



The Hierarchy of Evidence

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**Bournemouth
University**

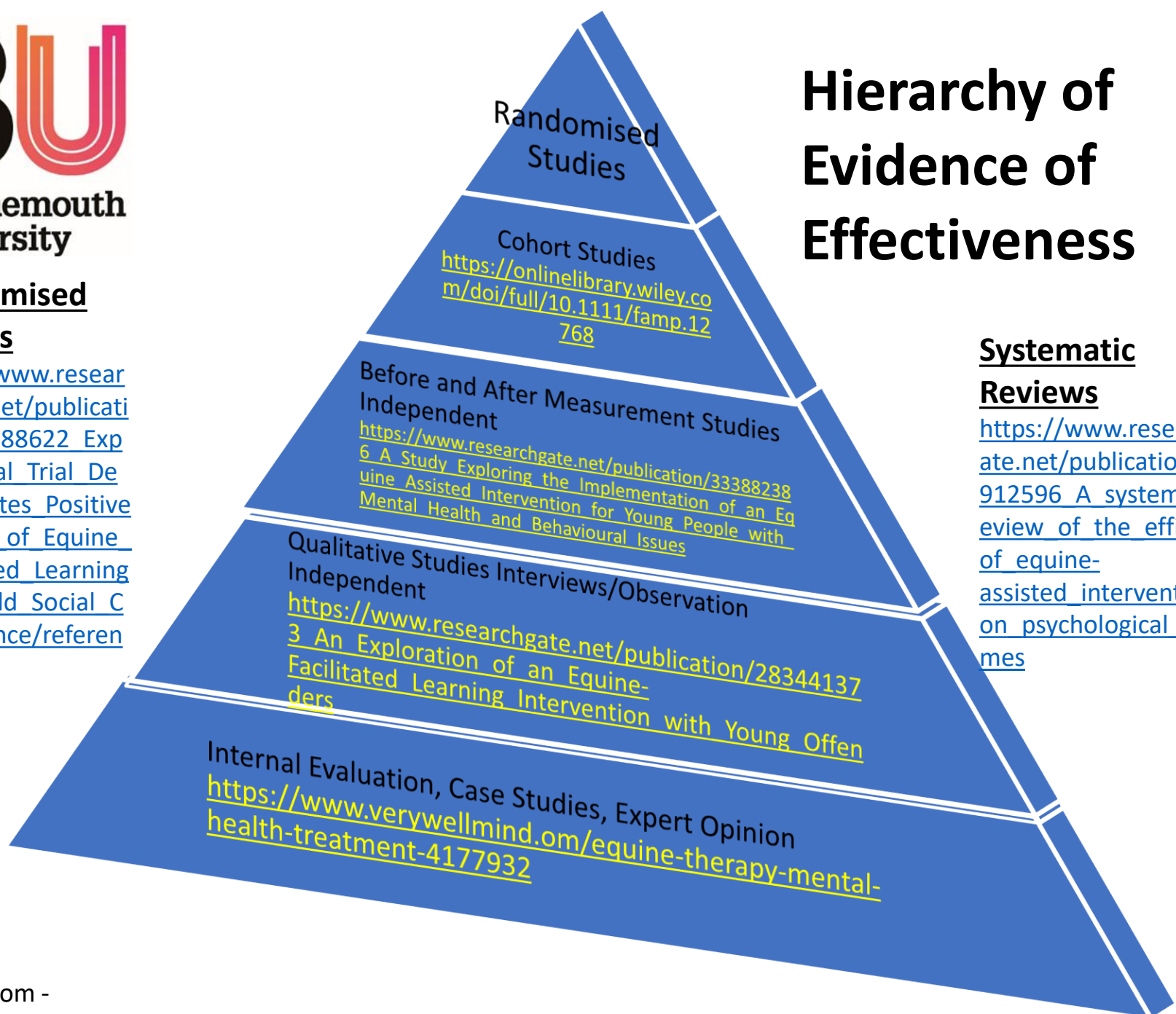
Randomised Studies

<https://www.researchgate.net/publication/268188622> Experimental Trial Demonstrates Positive Effects of Equine Facilitated Learning on Child Social Competence/references

