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Curriculum vitae:

Xenia Svobodová has several years of counselling and teaching experience, psychotherapeutic training, and years of experience as an entrepreneur and manager in the field of diagnostic and therapeutic research. She graduated at Faculty of Natural Sciences, Charles University in Prague, completed a postgraduate program at Technical University in Bratislava, and studied management at Donau-Universität Krems. She has completed courses in Equine Assisted Services at the Czech Equine Facilitated Therapy Association. In collaboration with providers of Equine Assisted Services, she has prepared and successfully submitted several prestigious grant applications. She is involved in scientific research on the effect of Equine Assisted Services on the psycho-physiological state and quality of life. In the Czech Equine Facilitated Therapy Association she works as a lead methodologist and consultant for education, science and research.

Category: Poster

Topic: Special Program / projects

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Title: THE IMPACT OF EQUINE FACILITATED SERVICES ON THE PSYCHOSOCIAL HEALTH

Keyword: heart rate variability

Keyword 2: Equine Assisted Mental/Health

Abstract:

Objective: The scientific literature reports a positive impact of Equine Assisted Mental/Health on heart rate variability, which is one of the indicators of the autonomic nervous system state and adaptability to stress. Czech Equine Facilitated Therapy Association in cooperation with Czech Technical University in Prague is conducting research focused on development of solutions for monitoring of the physiological functions of horses and humans and on evaluation of the effect of Equine Assisted Services interventions. In this paper, we will demonstrate an example of the impact of Equine Assisted Mental/Health on the heart rate variability of a senior female participant.

Design: A 70-year-old participant underwent a 60-minute Equine Assisted Mental/Health intervention 1-3 times a week (21 sessions per 3 months). Measurements were taken one day before and one day after the intervention. A total of 42 data points were evaluated. A commercially available mobile

application system, MyAge, was utilized for simple data measurement in the home environment. The data were analysed using a paired t-test.

Results: A value was obtained indicating a decrease in Functional Age by 6 months at the 99% level of significance. Values for changes in Stress and Regeneration were approximately 5% and statistically significant at the 95% level of significance.

Conclusion: The results suggest an improvement in heart rate variability after the Equine Assisted Mental/Health intervention. We welcome cooperation with other experts and organizations in our future research, in which we will also monitor additional parameters during the intervention to determine the immediate effect of Equine Assisted Mental/Health and mutual interaction between the horse and the human.