

## Aims of the STAT Research Group (SRG)

1. Promote and encourage appropriate research of high quality into the Alexander Technique (AT) and its teaching and application through:
  - Outcomes-based research that contributes to an evidence base concerning the efficacy of AT lessons or group teaching in health promotion and in health-related conditions, as well as performance skills.
  - Process-related research to develop a greater understanding of the AT, its teaching methodology, the changes that can occur and the mechanisms by which these changes happen.
2. Facilitate communication of research results to STAT members, health and social care professionals, academic researchers, and the wider public (where appropriate, in conjunction with the General and Marketing Manager and other relevant STAT groups).
3. Endeavour to ensure that important existing research (such as the ATEAM, ATLAS and Parkinson's trials) continues to be actively disseminated wherever possible.
4. Facilitate communication and collaboration within the AT research community worldwide.
5. Review and monitor research that has relevance to the AT, the teaching methodology and the changes that can occur as a result of AT instruction, and, where appropriate, to interpret and communicate this research to the AT community.
6. Ensure that research proposals, projects, reports and publications are unbiased, well designed and not contrary to National Occupational Standards (CNH3: Deliver Alexander Technique teaching).
7. Liaise with external organisations and government bodies to represent the interests of the AT teaching profession in relation to research evidence issues and endeavour to have inaccuracies corrected in any descriptions of the AT.
8. Encourage STAT members to participate in research projects where appropriate, and to encourage recruitment of new members to the SRG and the SRG network.

Areas of research that the SRG would particularly like to encourage include the:

- Outcomes of AT lessons/group teaching with respect to various health-related conditions, mental and physical health promotion (salutogenesis), and the public health agenda
- Outcomes of taking AT lessons with respect to sport, music and other performance skills
- Outcomes of taking AT lessons in a general educational setting (schools, colleges), with respect to ability to learn
- Effects that different teaching methodologies/approaches have on the outcome of AT lessons
- The changes that occur in the self and sense of self as a result of learning and applying the AT. Examples might be an individual's attitude to ageing, their confidence, self-motivation, emotional responses or skills such as intentional inhibition, reflection and physiological changes such as movement coordination or balance.

Research methodology will encompass both quantitative and qualitative approaches.

**Our intention is to:**

- Serve as a central contact point for all AT-based research in the UK, and to facilitate worldwide communication and collaboration between UK and overseas researchers into all aspects of the AT and its teaching methodology.
- Encourage research in appropriate academic institutions, respond to any approaches from researchers wanting to investigate aspects of the AT, and to collaborate with them when feasible and in line with SRG's aims.
- Contribute to study design & conduct, data analysis & interpretation and communication of research findings, through active representation on study teams, wherever possible and appropriate.
- Build a reputation and network of contacts that ensure that STAT is approached early for information, comment and opinion about the AT and AT lessons in the UK and the benefits to be gained.
- Collate agreed definitions of terms and phrases used in our work. Although there may be multiple agreed definitions for each term/phrase, the aim is to ensure consistency of understanding and usage in communication between ourselves and with the outside world.
- Follow areas of research relevant to the AT, e.g. neuroscience, such that we can use research evidence from these fields to examine our thinking and support discussion of our views of how the AT might operate etc.
- Help build an archive of research-related experience and knowledge of the AT, its teaching and application (in collaboration with the Publications Group and the STAT archivist).
- Create a network of contacts with external bodies to facilitate communication and raise our profile.
- Communicate effectively with STAT members and the public about the activities of the Group and relevant research via a presence on the STAT website, website-located materials, regular contributions to *Statnews*, ad-hoc emails to members via the office, and ad-hoc publication of short papers or articles on particular issues.