

- **Equine-assisted learning reduces anxiety and increases calmness and social skills in young people 2024**, Sullivan, K. Hemingway, A. Academia Mental Health and Well-Being, Volume 1; Issue 3 – significant impact of the ReStart program on eight sociocognitive skills in young people referred with anxiety. (N=166)
- **Reducing the incidence of domestic violence: An observational study of an equine-assisted intervention 2022**, Hemingway, A., Sullivan, K. Family Process, 61, 549–570 – a controlled study using hard data held by Dorset Council through “Troubled Families”.
  - Statistically significant 51% reduction in DVA incidence 12 months post-intervention (N=268), compared with a 17% increase in the control group (N=10,569).  $p < 0.05$
- **A proposed study to shift TheHorseCourse proven equine-assisted intervention to a VR platform for large-scale reach 2021** Oral presentation for HETI (Horses in Education & Therapy International) 2021 Congress, Seoul, Korea. This outlines a pilot in progress, testing EEG and other wearable psycho-physiology technology as the potential feedback loop for a future Neuro-Virtual Reality system to replicate TheHorseCourse in a virtual world for massive scale reach.
- **Exploring change processes in an equine-assisted intervention 2020**, Seaman-Thornton, F. DClinPsych, Canterbury Christ Church University Salomons Institute for Applied Psychology – a qualitative study exploring perceptions in order to develop a grounded theory of change processes.
- **A Study Exploring the Implementation of an Equine Assisted Intervention for Young People with Mental Health and Behavioural Issues, 2019** Hemingway, A. ‘J’ Multidisciplinary scientific journal 2019, 2(2), 236-246 – feasibility for an efficacy RCT, includes cost benefit indicators.
  - ReStart evidence and programme maturity warrants a gold standard clinical trial RCT
  - 95% completion rate across multiple cohorts;
  - 70%+ show improved attendance and engagement with school/training/work, improved relationships, reduced problem behaviours and greater self-belief.
- **An Exploration of the Mechanism of Action of an Equine-Assisted Intervention, 2019** Hemingway, A.; Carter, S.; Callaway, A.; Kavanagh, E.; Ellis, S. *Animals* 2019, 9, 303 – showing a consistent emotional journey for participants, explored using galvanic skin response and interviews.
- **The Royal College of Psychiatrists General Adult Psychiatry Annual Conference 2018**, Dr N Kosky – prize-winning poster presentation of findings
  - 81% of participants show statistically significant, improvements in all 8 skills on the THC Skills Star, assessed pre-post by professional referrers – the average shift is 10.4 points on a 32 point scale (N=126)
- **A Feasibility Study (for RCT) of an Equine Assisted Intervention for Children and Young People with Mental Health and Behavioural Challenges, 2018** – presented at HETI International Congress 2018, Dr Hemingway, Professor of Public Health, Bournemouth University
- **Equine-Facilitated Psychotherapy With Children and Adolescents: An Update and Literature Review 2015**, Journal of Creativity in Mental Health, Jennifer A. Lentini & Michele S. Knox
  - TheHorseCourse identified in peer reviewed analysis as one of the most prominent equine-assisted methodologies internationally
- **Moving Forward in Recovery Pilot 2015**, EDP Drug & Alcohol Service
  - 66% of Drug & Alcohol misusers showed reduced misuse and improved engagement
- **TheHorseCourse Evidence Review, working with Offenders, 2015**, published by New Philanthropy Capital & CLINKS (peer reviewed by CSAAP, Ministry of Justice)
  - 27 % point reduction in reoffending 12 mth reoffending for violent young offenders
  - Exemplar Theory of Change
  - Conservative estimate of £8.30 saved for every £1 spent in prisons
- **TheHorseCourse Youth Outcome Summary, 2015**, supported by Charities Evaluation Service
  - 33% improvement in managing anxiety for youth participants
- **An Exploration of an Equine Facilitated Learning Intervention with Young Offenders 2014**, SOAN-1158R1 peer reviewed scientific journal, Hemingway, Meek, Ellis-Hill
  - Trialled our innovative observational casenote tool alongside participant interviews and quantitative data

See [www.thehorsecourse.org/evidence](http://www.thehorsecourse.org/evidence), for full reports and other studies not mentioned above.