

## **Qualitative evaluation of the impact of the IFEEL Method of Equine Facilitated Psychotraumatology (EFPT) intervention on military veterans**

Williams, Jane; Tui, S.

*Publication date:*  
2020

*The re-use license for this item is:*  
CC BY-NC-ND

*This document version is the:*  
Peer reviewed version

**[Find this output at Hartpury Pure](#)**

*Citation for published version (APA):*  
Williams, J., & Tui, S. (2020). *Qualitative evaluation of the impact of the IFEEL Method of Equine Facilitated Psychotraumatology (EFPT) intervention on military veterans*. Poster session presented at International Society for Anthrozoology Conference 2020.

POSTER 157



# QUANTITATIVE EVALUATION OF THE IMPACT OF THE IFEEL METHOD OF EQUINE FACILITATED PSYCHO-TRAUMATOLOGY (EFPT) INTERVENTION, USING THE CLINICAL OUTCOME IN ROUTINE EVALUATION OUTCOME MEASURE (CORE-OM)

*Jane M Williams, Hartpury University, jane.williams@hartpury.ac.uk*

*Sun Tui, IFEEL Method, sun@ifeelmethod.com*

A LEVELS, DIPLOMAS, UNDERGRADUATE, POSTGRADUATE, RESEARCH

ANIMAL | AGRICULTURE | EQUINE | SPORT | VETERINARY NURSING



# RESEARCH AIM:

to measure the impact of a 3-day EFPT programme on participants' psychological health using the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE – OM) (Evans et al, 2000)



## Method:

3 day IFEEL Method EFPT programme for 37 participants with PTSD

Participants completed CORE – OM at start (D1) and end (D3): mean $\pm$ sd for CORE dimensions

Wilcoxon signed rank analyses tested for differences D1 to D3 (significance:  $P < 0.05$ )

After the IFEEL Method EFPT intervention, participants' self rated all aspects of their psychological health higher (lower scores)

CORE – OM dimension	MEAN±SD D1	MEAN±SD D3	P VALUE
CORE W	2.02±0.86	1.48±1.02	P=0.0001
CORE P	2.1±0.82	1.22±0.80	P=0.025
CORE F	1.83±0.7	0.87±0.77	P=0.0001
CORE R	0.71±0.83	0.22±0.47	P=0.0001
CORE ALL	1.74±0.65	0.92±0.64	P=0.007

## Conclusions and Implications

IFEEL method generated short-term improvement in individuals with PTSD, moving on average below clinical cut-off distress

More research using CORE – OM or equivalent needed