



A proposed study to shift TheHorseCourse proven equine-assisted intervention to VR platform for large-scale reach



TheHorseCourse

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Project Team

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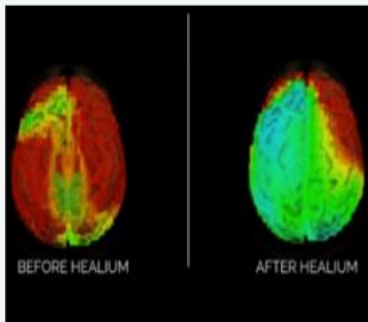


NHS offers new virtual reality treatment for patients with social anxiety



Enabling young people to self-manage their worries

Watch the Lumi Nova video trailer below



Anxiety Self Management

Virtual Reality for Anxiety Reduction

Frontiers in Psychology published a study showing a reduction in anxiety after a 4 minute Healum experience. The study used quantitative EE...



Increased Positivity

VR for Positivity

The Journal of Neuroregulation published a study on Healum's effect on a specific brain pattern associated with feelings of positivity.

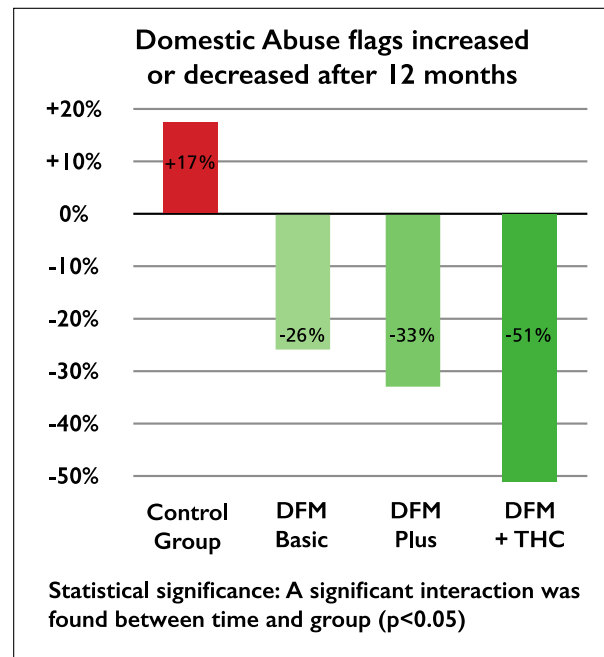


Mood Improvement

VR for Stress Relief

A study published in the Scholarly Journal of Psychology and Behavioral Sciences looked at Healum's ability to quickly improve mood and red...

THC for proven impact in action-based (vs. talk-based) interventions



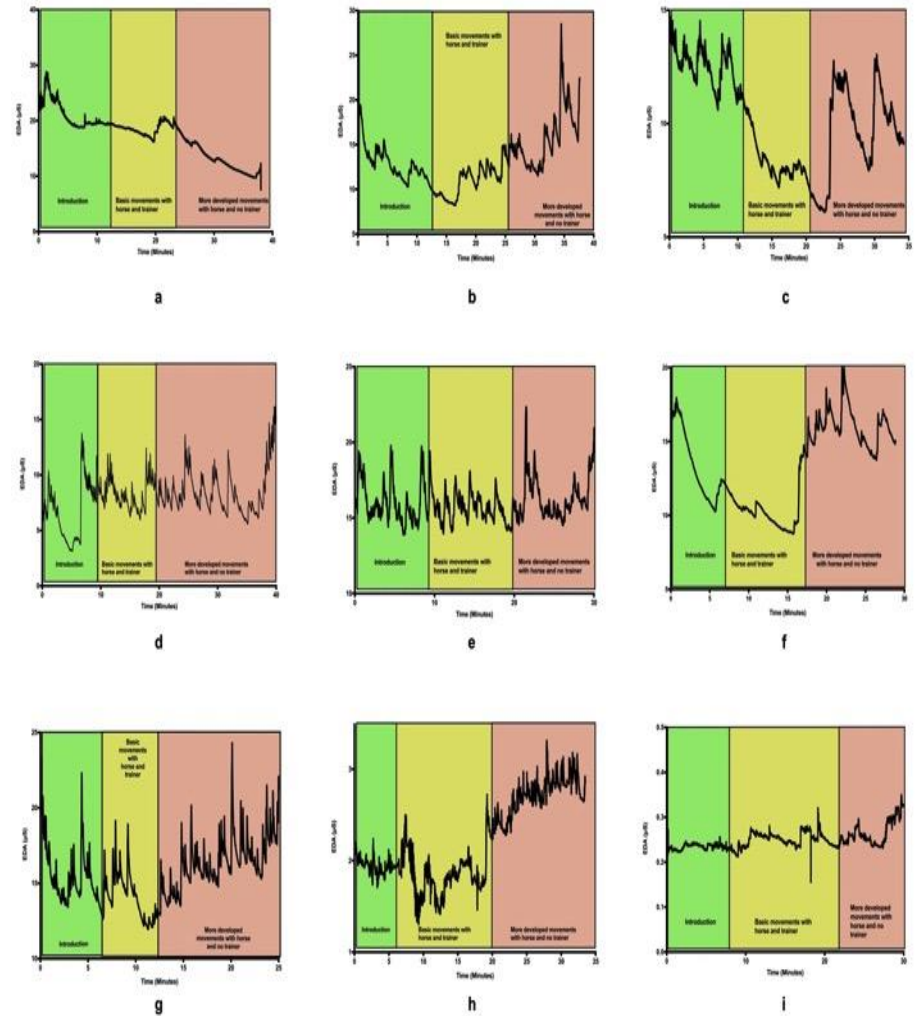
	Total in group	DV flag pre-	DV flag post-	Increase / Decrease
Control	10569	720	839	119 +17%
DFM Basic	2120	371	276	-95 -26%
DFM Plus	1119	193	130	-63 -33%
DFM + THC	268	49	24	-25 -51%

