



Dear WATSU colleague, Dear former WATSU practitioners,

**I'm writing to invite you to answer the attached questionnaire about WATSU** and your experience as a practitioner. I am gathering data as part of my doctoral thesis at Hildesheim University (Germany), with the intention of expanding the scientific understanding of WATSU and thus also promoting the improved perception of WATSU in the healthcare sector.

Many questions of this survey can be answered by ticking. This could take about 15 minutes. However, this survey also contains open-ended questions, so the actual duration of completion depends on the verbosity of your written answers. For the evaluation, besides a statistical part, I plan a "qualitative" part in which every single observation is significant, even if it is introduced by only one person.

**About Me.** I am a licensed physiotherapist, and have been a practitioner of WATSU and other aquatic modalities for 20 years. From 2008-2016 I served as President of NAKA (the association of WATSU practitioners in Switzerland). In 2014, following 4 years of group planning and fundraising, I was instrumental in opening the first public WATSU pool in Bern, the capital of Switzerland. In 2016, I began my doctoral studies in passive aquatic therapies; my thesis advisory committee includes a physician, sports and movement scientists, and a psychologist.

**The Problem.** As practitioners and clients, we have all experienced the myriad beneficial effects of WATSU. However, there have been few science-based clinical studies documenting these benefits. Without science-based research, WATSU is still not taken as seriously or used as widely as it should be, and few insurance plans cover the cost of treatments.

**The Plan.** By gathering and rigorously analyzing extensive anecdotal data on WATSU's benefits, and then comparing this data to the current scientific literature, I hope to show exactly what clinical studies of WATSU are needed and would prove most fruitful. Overall, my dissertation has three parts: 1) review of the current scientific WATSU literature (completed); 2) this survey, the analysis of its results, and recommendations for specific clinical studies; and 3) a \$250,000 clinical trial comparing short-term effects of WATSU with those of spa soaking, and flotation tank soaking.

**My Request.** Please share your personal and professional WATSU experience on the attached survey: [https://www.unipark.de/uc/IKOM\\_UniBern/68bb/](https://www.unipark.de/uc/IKOM_UniBern/68bb/) **at the latest by January 21<sup>st</sup> 2019.**

**Although this survey is conducted in English, you may respond in your own language and script!**

Some examples:

Annak ellenére, hogy ez a felmérés angol nyelven készült, a saját nyelvén válaszolhat.

Sa kabila ng katotohanan na ang survey na ito ay isinasagawa sa Ingles, maaari kang tumugon sa iyong sariling wika.

이 설문 조사는 영어로 진행 되더라도 자신의 언어로 응답 할 수 있습니다.

儘管這次調查是用英語進行的，但您可以用自己的語言回應。

على الرغم من حقيقة أن هذا الاستطلاع يتم باللغة الإنجليزية ، يمكنك الرد بلغتك الخاصة

Παρά το γεγονός ότι αυτή η έρευνα διεξάγεται στα αγγλικά, μπορείτε να απαντήσετε στη δική σας γλώσσα.

Несмотря на то, что этот опрос проводится на английском языке, вы можете отвечать на своем родном языке.

תלש הפשב בלגתה יכול הנח ,ה'לגנאב עזבתה ה' רקוש תואמל

இந்த கணக்கெடுப்பு ஆங்கிலத்தில் நடத்தப்பட்ட போதிலும், நீங்கள் உங்கள் சொந்த மொழியில் பதிலளிக்கலாம்.

แม้ว่าการสำรวจครั้งนี้จะเป็นภาษาอังกฤษ แต่คุณสามารถตอบกลับด้วยภาษาของคุณเองได้  
इस तथ्य के बावजूद कि यह सर्वेक्षण अंग्रेजी में आयोजित किया जाता है, आप अपनी भाषा में जवाब दे सकते हैं।

Thank you for helping to improve the scientific and public positioning of WATSU by completing the questionnaire. The results of this survey could benefit WATSU practitioners and clients around the world.

Your contribution is greatly appreciated,

Agnes M. Schitter

PS If you know other WATSU practitioners, please forward this survey to them for their input as well.  
Thank you!

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