Published scientific research related to equine-assisted activities and mental health outcomes

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The following is a reference list presenting published scientific research examining the relationship between the use of equine-assisted activities and mental health outcomes. Several different equine approaches are represented in this list, including equine-assisted psychotherapy (EAP), therapeutic riding, and hippotherapy. A wide range of outcomes is addressed.

We would like to keep this list as up-to-date as possible, so if you are aware of a published study that is not represented here, please forward the reference to research@eagala.org so that it can be added to the list.

Strong Review article:


Peer-reviewed studies that included quantitative outcomes


**Selected works using qualitative methodology, or case studies with theoretical analysis**


Selected unpublished work:


Websites with additional resources:
