

Review of: "Flourishing in Salsa Dance: A Qualitative Investigation of Aesthetic, Artistic, and Creative Contributions"

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Potential competing interests: No potential competing interests to declare.

The aim of this qualitative study is to explore how salsa dance contributes to holistic well-being through an aesthetic, artistic, and creative lens. The use of reflexive thematic analysis is appropriate and thorough, providing deep insights into the participants' experiences. However, addressing the following issues would enhance the study's value:

1. Limited Generalizability:

The study has a higher representation of female participants, which may bias findings related to gender-specific experiences. Additionally, the sample is primarily from English speakers, limiting generalizability. Future research should include a more balanced demographic with greater diversity in gender, age, and cultural background.

2. Simplify Survey Language:

Simplifying the survey language would make it more accessible to a broader range of participants, improving inclusivity and data richness.

3. Clarify Sampling Strategy:

Specify which social media platforms were used for recruitment to enhance transparency and trustworthiness.

4. Discussion Section:

Compare and contrast findings with studies on other dance forms to provide context and identify unique or shared benefits of salsa dance.

Conclusion:

This study offers valuable insights into how salsa dance fosters flourishing. Addressing the above issues in future research will further enhance understanding and promotion of dance for health and well-being.