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Curriculum vitae:

My name is Hen Anne Helmer. I am an OT, a physiotherapist and an advanced therapeutic riding instructor. I am an executive director of a therapeutic riding program and have practiced EAS and EAOT for the past 10 years. I am currently a PhD student at Tel Aviv university and research mainly EAS in children with ADHD. Presenter 2 is an OT, PhD with vast experience in the research of children with disabilities and leads the research for EAS in Tel Aviv University. Presenter 3 is an OT and a therapeutic riding instructor who is researching EAS as part of her Master's studies in Tel Aviv university.

Category: Oral presentation abstract

Topic: Disabilities and symptoms: Attention Deficit Hyperactivity Disorder

Authors:

Orit Bart, PhD, Tel Aviv University

Title: EQUINE ASSISTED OCUPATIONAL THERAPY FOR CHILDREN

Keyword 1: equine assisted occupational therapy

Keyword 2: ADHD

Keyword 3: Interventional protocol

Abstract:

Aims: Children with Attention Deficit Hyperactivity Disorder (ADHD) are often referred to Equine-Assisted Services (EAS) for therapy despite lack of validated protocols in the field. This paper reports the development and validation of ASTride (ADHD Skills Therapy): a protocol of Equine-Assisted Occupational Therapy (EAOT) intervention for children aged 6-12 with ADHD. The intervention addresses deficits in cognitive-emotional functions and participation.

Methods: Phase one of the intervention development includes theoretical framework and core content based on an in-depth review of existing literature. Subsequently, the intervention protocol was revised by a panel of experts. Phase two includes a pilot study, during which five children diagnosed with ADHD (mean age= 10.40 year, SD 2.966) participated in a 12-week EAOT intervention according to the suggested protocol, with pre- and post-assessments conducted.

Results: Statistically significant improvements were found in executive functions, as reflected in the Behavioural Regulation Index (BRI) total score. Additionally, hope perception and everyday performance improved following the intervention.

Conclusions: Results support the feasibility of ASTride intervention protocol for the improvement of cognitive and emotional functions as well as everyday performance.