Hierarchy of Evidence of Effectiveness

Systematic Reviews

<https://www.researchgate.net/publication/273912596> A systematic review of the efficacy of equine-assisted interventions on psychological outcomes

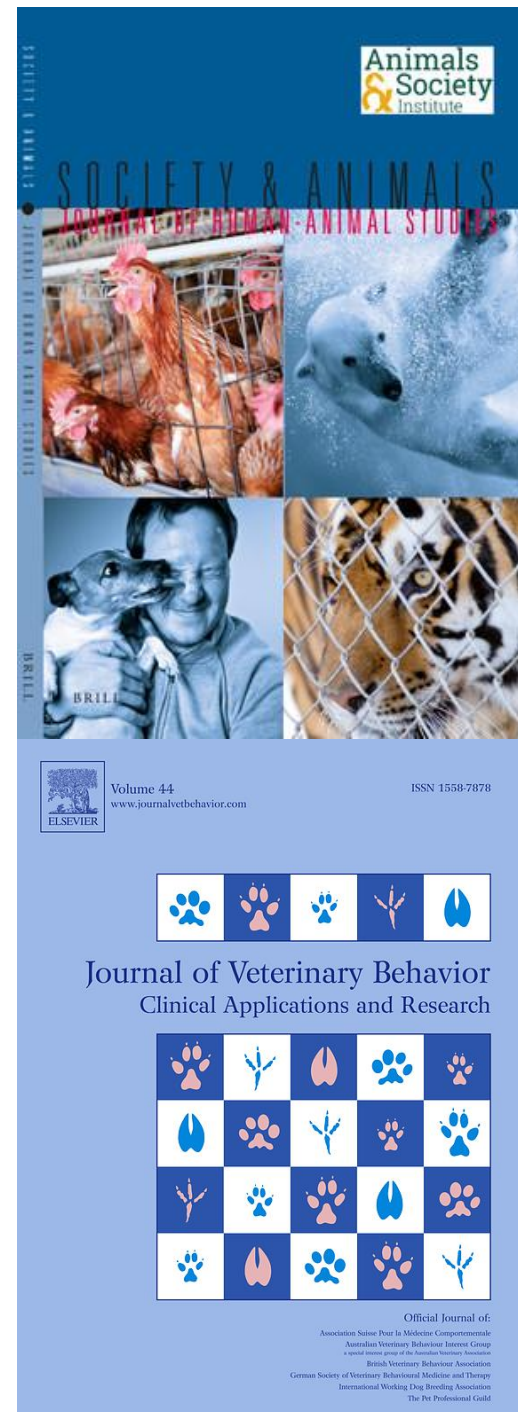


2015/16

Qualitative &
Observational
Studies Level 2 on the
Hierarchy of Evidence

Hemingway, A.; Meek R. & Hill, C.E. An exploration of an equine facilitated learning intervention with young offenders. *Society & Animals*. **2015**, 23, 1–25.

North, S.; Hemingway, A.; Maclean, A.; Laurie, H.; Ellis-Hill, Caroline 2016 Evaluating a natural horsemanship program in relation to the ISES first principles of horse training *Journal of Veterinary Behavior: Clinical Applications and Research* **Volume**15, **Issue**Sept/Oct, 87-87



What we found in these studies...

Through working in a non-judgemental way which was action based and experiential with offenders who usually find it difficult to engage we found they moved from being anxious and ineffectual, to calm assertive and confident. They reported feeling calmer and more in control of their emotions in other settings inside the young offenders institution.

12 month reoffending rates were found to have reduced by 27% (n=25) in comparison with the Offender Group Reconviction Scale prediction for these individuals. This was a small group but this reduction was found to be statistically significant.

2019

Before and After Measures
Level 3 on the Hierarchy of
Evidence

Hemingway, A.; Carter, S.; Callaway, A.;
Kavanagh, E.; Ellis, S. An Exploration of the
Mechanism of Action of an Equine-Assisted
Intervention. *Animals* 2019, 9, 303.

