

# Evaluating Confidence and Concern in an Introductory Level EAAT Course

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## Equine Assisted Therapy

Fall 2017 | ANSC 410V | Tues 4:30-7:30  
3 credit hours | no prerequisites

This course teaches ways horses can help humans.  
For more information contact Dr. Jogan at [kjogan@uark.edu](mailto:kjogan@uark.edu)

"This class was by far the best part of my week. As a Kinesiology major, this has honestly opened my mind to adding equine therapy in my future with physical therapy."  
Madison Hotelling

We will cover..

- Student Demographics
- Course Information
- The study

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“ As a person with little horse experience, this class was extremely beneficial. It was surprising to see the many therapeutic benefits that horses have to offer. ”

-NatalieLankford,  
Psychology

# Demographics





## Lecture & Horse handling skills



# What is it like to have a disability?

## Team building



# Practicing then applying skills



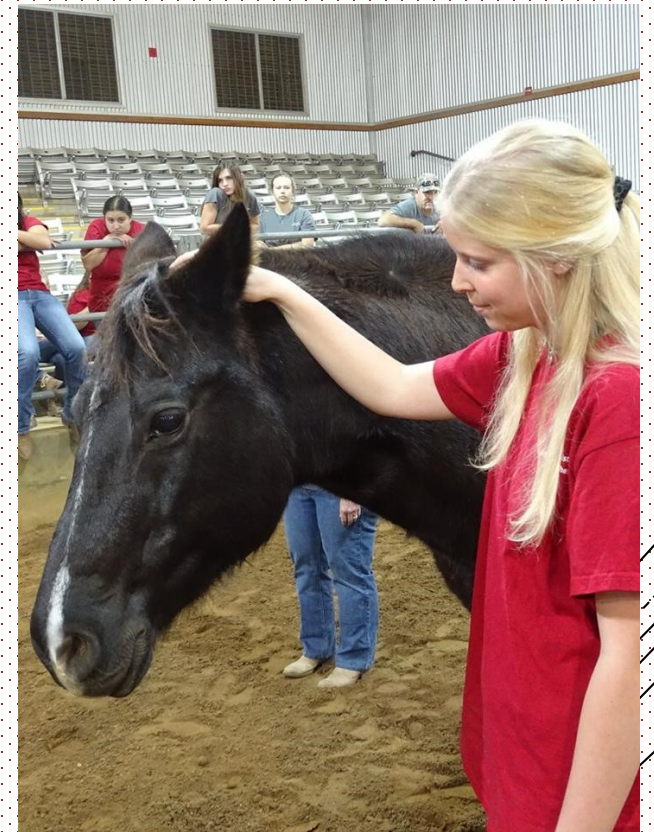
## Why Confidence and Concern?

- Working with people who have disabilities
- Level of horse handling skills



# The Study

- Participants
- Pre-test || Training & Lecture || Post-test
- Self-reported perception and concern markers
  - 14 statements rated on 1-4 Likert





# Confidence 1-4 Likert

## Confidence Markers

I am confident communicating with people with disabilities.

I feel confident providing assistance to children in an EAAT setting.

**I am confident assessing the type EAAT that would be most beneficial for a client with a specific emotional or physical disability.**

**I am confident assessing the type of horse that would be most beneficial for a client with a specific emotional or physical disability.**

**I am confident in my ability to perform and assist in an EAAT setting as a volunteer.**

**I am confident in my abilities to help children with emotional or physical disabilities around horses.**

## Concern 1-4 Likert

### Concern Markers

I am concerned about working with people with disabilities.

**Working with horses in a therapeutic setting concerns me.**

**I am concerned I won't know what to say to a person with a disability.**

**I am concerned with my ability to interact with an EAAT team (other volunteers, therapists, horse professionals).**

I am concerned a child with disabilities won't like me.

I am concerned that parents may not want a student working their child in an EAAT setting.

I am concerned I will make a mistake while working with a child in an EAAT setting.

**I am concerned I will cause harm to a child in an EAAT setting.**

# Results

- Pre- post tests analyzed using mixed models procedures of SAS
- **Increase in confidence** ( $P < 0.001$ ) for 4 of 6 statements
  - Students more confident in their ability to assess EAAT horses, determining the type of horse for a specific client, ability to assist in EAAT and help children participating in EAAT
- **Decrease in concern** ( $P < 0.045$ ) for 4 of 8 statements
  - Students less concerned with working with horses, communicating with a person with a disability and causing harm to a child in an EAAT setting

Questions?



# References

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- Kendra Wilichowski, Public Health



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