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

“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.”

-Natalie Lankford, Psychology
Demographics
Lecture & Horse handling skills
Team building

What is it like to have a disability?
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 Markers

<table>
<thead>
<tr>
<th>Confidence Markers</th>
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<tbody>
<tr>
<td>I am confident communicating with people with disabilities.</td>
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<tr>
<td>I feel confident providing assistance to children in an EAAT setting.</td>
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<tr>
<td>I am confident assessing the type EAAT that would be most beneficial for a client with a specific emotional or physical disability.</td>
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<tr>
<td>I am confident assessing the type of horse that would be most beneficial for a client with a specific emotional or physical disability.</td>
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<tr>
<td>I am confident in my ability to perform and assist in an EAAT setting as a volunteer.</td>
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<tr>
<td>I am confident in my abilities to help children with emotional or physical disabilities around horses.</td>
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<tr>
<td>Concern Markers</td>
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<td>--------------------------------------------------------------------------------</td>
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<tr>
<td>I am concerned about working with people with disabilities.</td>
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<tr>
<td>Working with horses in a therapeutic setting concerns me.</td>
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<tr>
<td>I am concerned I won’t know what to say to a person with a disability.</td>
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<tr>
<td>I am concerned with my ability to interact with an EAAT team (other volunteers, therapists, horse professionals).</td>
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<tr>
<td>I am concerned a child with disabilities won’t like me.</td>
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<tr>
<td>I am concerned that parents may not want a student working their child in an EAAT setting.</td>
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<tr>
<td>I am concerned I will make a mistake while working with a child in an EAAT setting.</td>
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<tr>
<td>I am concerned I will cause harm to a child in an EAAT setting.</td>
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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