[https://www.mdpi.com/2076-
2615/9/6/303/htm](https://www.mdpi.com/2076-2615/9/6/303/htm)



animals

Hemingway A. 2019 A Study Exploring
the Implementation of an Equine
Assisted Intervention for Young People
with Mental Health and Behavioural
Issues *Journal of Multidisciplinary
Research* 2019, 27 June.

[https://www.mdpi.com/2571-
8800/2/2/17](https://www.mdpi.com/2571-8800/2/2/17)



J Multidisciplinary
Scientific Journal

What We Found...

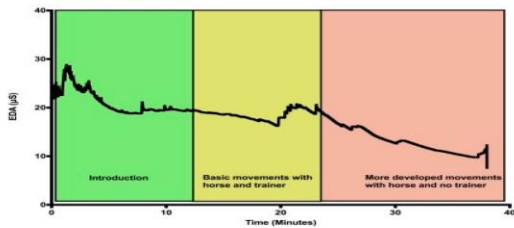


Anxious
Fearful
Excited

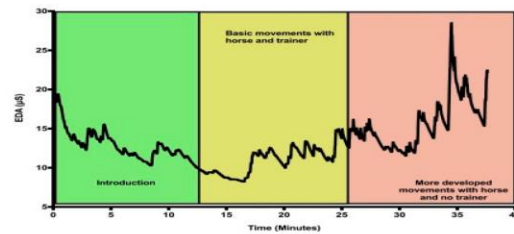
Thirty Minutes

Happy
Proud
Calm
Accomplished

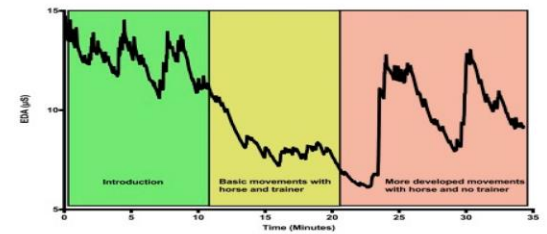
We found that humans experience emotional arousal while playing with horses which we can measure through the skin becoming temporarily a better conductor of electricity due to sweat we secrete when we are emotional which is different to when we run around or are hot. This study suggested that learning how to deal with becoming emotional and learning to be calm and assertive to achieve successful outcomes with the horses means that those positive responses to emotions can be learned and transferred into daily life.



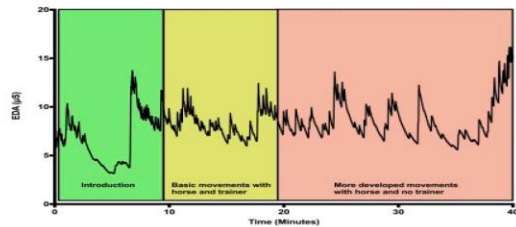
a



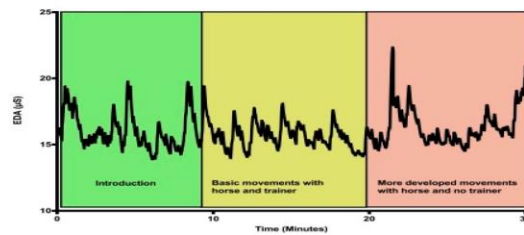
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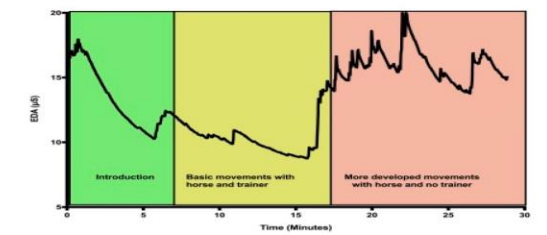
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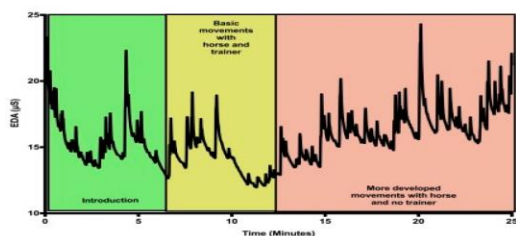
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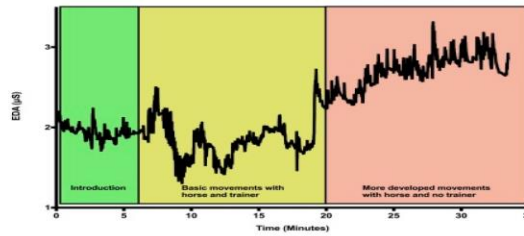
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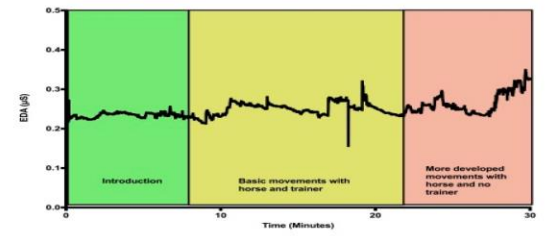
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g



