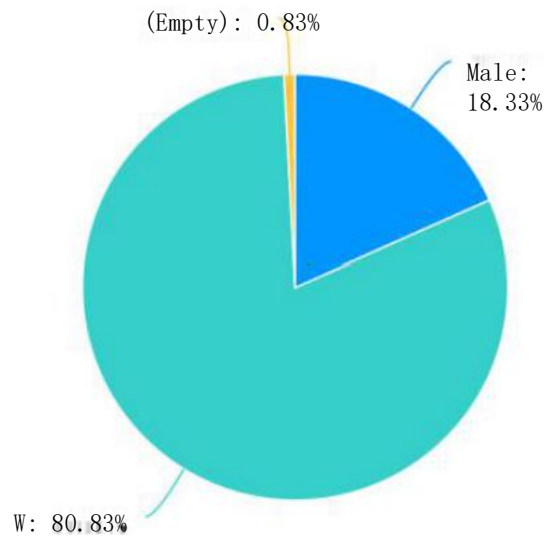


Professional dancers' physical and mental health survey

Question 1: Your gender: [Single choice]

option	subtotal	scale
man	22	18.33%
woman	97	80.83%
(empty)	1	0.83%
This question is valid for filling in the number of people	120	



Question 2: Your age group: [Multiple choice]

option	subtotal	scale
Under 15	0	0%
15~20	2	1.67%
21~25	52	43.33%
26~30	33	27.5%
31~40	29	24.17%
41~50	4	3.33%
More than 60	0	0%
51~60	0	0%
This question is valid for filling in the number of people	120	

Question 3: Your height: [single choice]

option	subtotal	scale
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Below the 150cm	0	0%
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option	subtotal	scale
160cm-169cm	78	65%
170cm-179cm	33	27.5%
Above 180cm	9	7.5%
This question is valid for filling in the number of people	120	

Question 4: Your weight as a professional dancer: [Single choice]

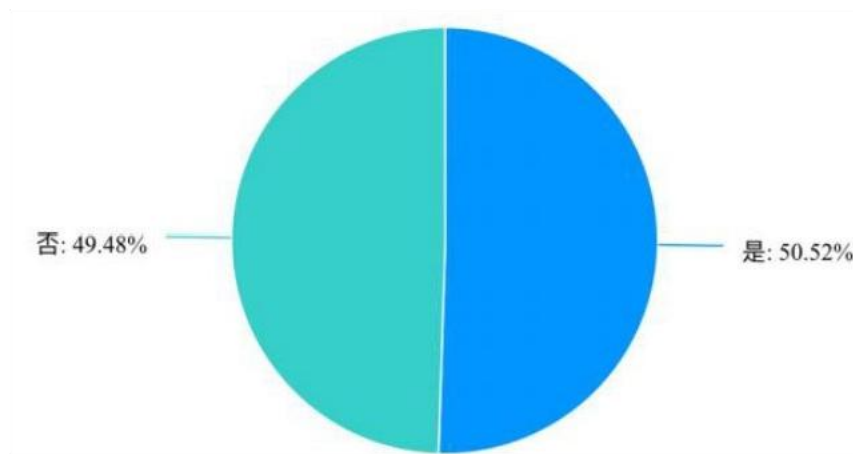
option	subtotal	scale
Below 40kg	5	4.17%
41kg-45kg	31	25.83%
46kg-50kg	38	31.67%
51kg-55kg	28	23.33%
56kg-60kg	4	3.33%
61kg-65kg	9	7.5%
66kg-70kg	1	0.83%
More than 70kg	4	3.33%
This question is valid for filling in the number of people	120	

Question 5: Your dance age: [Multiple choice]

option	subtotal	scale
0-5 Years	6	5%
6-10 Years	25	20.83%
11-15 Years	39	32.5%
16-20 Years	37	30.83%
More than 20 years	13	10.83%
This question is valid for filling in the number of people	120	

Question 6: Do you have menstrual disorders, irregular menstruation, amenorrhea and other conditions as a dancer?[single choice]

option	subtotal	scale
yes	49	50.52%
deny	48	49.48%
This question is valid for filling in the number of people	97	



Question 7: Do you have the following physical conditions in your dancing career?[multiple choice]

option	subtotal	scale
Calcium deficiency fracture	3	2.5%
Habitual fracture	3	2.5%
Lack of physical fitness	45	37.5%
Lack of muscle strength and endurance	44	36.67%
hyp immunity	25	20.83%
Malnutrition (deficiency of vitamins, minerals, etc.)	35	29.17%
Metabolic disorders (slow metabolism, etc.)	26	21.67%
Hormonal disorders (hypothyroidism, estrogen / androgen secretion disorders, etc.)	19	15.83%
lose sleep	38	31.67%
Body shape changes (wasting, skin loss of elastic luster, poor complexion, etc.)	19	15.83%
Cardiovascular problems (arrhythmia, hypertension, heart disease, etc.)	15	12.5%
Other (please brief supplement) [detailed]	9	7.5%
None of them	20	16.67%
This question is valid for filling in the number of people	120	

