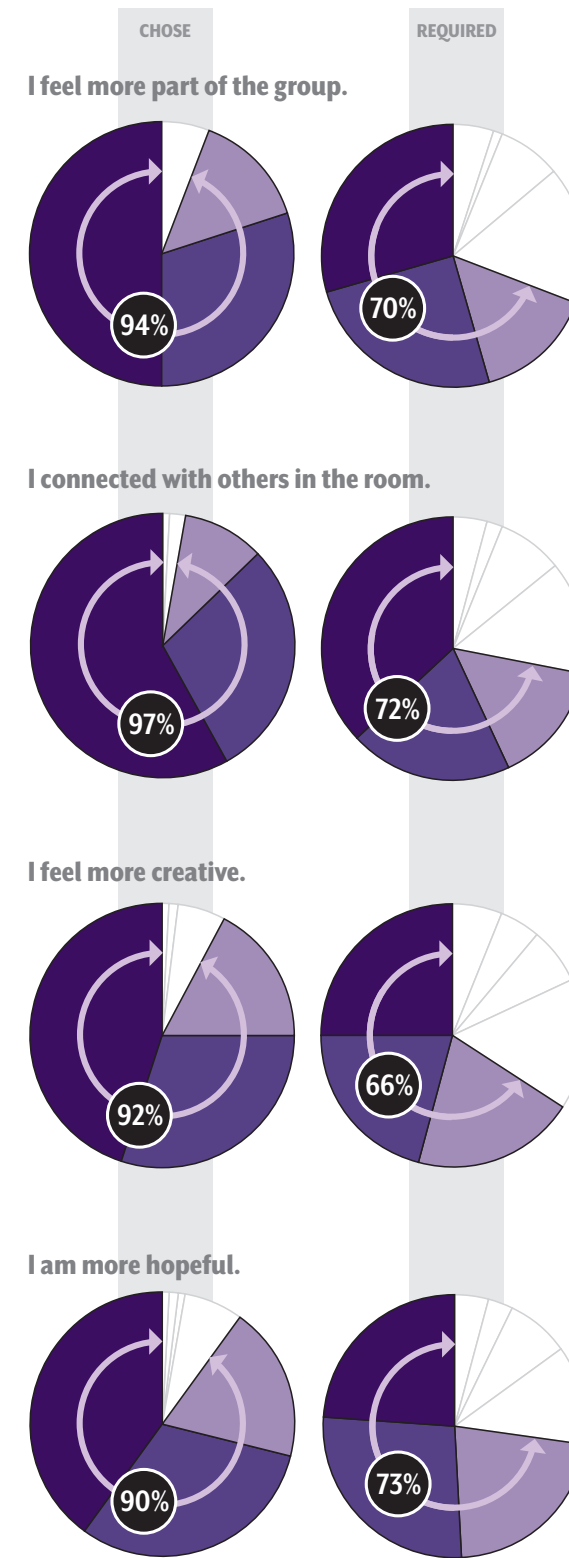
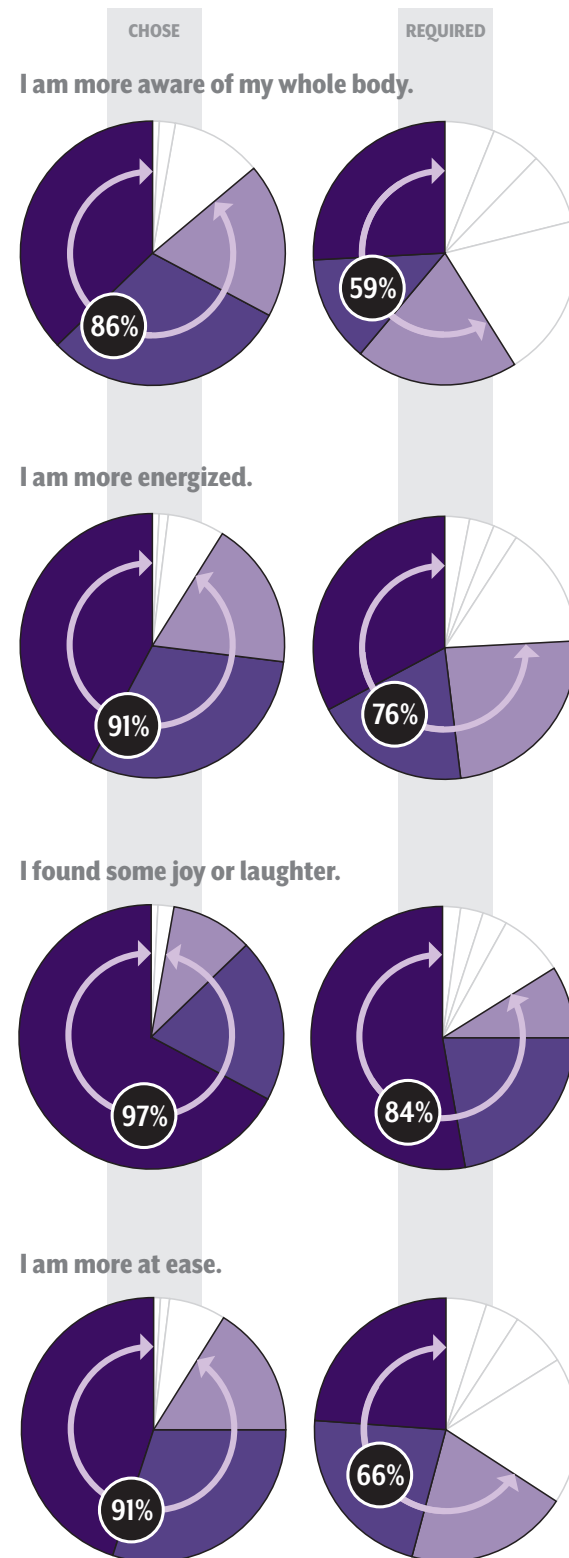
As in previous graphs, the purple areas represent a positive response to the statement (5–7 on the 7 point scale) and the white areas represent a neutral or negative response (1–4).