h



i

Table 2. Positive Negative and No Change Scores for all Participants Statistical Sig (p <0.001).

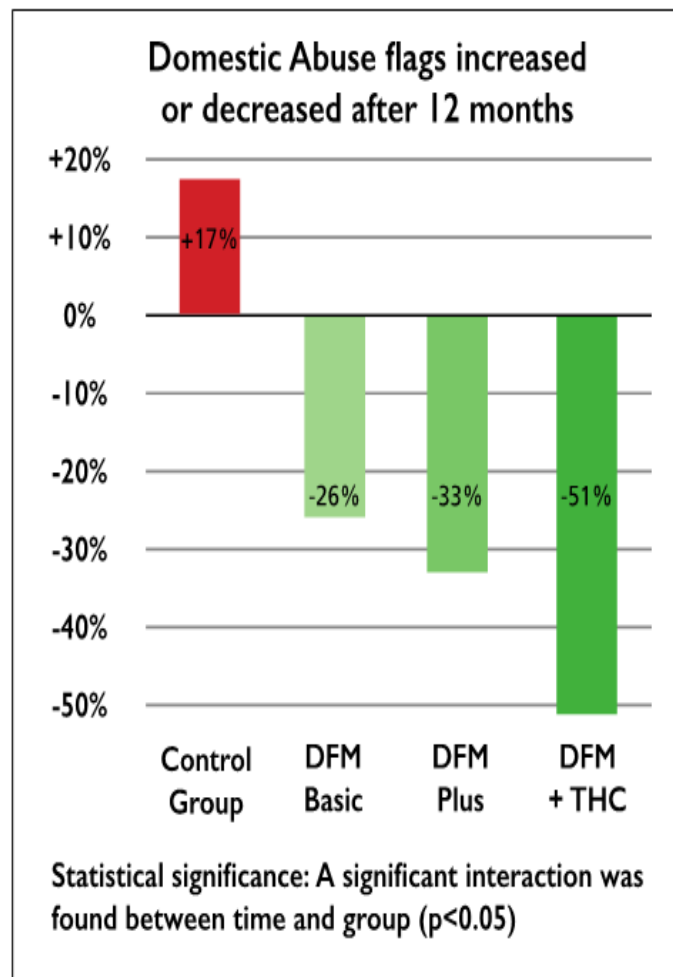
Star Chart Skills	Positive Score Change	Negative Score Change	No Score Change	Total N Scores
Realistic Planning	105	15	33	153
Assertiveness	107	12	35	154
Communication	102	25	27	154
Calmness	111	15	28	154
Engagement (as a learner)	103	13	32	154
Focus and Perseverance	100	9	45	154
Empathy	99	19	36	154
Taking Responsibility	104	16	34	154

2021

Level 4 in the
Hierarchy of
Evidence
Cohort Studies

“TheHorseCourse is highly effective in reducing domestic violence and abuse, with 51% fewer DVA flags at follow up. This compares very favourably with other DVA interventions in the published research literature”
Professor Ann Hemingway,
Bournemouth University

[HETI POSTER-DV findings \(1\) \(1\).pdf](#)



	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%

