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Curriculum vitae:

Department of Ethology and Companion Animal Science, Faculty of Agrobiolgy, Food and Natural Resources, Czech University of Life Sciences Prague
Research interest- Animal assisted Interventions, Animal assisted therapy, Elderly, Physiology, Animal Welfare

EDUCATION

Ph.D.: 2012 – 2018, University: Faculty of Agrobiolgy, Food and Natural Resources, Czech University of Life Sciences Prague, Department of Ethology and Companion Animal Science

Dissertation: Animal assisted therapy with the participation of the dog in the comprehensive rehabilitation of individuals in long-term health care

TEACHING EXPERIENCE

Animal assisted interventions

Dog assisted interventions

Applied dog assisted interventions

Practical course of Applied dog assisted interventions in central military hospital

12 publications with impact factor on topic of animal- assisted therapy

Category: Oral presentation

Topic: Treatment methods of equine assisted psychotherapy: Group training methods

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Title: EFFECT OF EQUINE-ASSISTED PSYCHOTHERAPY ON ANXUETY PERCEPTION IN PATIENTS WITH SUBSTANCE USE DISORDER

Keyword 1: equine-assisted psychotherapy

Keyword 2: substance use disorder

Keyword 3: anxiety

Abstract:

Objective: Equine assisted psychotherapy (EAP) may provide a number of positive effects for clients dealing with substance use disorder, as well as for other patient groups, even in the area of anxiety perception. There are only 4 quantitative studies on EAP in adults with substance use disorder by the year 2023. Two of them assessed persistence in the treatment program, one measured the effect on anxiety in adolescents, and only one focused on the same target group and evaluated the overall health of these clients. The aim of this study was to determine the effect of a specific EAP program in the premises of a psychiatric hospital on anxiety in clients diagnosed with substance use disorder.

Design: A total of 68 respondents from the Kosmonosy psychiatric hospital who had been diagnosed with some form of substance use disorder participated in the study. A total of 32 respondents were part of the experimental group and 36 respondents were participating in the control group. Both groups underwent the same program, but the experimental group also received EAP. The EAP program lasted 4 weeks. 5 different psychometric measurement instruments were used to measure anxiety and stress.

Results: The results show that at the beginning of the study there was no difference between the groups, while at the end of the study period the difference between the groups was observed only in the STAI scale. However, when comparing each group separately both at the beginning and at the end, the experimental group differed in all the observed parameters, while the control group differed only in the STAI scale. In the experimental group, patients very often shifted within particular clinical stages of depression, stress or anxiety.

Conclusion: There are only very few studies on this particular topic. However, the present study suggests that the progress of patients that received EAP has been proven after 4 weeks. Therefore, this topic needs to be further investigated.

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