

Funded Research Overview

Data from 2006 - December 2021

Since its founding in 2005, Horses and Human Research Foundation (HHRF) has granted \$655,000 to fund 14 highly qualified and rigorously selected research studies concerning the connection between horses and humans. 12 of the funded studies have been published (peer review academic journals). Further details and updates may be located at horsesandhumans.org.

Funded Grants to Date

- 2019** "Psychophysiological Effects of Equine-assisted Therapy on Horses and in Veterans Diagnosed with Posttraumatic Stress Disorder (PTSD)." *Active*
- 2018** "The Feasibility, Acceptability, and Preliminary Efficacy of a Manualized Equine-assisted Occupational Therapy Intervention for Children with Autism." *Published*
- 2017** "Tracking Kinematic and Kinetic Data during Horse Riding for Optimizing Therapeutic Outcomes." *Published*
- 2016** "The Effect of Therapeutic Riding on Stress Levels in Young Adults with Autism Spectrum Disorders." *Published*
- 2015** "Can Horses Distinguish Between Neurotypical and Mentally Traumatized Humans?" *Published*
- 2014** "Examination of the Effects of Equine Assisted Activities on PTSD Symptoms, Quality of Life and Participation in Combat Veterans." *Published*
- 2013** "Effects of Equine Facilitated Psychotherapy on Post Traumatic Stress Symptoms in Male Youth." *Published*
- 2012** "Effects of Equine Assisted Activities on PTSD Symptoms, Coping Self-Efficacy, Emotion Regulation, and Social Engagement in Military Veterans." *Published*
- 2011** "Effects of Hippotherapy on Children with Autism "Spectrum Disorders." *Pilot Study Published*
- 2010** "Basic Neurobiological and Psychological Mechanisms Underlying Therapeutic Effects of Equine Assisted Activities (EAA/TI)." *Published*
- 2010** "Effects of Hippotherapy on Balance and Gait in Ambulatory Children with Spastic Cerebral Palsy." *Published*
- 2008** "Hippotherapy to Improve Postural Control in Children with Cerebral Palsy." *Submitted for publication*
- 2008** "The Effect of Equine Assisted Activities on the Social Functioning in Children with Autism." *Pilot study published*
- 2007** "Improvement in Trunk/Head Stability and Upper Extremity Control after HPOT." *Published*



HHRF Research Grant Facts Since 2005



What year was HHRF founded?

Initial discussions started in 2002 and in 2004, HHRF was formally declared a 501c3 charitable organization. The first grant was awarded in 2006. Historically, we state the founding as 2005.



When was the Scientific Advisory Council started?

The scientific council was initiated prior to the first awarded grant in 2006. It was a group that helped put together the application/the process/review grid. Since then, it has been expanded.



How many funded studies have published (peer review) results?

Studies that have been published, including one pilot study. — **10**
 Studies that were submitted, but have not been published; one was being prepared for submission; one was "active." — **2**



How many topics have been researched?

Autism — **4**
 Cerebral palsy — **3**
 Veterans — **3**
 Youth — **2**
 PTSD (non-veterans) — **1**
 Innovative use of technology (2017 study)



How many studies have been funded?

14 with the following statistics:
 • Awarding \$50,000 — **11**
 • Awarding \$10,000 — **2**
 • Awarding \$100,000 — **1**
 As of December 31, 2021, HHRF has paid out \$654,863 in grant funding (not all projects collected the full amount offered)



Statistics concerning grant applications?

331 submissions covering **44** topics
 Submissions originated in the following places:
 • U.S. states — **44** • U.S. territory — **1**
 • International countries — **21**
 Investigators included the following:
 • Universities
 • Therapeutic riding programs
 • Department of Veterans Affairs and others



Origins of studies?

United States — **10** Canada — **3**
 Germany — **1**

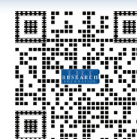


What years were funds awarded for research?

2006 — **1** 2008 — **2** 2010 — **2**
 2011 through 2019 — **1** each year



Click QR code to visit our website:



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Equine Well-Being from the Horse's Perspective

HHRF wants to go beyond "DO NO HARM" to maximizing well-being for "The Highest Good" of horses, while respecting international cultures and guidelines. We believe this is essential to the quality of horse and human research.

To meet that goal, guidelines were developed by the HHRF Equine Well-Being Task Force and are based on the beliefs that:

- ✓ The integrity of the research is directly related to the well-being and suitability of the horses providing the interactions.
- ✓ Horses are sentient beings that are aware of, sensitive to, and affected by their environment including the physical and emotional state of others in their presence.
- ✓ When a horse is well managed and cared for with consideration and empathy, they build resilience to more effectively and safely cope with the inevitable stresses of life.
- ✓ The horse needs to be in optimal physical, mental, and emotional health to enhance their ability to engage with humans.



The flyer to the right highlights a horse's wish list of what it needs to be involved in research concerning horse and human interactions.

More information about equine best practices can be found on our website at horsesandhumans.org/education.



Photos: Courtesy of EIP

**EQUINE WELL-BEING
FROM THE HORSE'S PERSPECTIVE**

As a horse working in Equine Assisted Services, I require people who:

- Care and are committed to my mental and physical well-being through understanding, kindness, empathy and professional health care
- Respect my individual abilities, character traits, and limitations
- Provide a suitable equine environment with nutritious food, fresh clean water, and opportunities for rest, free movement and interactions with herd mates
- Provide calm, consistent training and conditioning to help me adapt to the environment and to understand what is expected of me
- Continually assess my physical and emotional capacity to participate in the work asked of me
- Are aware of any distress I am feeling and help me to adapt
- Guide everyone to interact with me in a considerate, fair, and consistent manner
- Pay attention to my body language/ nonverbal cues, and respond as needed to ensure my safety and comfort
- Protect me from overwork
- Allow me to relax after sessions, without human contact and without tack or physical restraints
- Respect my need to retire from work when I am no longer able to comfortably perform that work, and ensure that I have a suitable home that will provide for my needs for the rest of my life.

THE RESEARCH FOUNDATION

HORSES AND HUMANS RESEARCH FOUNDATION

Equine Well-Being Task Force 2021
Molly Sweeney, Chair | Trish Broersma | Marcie Ehrman | Cathy Langerand
Jo Anne Miller | Maureen Vidrine

For additional details on Equine Well-Being Guidelines, see attached list of resources.