Here is a numerical interpretation of the raw data:

For file demographic information.xlsx, the group column indicates the group of all participants included in this study, with number ”1” refer to dance intervention group, and number “2” refer to aerobic exercise intervention group. The sex column indicates the gender of all participants, with number ”1” refer to female, and number “2” refer to male.

For file MCCB.xlsx, the group column indicates the group of all participants included in this study, with number ”1” refer to dance intervention group, and number “2” refer to aerobic exercise intervention group.

For file PANSS.xlsx, the group column indicates the group of all participants included in this study, with number ”1” refer to dance intervention group, and number “2” refer to aerobic exercise intervention group.

For file Physiological indicators.xlsx, the group column indicates the group of all participants included in this study, with number ”1” refer to dance intervention group, and number “2” refer to aerobic exercise intervention group.