See www.thehorsecourse.org/evidence for links to all papers

How it works



A 4 minute video is
available at
www.thehorsecourse.org



(Honke et al, 2020; [arXiv:2010.15274](https://arxiv.org/abs/2010.15274))

Hemingway et al., 2019
www.mdpi.com/2076-2615/9/6/303

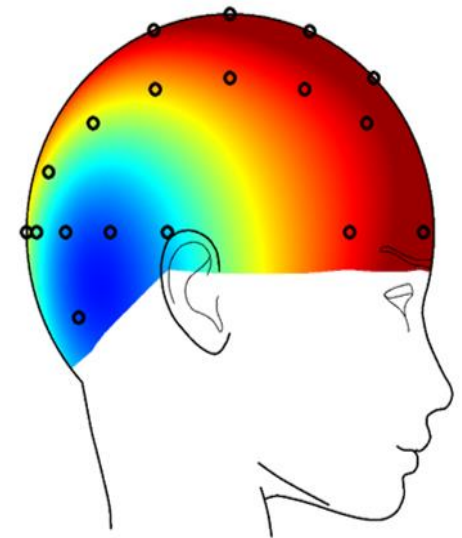
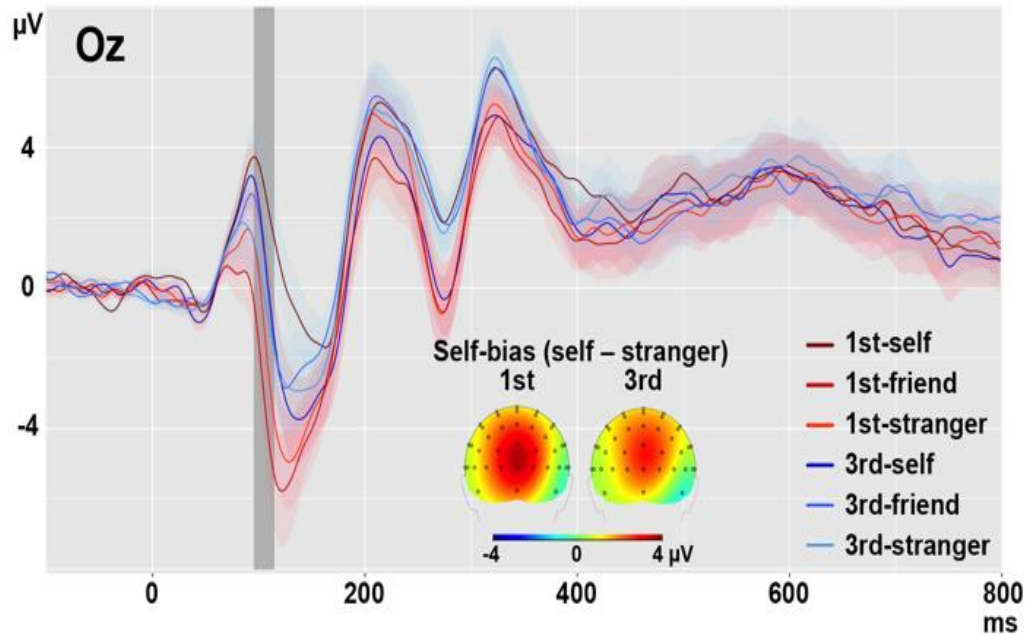


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Pilot: Neuroscience elements

- Wet EEG with 8 healthy adults taking part in TheHorseCourse activities



Pilot: VR elements

- Simultaneous video capture from 6 fixed cameras plus audio from facilitator and participant





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