From this data we can see that **choice does have an effect on the level of positive response** to a single experience of InterPlay. The difference between the groups (“chose” and “required”) ranged from 12% to 27% in response to the statements.

We also see that **a high percentage of those who chose to attend reported a positive response to each statement** (84% or above).

Roughly two-thirds or more (59–84%) of those who were required to attend also reported positive responses to each statement, which indicates that **InterPlay can be an effective tool for creating well-being, even for those who may not have “signed up for it.”**

Even with *only one session* of InterPlay, **61% of the people required to attend found something that they could use in their daily lives.**



InterPlay Creates Positive Response Even with Those Who Are New to InterPlay

Some of those surveyed in this study were new to InterPlay, others were not.

In order to see if there was a difference in response to the 11 statements depending on previous experience with InterPlay, we divided the responses between those who reported that they were new and those who were “occasional” or “regular” InterPlayers. (We did not include “leaders” in these totals.)

The first graph in each of the pairs of graphs shows the responses of those who had occasional or regular InterPlay experience. The second shows the responses of those who were new to InterPlay.

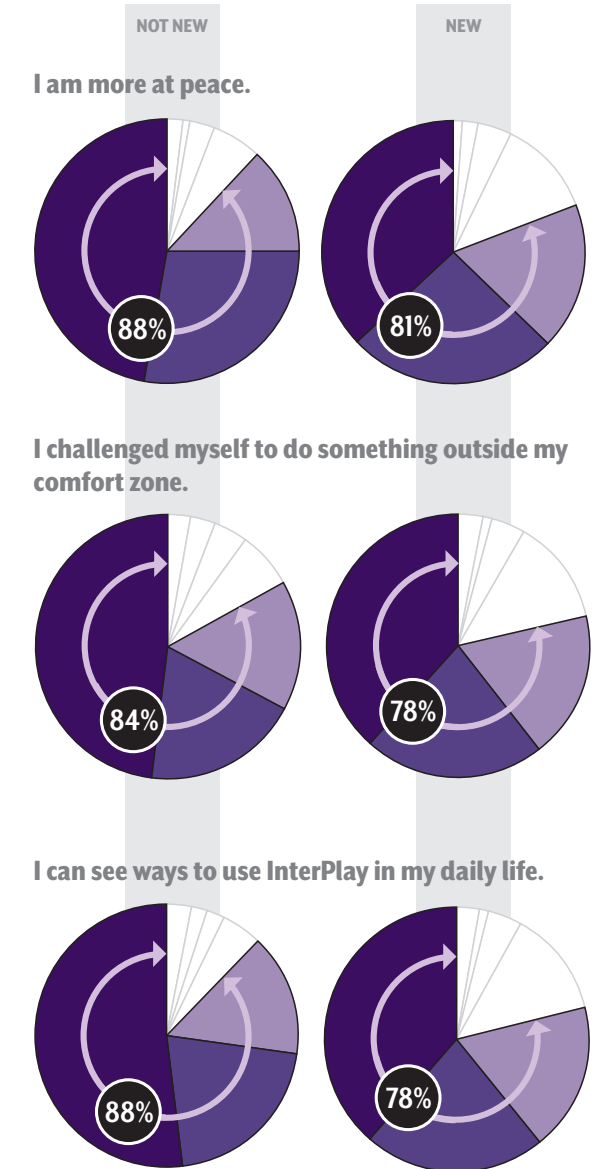
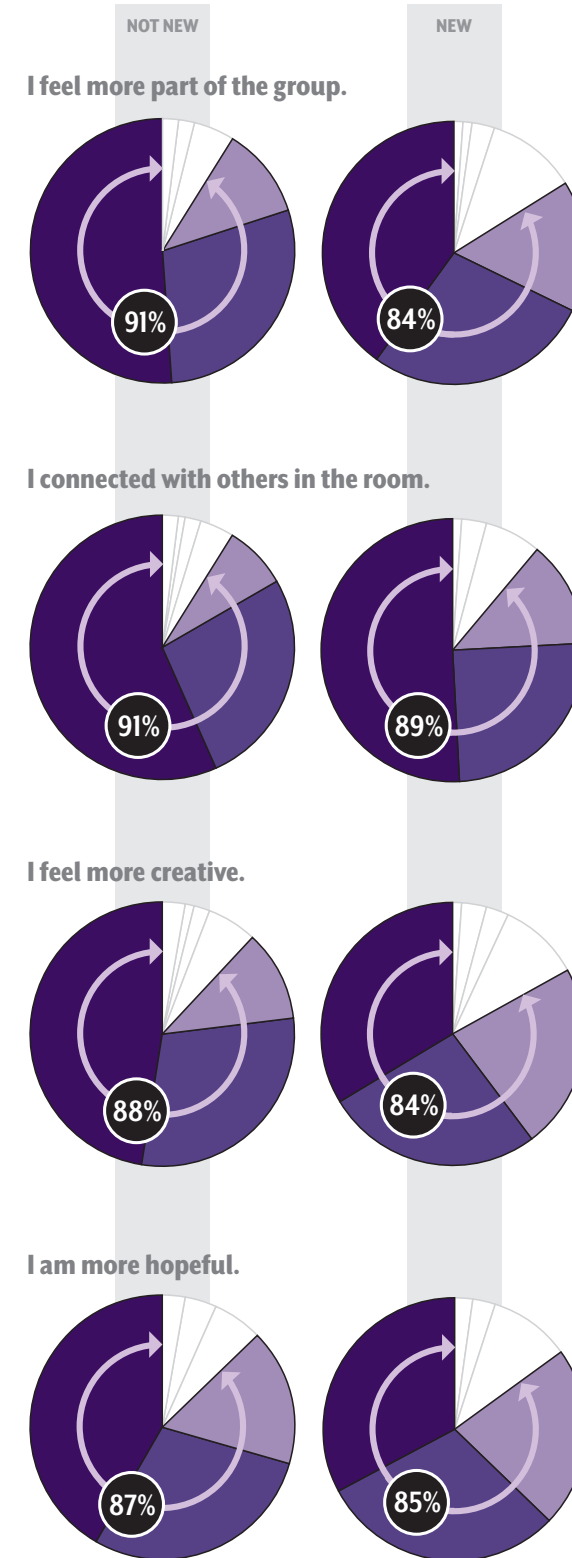
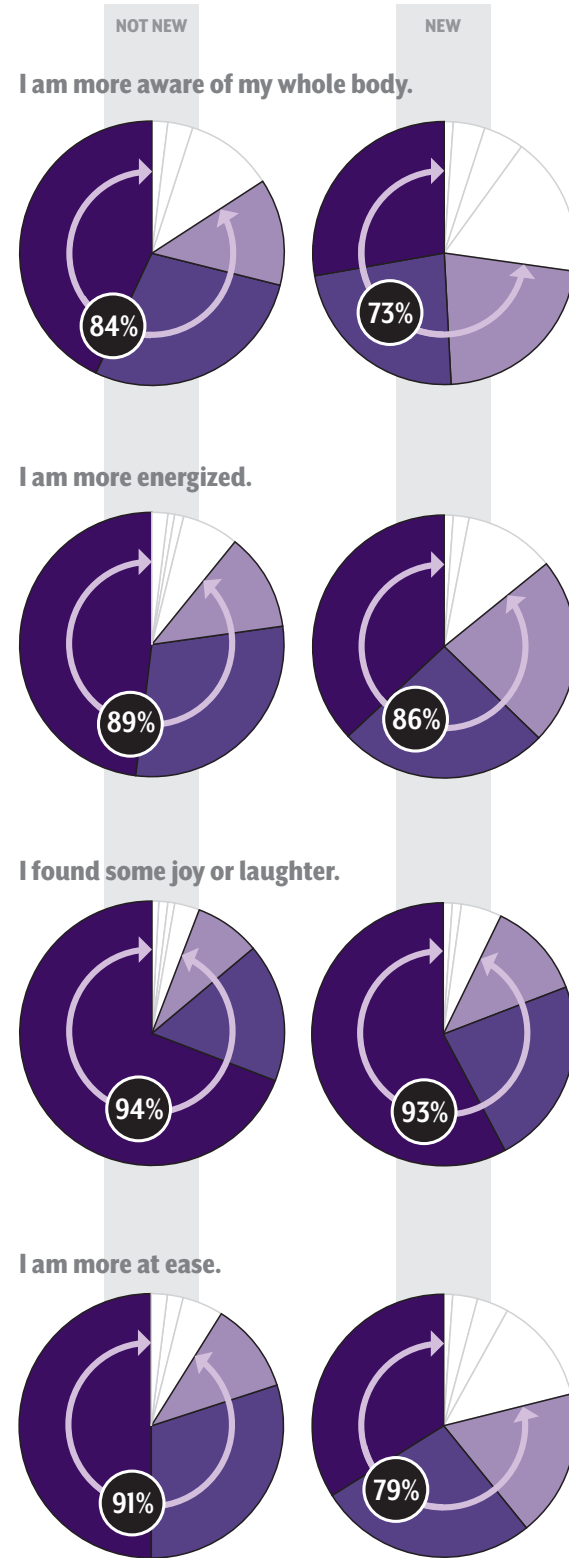
As in previous graphs, the purple areas represent a positive response to the statement (5–7 on the 7 point scale) and the white areas represent a neutral or negative response (1–4).