Question 8: Have you ever tried the following eating behaviors in your dancing career?[multiple choice]

option	subtotal	scale
Control diet (control calorie intake, three meals as usual)	69	57.5%
Dieting (eat one or two less meals a day)	73	60.83%

Fasting (no day, only fluid)	22	18.33%
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option	subtotal	scale
Don't eat staple food	52	43.33%
Stage overeating	42	35%
emetic	11	9.17%
Try weight loss drugs, probiotics and other weight loss products	25	20.83%
Suppress your appetite and control your body weight by smoking	5	4.17%
Other (Simple Supplementary Note) [Detailed]	2	1.67%
None of them	21	17.5%
This question is valid for filling in the number of people	120	

Question 9: Do you have the following emotions caused by your body image in your dancing career?[multiple choice]

option	subtotal	scale
feel blue	57	47.5%
Emotional ups and downs	40	33.33%
Depression tendency	14	11.67%
anxious	59	49.17%
feel oneself inferior	32	26.67%
It feels stressful	56	46.67%
Disparage yourself	17	14.17%
Not satisfied with yourself	55	45.83%
Want to give up life	2	1.67%
Other (please brief supplement) [detailed]	0	0%
None of them	27	22.5%
(empty)	1	0.83%
This question is valid for filling in the number of people	120	

Question 10: Please sort the sources of physical pressure in your dancing career [sort question]

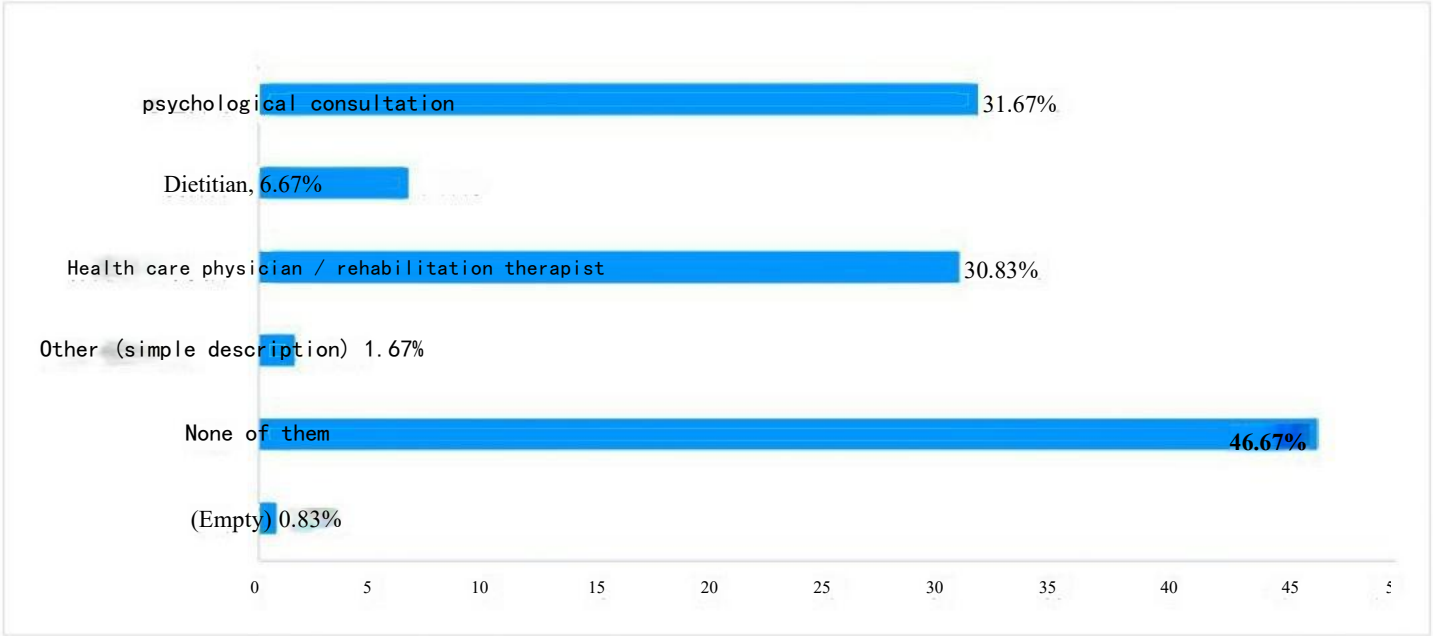
option	Comprehensive score	No. 1	No. 2	The third place	No. 4	No. 5	The sixth	No. 7	No. 8	No. 9	subtotal
Self-requirement	5.89	29 (28.43%)	17 (16.67%)	21 (20.59%)	13 (12.75%)	8 (7.84%)	7 (6.86%)	3 (2.94%)	4 (3.92%)	0 (0%)	102
a dancing school, Selection of dance	5.49	36 (41.38%)	20 (22.99%)	2 (13.79%)	8 (9.2%)	4 (4.6%)	4 (4.6%)	1 (1.15%)	2 (2.3%)	0 (0%)	87

