

REVIEWER'S REPORT

Manuscript No.: IJAR-51170

Date: 21-04-2025

Title: INVESTIGATING THE ROLE OF DANCE THERAPY IN MENTAL HEALTH TREATMENT OF STUDENTS IN HEBEI NORTH UNIVERSITY

Recommendation:

Accept as it is.....**YES**.....
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

Reviewer's Name: Mir Jaffar

Reviewer's Decision about Paper: Recommended for Publication.

Comments (*Use additional pages, if required*)
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Reviewer's Comment / Report

Title Evaluation:

The title is concise and informative, clearly stating the focus of the study. It communicates both the intervention being investigated (dance therapy) and the target population (students at Hebei North University), establishing clear contextual boundaries for the reader.

Introduction Review:

1. Contextual Framing and Relevance:

The introduction effectively situates the study within the growing global discourse on mental health. It acknowledges the limitations of traditional therapeutic methods and introduces dance

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therapy as a promising complementary approach. This contextual background is well-aligned with the study's objective and establishes the rationale for the research.

2. Definition and Theoretical Foundation:

The reference to the American Dance Therapy Association (ADTA) provides a formal definition that supports the scientific credibility of the therapeutic approach. By connecting dance therapy to both psychological and physiological integration, the paper lays the foundation for a holistic understanding of the practice.

3. Global Mental Health Perspective:

Citing the World Health Organization and scholarly work on the increasing prevalence of mental health challenges adds depth and urgency to the study. This global framing enhances the significance of investigating alternative therapeutic strategies at the university level.

4. Historical and Conceptual Overview:

The overview of dance therapy's origins, its evolution as a psychotherapeutic method, and its grounding in body-mind theory strengthens the conceptual base. The inclusion of references to neuroscience and concepts like neuroplasticity shows a thoughtful intersection of disciplines that adds to the paper's scholarly value.

5. Empirical Support:

The inclusion of multiple studies and meta-analyses, such as those by Koch et al. (2021) and Meekums et al. (2022), underscores the empirical foundation of the inquiry. These citations illustrate both the breadth and consistency of research findings on the positive psychological effects of dance therapy.

Overall Assessment:

The introduction to this research paper is well-composed, informative, and appropriately referenced. It reflects a sound understanding of the subject matter and presents a compelling case for the study. The writing demonstrates clarity of purpose, a solid command of interdisciplinary literature, and an academic tone consistent with research in the fields of psychology, therapy, and education.

The introduction lays a strong foundation for the rest of the study by clearly explaining the relevance of the topic, its historical context, and current applications. The academic rigor, relevance of references, and thematic coherence contribute positively to the credibility and scholarly merit of the research.