From this data we can see that, for each statement, **the positive response to all of the questions was higher for those who had experience with InterPlay.** The difference, however, was relatively small—a range of 1–27%, with an average of 16%.

We also note that **regardless of level of experience, the response to these statements of well-being were very positive (61–94%).**

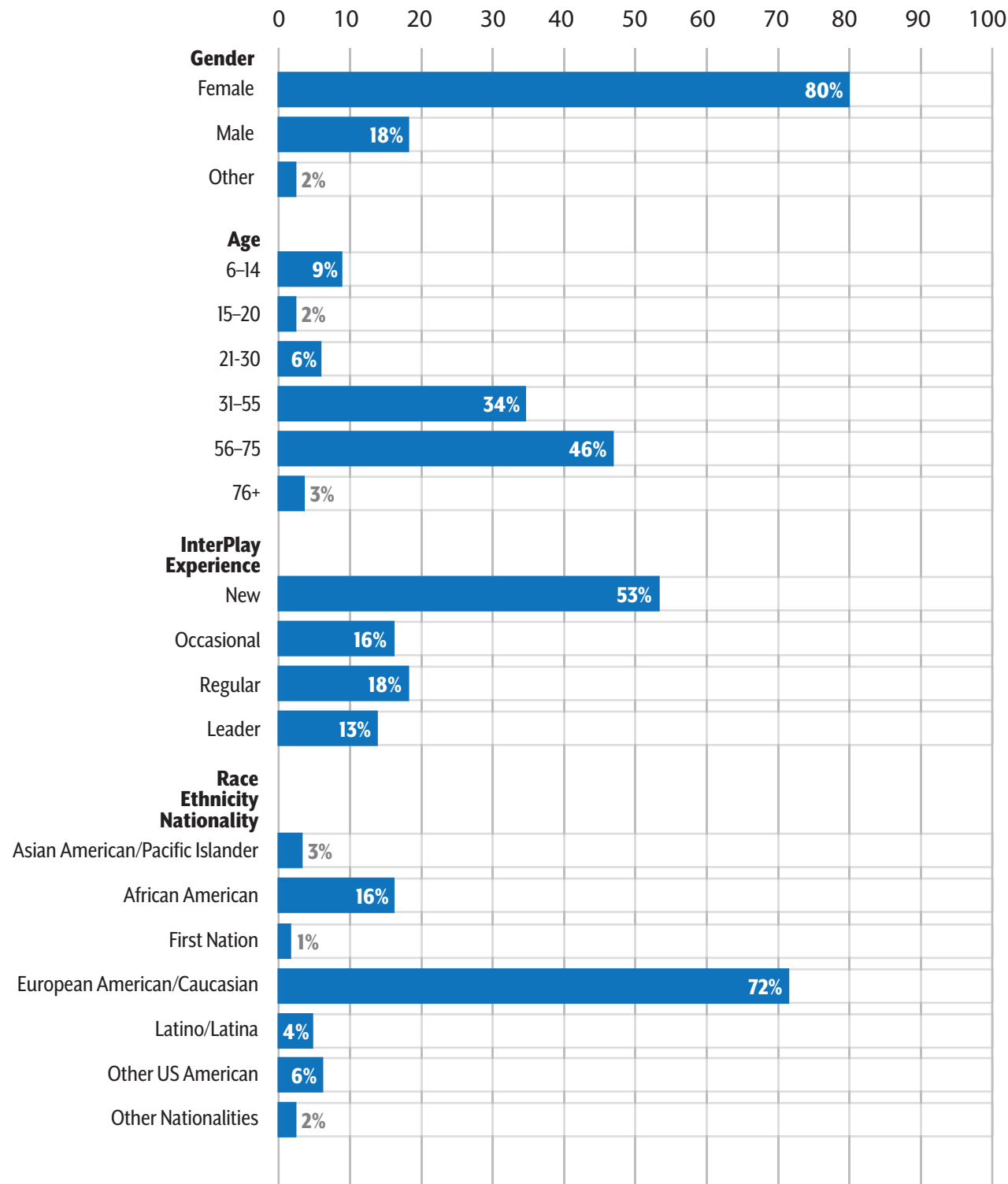
Our conclusion, is that **level of experience has an effect on participants’ responses to InterPlay, but that even those who are new to InterPlay report a high level of positive response.**

Even with *only one session*, **78% of the people new to InterPlay found something that they could use in their daily lives.**



Participant Demographics

Each participant was asked to share demographic information about themselves: age, gender, race/ethnicity/nationality, and level of InterPlay experience.



InterPlay Participant Reflections



We're interested in gathering some information about the effects of InterPlay. Completing this brief survey at the end of your InterPlay session will help our continued learning. *Please* complete every question/blank. *Thank you!*

InterPlay event date _____ Event name _____

City _____ Leader/s _____

A bit about you...

Circle your level of InterPlay experience:

New Occasional Regular Leader

Please circle the information that fits you best:

Age 0-14 15-20 21-30 31-55 56-75 76+

I identify myself as Female or Male or _____

I identify myself as (you may circle more than one)

African American Asian American Pacific Islander Latina/o American First Nation
Middle Eastern American European American/Caucasian

Other US-American _____ Other Nationality _____

Tell us about your experience...

For each of the following statements, please circle the number on the scale that best describes your experience compared to how you felt before you arrived.

	Very true						Not true
1. I am more aware of my whole body.	7	6	5	4	3	2	1
2. I am more energized.	7	6	5	4	3	2	1
3. I found some joy or laughter.	7	6	5	4	3	2	1
4. I am more at ease.	7	6	5	4	3	2	1
5. I feel more part of the group.	7	6	5	4	3	2	1
6. I connected with others in the room.	7	6	5	4	3	2	1
7. I feel more creative.	7	6	5	4	3	2	1
8. I am more hopeful.	7	6	5	4	3	2	1
9. I am more at peace.	7	6	5	4	3	2	1
10. I challenged myself to do something outside my comfort zone.	7	6	5	4	3	2	1
11. I can see ways to use InterPlay in my daily life.	7	6	5	4	3	2	1

12. What one word best describes an experience you are having right now: _____

13. Any additional comments or suggestions (use the back if needed):

Leaders

28 different leaders submitted evaluations. Some used the evaluation in several different events, others only one or two.

Carol Allen	Terry McCarthy
CathyAnn Beaty	Toni McClendon
Bobbie Bolden	Coke Tani
Anita Bondi	Sharonne O'Shea
Sharie Bowman	Rita Otis
Sheila Collins	Nancy Pfaltzgraf
Stephen Condit	Stephanie Pile
Jennifer Denning	Phil Porter
Aviva Enoch	Soyinka Rahim
Annie Goglia	Jane Siarny
Ginny Going	Barbara Jo Stetzelberger
Tom Henderson	Marti Szalai Raymond
Janet Jones	Cynthia Winton-Henry
Mary Ellen Lewis	
Jori Martinez-Woods	

Locations

The events represented in the survey took place in 28 different location.

Davis, CA	Chapel Hill, NC
Healdsburg, CA	Raleigh, NC
Oakland, CA	Salter Path, NC
Richmond, CA	Omaha, NE
Washington, DC	Montclair, NJ
Alto, GA	Franktown, PA
Atlanta, GA	Pittsburgh, PA
Coralville, IA	Stroudsburg, PA
Des Moines, IA	Nashville, TN
Iowa City, IA	Austin, TX
Chicago, IL	Seattle, WA
Geneva, IL	Genesee Depot, WI
Wheaton, IL	
North Webster, IN	
Baltimore, MD	
Kansas City, MO	

InterPlay Survey—Raw Data

Overall Responses

Answer Options (7=Very True; 1=Not True)	7	6	5	4	3	2	1
1. I am more aware of my whole body	35%	26%	19%	13%	4%	2%	1%
2. I am more energized	42%	28%	19%	9%	1%	1%	1%
3. I found some joy or laughter	64%	21%	9%	4%	1%	1%	0%
4. I am more at ease	42%	28%	16%	9%	3%	1%	1%
5. I feel more part of the group	46%	28%	14%	8%	2%	0%	1%
6. I connected with others in the room	55%	26%	11%	5%	2%	1%	1%
7. I feel more creative	41%	28%	17%	8%	2%	2%	1%
8. I am more hopeful	38%	29%	19%	8%	3%	1%	1%
9. I am more at peace	42%	28%	15%	10%	3%	1%	1%
10. I challenged myself to do something outside my comfort zone	46%	23%	16%	8%	3%	1%	2%
11. I can see ways to use InterPlay in my daily life	45%	23%	15%	10%	3%	1%	3%