troupe system											
Dancers, choreogr apher / art director	4. 78	22 (27. 16%)	15 (18. 52%)	20 (24. 69%)	9 (11. 11%)	7 (8. 64%)	5 (6. 17%)	(1. 23%)	2 (2. 47%)	0 (0%)	81

option	Comprehensive score	No. 1	No. 2	The third place	No. 4	No. 5	The sixth	No. 7	No. 8	No. 9	subtotal
Competition between classmates and colleagues	4.09	8 (10.26%)	20 (25.64%)	14 (17.95%)	12 (15.38%)	8 (10.26%)	6 (7.69%)	5 (6.41%)	5 (6.41%)	0 (0%)	78
Social aesthetic pressure	3.63	10 (13.33%)	10 (13.33%)	7 (9.33%)	14 (18.67%)	12 (16%)	8 (10.67%)	12 (16%)	2 (2.67%)	0 (0%)	75
Dance troupe, dance School leadership (Principal, regiment Chief, head of the department class)	3.47	7 (10.77%)	15 (23.08%)	2 (18.46%)	13 (20%)	8 (12.31%)	3 (4.62%)	5 (7.69%)	2 (3.08%)	0 (0%)	65
Family look forward to	2.1	2 (3.17%)	4 (6.35%)	5 (7.94%)	7 (11.11%)	6 (9.52%)	4 (6.35%)	10 (15.87%)	24 (38.1%)	1 (1.59%)	63
spectator	2.06	5 (9.43%)	2 (3.77%)	4 (7.55%)	4 (7.55%)	6 (11.32%)	14 (26.42%)	12 (22.64%)	6 (11.32%)	0 (0%)	53
Other (please Jane The single added bright)	0.03	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	1 (33.33%)	2 (66.67%)	3

Question 11: Does your dance troupe / dance school have the following professional support?[multiple choice]

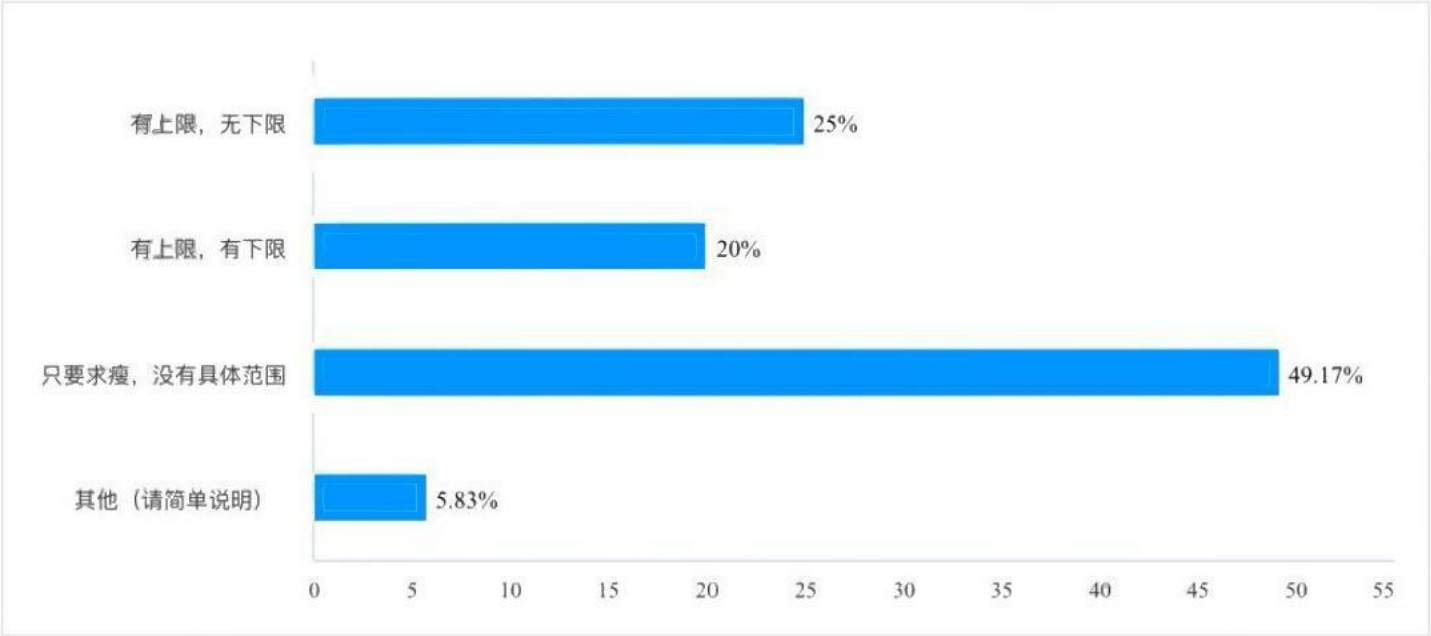
option	subtotal	scale
psychological consultation	38	31.67%
dietitian	8	6.67%
Health care physician / rehabilitation therapist	37	30.83%
Other (brief description) [detailed]	2	1.67%
None of them	56	46.67%
(empty)	1	0.83%
This question is valid for filling in the number of people	120	



