

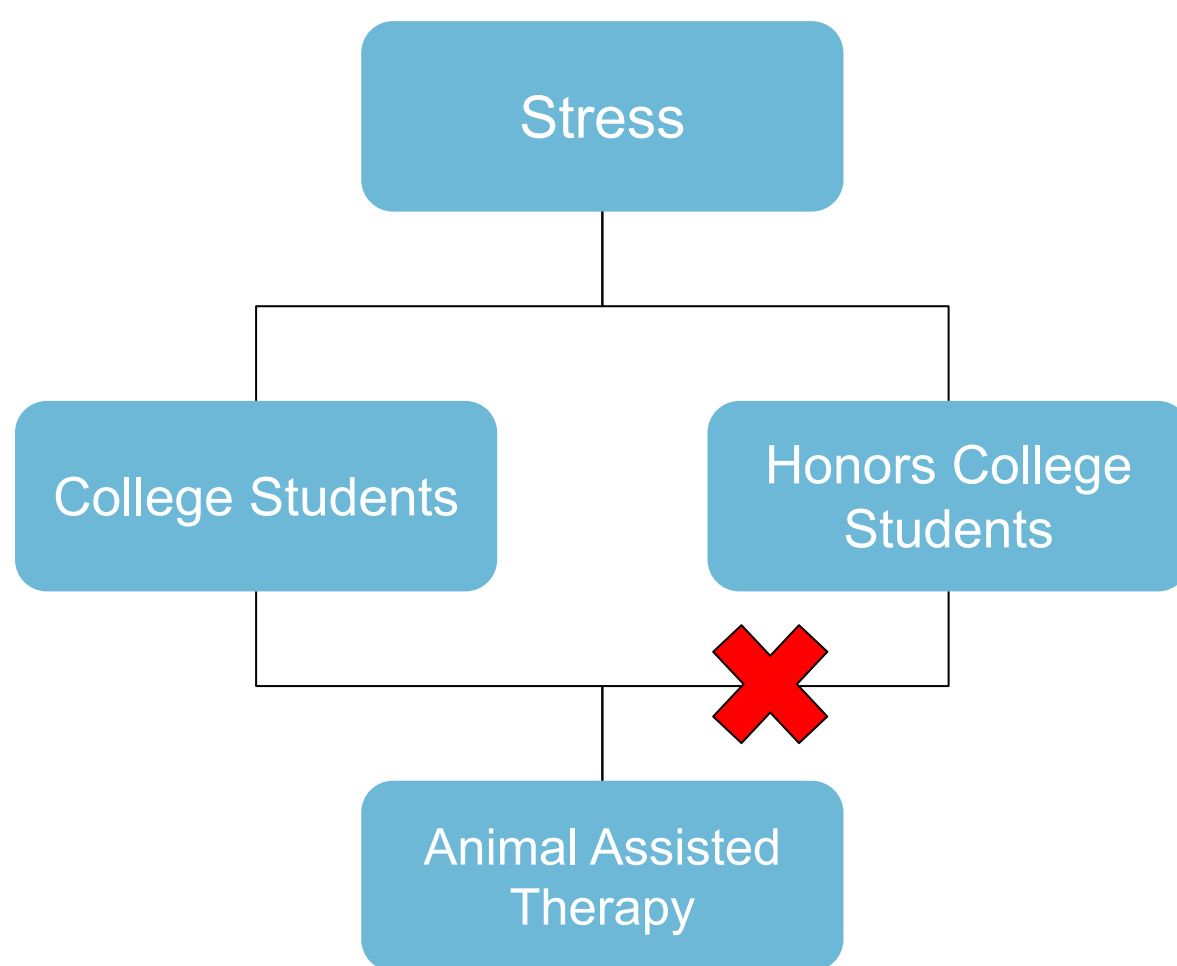
# A Helping Paw: The Impact of Therapy Dogs on College Student's Stress

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## Introduction and Objectives



Study Question: What is the effectiveness of Animal Assisted Therapy as a stress management tool for college honors students?

Goal: How are honors college students stress levels affected by Animal Assisted Therapy?

Study: Pre- and post- test stress surveys taken from groups of students in 30-min sessions with Beau or Charlie

## Methods

### Participants

Participants were recruited and supplied with a QR code to register for the study and to give consent to participate

### Procedure

Participants completed a pre-and post- test survey before and after interacting with their assigned dog for 30 minutes

### Measure

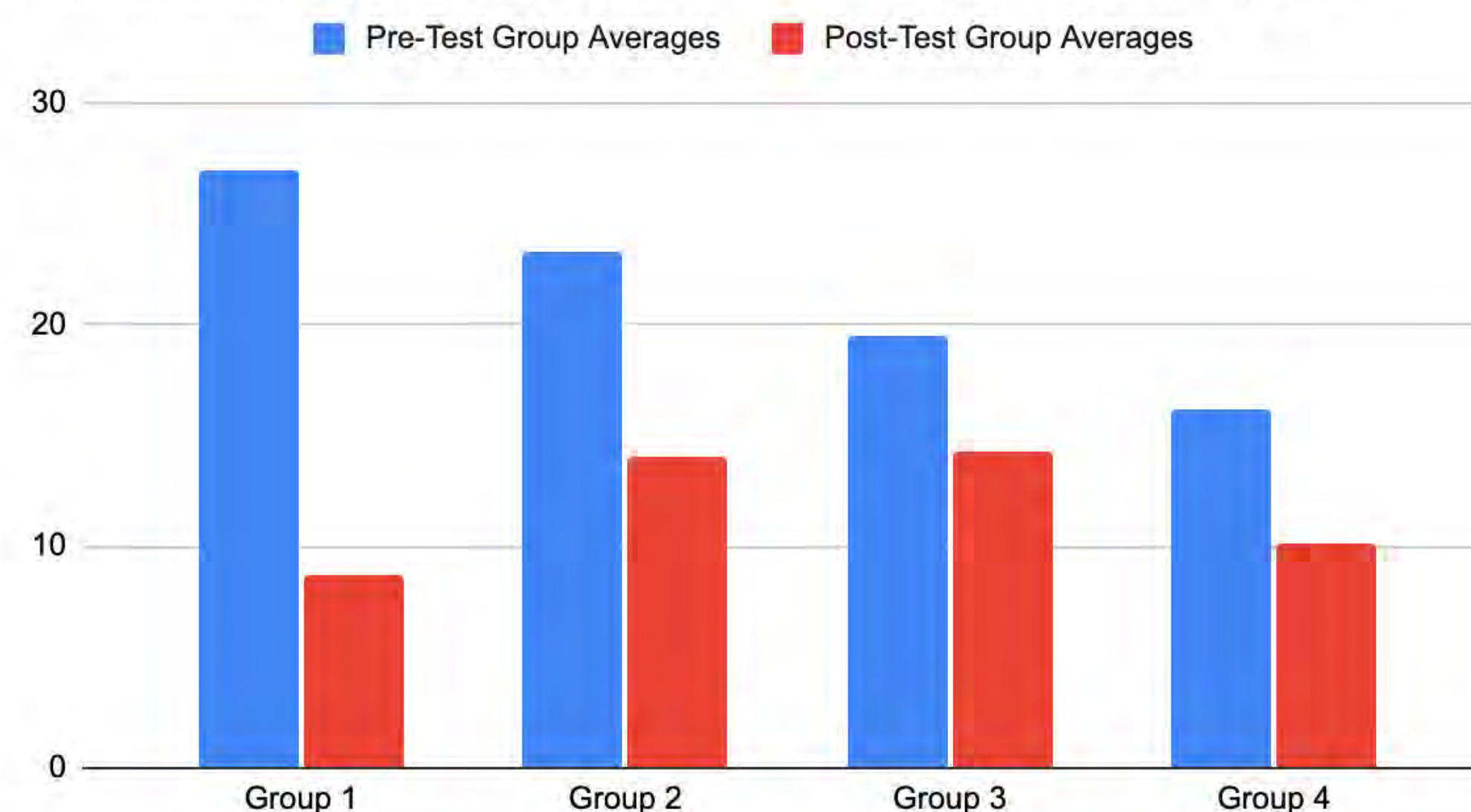
The scale used is a modified version of the Perceived Stress Scale (PSS-10) and includes present tense verbs

### Analysis

Items 4,5,7 and 8 were reversed when scoring the pre-and post-test surveys

## Results

Pre-Test Group Averages and Post-Test Group Averages



Pre-Test Sample Average: 20.64

Post-Test Sample Average: 12.09

Sample averages indicate a 41.42% decrease in stress levels after therapy dog intervention

**AAT is an effective intervention in reducing stress levels in honors college students**

## Results

Group 1	Group 2	Group 3	Group 4
Pre-Test Average: 27	Pre-Test Average: 23.25	Pre-Test Average: 19.5	Pre-Test Average: 16.17
67.59% decrease	39.78% decrease	26.92% decrease	37.11% decrease
Post-Test Average: 8.75	Post-Test Average: 14	Post-Test Average: 14.25	Post-Test Average: 10.17

## Conclusions

Limitations: Small honors student sample size, gender imbalance, lack of post-test data, difference in breed of dogs

Future Research: Needed on the effect of AAT on honors student population, in-state vs. out of state honors students, human interaction in AAT session

## Acknowledgements

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