Survey raw data continues on next page

New InterPlayers compared to occasional or regular InterPlayers and those who attended an InterPlay event by choice compared to those who were required to attend

	(very true) 7	6	5	4	3	2	1 (not true)
1. I am more aware of my whole body							
New	28%	23%	22%	17%	5%	4%	1%
Occasional or Regular	43%	28%	13%	11%	3%	0%	2%
By choice	37%	30%	19%	11%	2%	1%	0%
Required	26%	13%	20%	20%	9%	6%	6%
2. I am more energized							
New	37%	26%	23%	11%	2%	1%	0%
Occasional or Regular	48%	29%	12%	7%	1%	1%	2%
By choice	42%	31%	17%	7%	1%	1%	0%
Required	33%	19%	24%	15%	3%	3%	3%
3. I found some joy or laughter							
New	58%	23%	12%	5%	1%	1%	0%
Occasional or Regular	69%	17%	8%	3%	1%	1%	1%
By choice	67%	20%	10%	3%	0%	0%	0%
Required	53%	22%	9%	8%	3%	3%	2%
4. I am more at ease							
New	34%	27%	18%	13%	4%	3%	1%
Occasional or Regular	50%	30%	11%	5%	2%	0%	2%
By choice	45%	30%	16%	7%	1%	1%	0%
Required	24%	22%	20%	18%	7%	4%	5%
5. I feel more part of the group							
New	40%	28%	16%	11%	3%	1%	1%
Occasional or Regular	51%	29%	11%	5%	2%	0%	2%
By choice	50%	30%	14%	6%	0%	0%	0%
Required	30%	25%	15%	17%	7%	1%	5%
6. I connected with others in the room							
New	51%	25%	13%	7%	3%	1%	0%
Occasional or Regular	57%	27%	8%	4%	2%	1%	2%
By choice	58%	28%	10%	3%	1%	0%	0%
Required	37%	20%	15%	14%	8%	2%	4%
7. I feel more creative							
New	34%	27%	23%	10%	3%	3%	1%
Occasional or Regular	47%	29%	11%	6%	2%	1%	3%
By choice	45%	30%	17%	6%	1%	1%	0%
Required	25%	21%	20%	16%	7%	5%	6%
8. I am more hopeful							
New	33%	30%	22%	10%	3%	2%	0%
Occasional or Regular	42%	29%	17%	6%	4%	0%	3%
By choice	40%	31%	20%	7%	1%	1%	0%
Required	24%	27%	22%	12%	8%	3%	4%
9. I am more at peace							
New	37%	26%	18%	12%	4%	2%	1%
Occasional or Regular	47%	28%	13%	6%	3%	1%	2%
By choice	44%	30%	15%	8%	2%	1%	0%
Required							
10. I challenged myself to do something outside my comfort zone							
New	38%	22%	18%	13%	4%	1%	3%
Occasional or Regular	48%	19%	16%	7%	4%	3%	3%
By choice	49%	23%	16%	8%	2%	1%	1%
Required	33%	26%	17%	9%	4%	3%	8%
11. I can see ways to use InterPlay in my daily life							
New	38%	22%	18%	13%	4%	1%	3%
Occasional or Regular	52%	21%	15%	5%	2%	2%	3%
By choice	50%	25%	15%	8%	1%	0%	1%
Required	27%	17%	17%	17%	6%	6%	10%

From the InterPlay website

“InterPlay is a powerful tool to change people’s lives.

It is an active, creative way to unlock the wisdom of the body.

But it can be hard to describe. Once someone described it as ‘sneaky deep.’ It can be both playful and profound. It uses forms associated with the arts—movement, storytelling, voice and stillness—but does it in ways that don’t require particular skill or even nerve.

The simple and clear structures of InterPlay create a wonderful freedom. We are constantly looking for ease in life.

InterPlay celebrates and creates connection and community. Through this simple sort of play we learn more about ourselves and each other.”

InterPlay embodies these values: partnership, individuality, affirmation, flexibility, love, acceptance, support, peace, justice, equity, difference, commonality, irreverence, humility.

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