Question 12: Do you have a limit for upper and lower weight when you are asked to lose weight during your dancing career [single choice

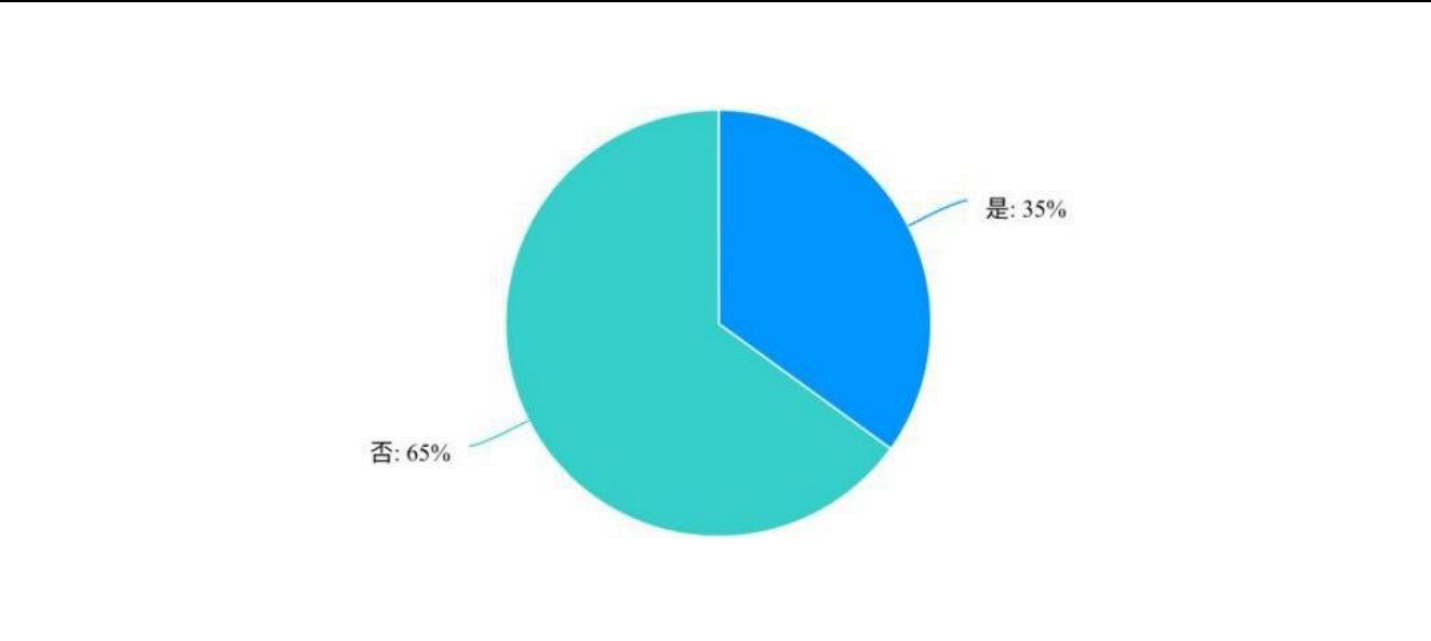
option	subtotal	scale
There is an upper limit, but no lower limit	30	25%

option	subtotal	scale
There are upper limits and lower limits	24	20%
Only require thin, no specific range	59	49.17%
Other (please brief explanation) [detailed]	7	5.83%
This question is valid for filling in the number of people	120	



Question 13: Do you think the current industry requirements for the body shape (appearance and weight) of professional dancers are scientific?[single choice]

option	subtotal	scale
yes	42	35%
deny	78	65%
This question is valid for filling in the number of people	120	



Question 14: What do you think of the current dance industry requirements on the body shape of the dancers?(For example, we want a dancer to have a slim body and a strong

muscular ability). Do you think we need more scientific and specific body requirements?[gap filling]

