

The Impact of Argentinian Tango on Lebanese Adults' Mental Health and Well-Being

Interview Schedule (English Version)

I. Warm-up Question

1. What motivated you to participate in Argentinian tango classes?

II. Structured Questions

1. What do you think about Argentinian tango today?
2. How does Argentinian tango make you feel?
3. How did your experience of Argentinian tango change/evolve over the past 2 months?
4. How do you perceive yourself when you are dancing Argentinian tango? How do you perceive your body?
5. How do you perceive your partner during Argentinian tango?
6. How does Argentinian tango make you feel towards others?
7. What do you like about the tango community?
8. In addition to dancing, what do you do to keep healthy? (Mentally, physically, emotionally, spiritually).
9. What else do you need to keep healthy?
10. How would you describe your dancing experience during the Covid-19 pandemic?

III. Prompts

1. How has Argentinian tango affected your daily life? In which area(s) specifically?
2. Will you continue participating in Argentinian tango classes? And why?
3. Do you believe that there are any advantages or disadvantages in Argentinian tango dancing?