



Correction to: Tango Dance Can Reduce Distress and Insomnia in People with Self-Referred Affective Symptoms

Rosa Pinniger¹ · Einar B. Thorsteinsson¹ · Rhonda F. Brown² · Patricia McKinley^{3,4}

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There were some errors presented in Table 2 in the original article.
Values have been corrected in the version of Table 2 presented here.

The original article can be found online at <https://doi.org/10.1007/s10465-012-9141-y>.

✉ Rosa Pinniger
rpinnige@une.edu.au

Einar B. Thorsteinsson
ethorste@une.edu.au

Rhonda F. Brown
rhonda.brown@anu.edu.au

Patricia McKinley
patricia.mckinley@mcgill.ca

¹ School of Psychology, University of New England, Armidale, NSW 2351, Australia

² Australian National University, Canberra, ACT, Australia

³ McGill University, Montreal, QC, Canada

⁴ Centre Interdisciplinaire de Recherche en Réadaptation du Montréal Métropolitain, Montreal, QC, Canada

Table 2 Means and standard deviations of dependent variables by groups at pre-test, post-test and one-month follow-up (FU)

Variables	Meditation (n = 11)		Tango (n = 18 ^a)		Exercise (n = 12)		Control (n = 23)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Life satisfaction								
Pre	15.91	4.57	15.94	7.18	16.92	8.91	18.35	7.45
Post	20.18	3.68	22.33	4.99	19.08	8.85	18.09	7.01
FU	22.73	3.04	20.31	7.68	19.42	8.82	17.00	7.36
Mindfulness								
Pre	3.88	0.54	2.98	0.88	3.78	0.90	3.33	0.90
Post	3.72	0.75	3.84	0.81	4.10	0.49	3.42	0.86
FU	3.98	1.01	3.87	0.78	4.18	0.76	3.37	0.90
Depression								
Pre	10.27	5.53	12.44	5.73	10.42	3.87	9.39	5.98
Post	6.27	4.00	6.28	3.20	6.25	3.17	9.43	6.32
FU	6.00	4.05	5.38	3.16	6.67	4.87	9.78	6.75
Anxiety								
Pre	8.00	4.92	9.28	5.04	6.75	4.88	7.65	5.76
Post	4.91	2.91	4.94	2.88	4.00	4.51	6.74	5.58
FU	4.36	3.44	3.88	3.01	3.58	3.09	6.70	5.72
Stress								
Pre	12.36	5.45	13.72	4.24	11.25	5.85	10.78	5.11
Post	8.64	5.26	8.61	3.58	7.50	4.36	10.00	5.51
FU	7.73	5.26	7.38	2.45	6.83	3.83	11.00	5.69
Fatigue								
Pre	4.91	1.02	4.45	1.23	4.32	1.67	4.69	1.01
Post	4.11	1.81	4.23	1.25	4.25	1.36	4.74	1.31
FU	4.13	1.39	3.74	1.45	4.10	1.82	4.38	1.32
Insomnia								
Pre	15.09	5.65	14.67	6.55	12.33	6.11	12.13	7.29
Post	12.00	7.77	11.11	5.14	11.25	7.86	13.39	7.06
FU	9.00	5.53	8.81	6.39	9.83	7.35	12.91	6.82
Self-efficacy								
Pre	26.36	3.47	24.61	6.93	25.17	5.04	27.17	6.30
Post	29.27	3.41	29.06	5.22	30.83	4.67	27.87	6.24
FU	29.18	4.64	28.81	5.72	30.67	4.52	27.43	6.50

Pre before the program, *Post* at the end of the program, *FU* one month after the program

^aTango group n = 18 at pre- and post-test; and n = 16 at the one month follow-up