

# Best Evidence Summaries of Topics in Mental Healthcare

## **BEST** *in* **MH** *clinical question-answering service*

### **Question**

'In adults with mental health difficulties how effective is Equine assisted therapy compared to any talking therapies, in improving patient outcomes?'

### **Clarification of question using PICO structure (PICTRO for diagnostic questions)**

*Patients:* Adults with mental health difficulties

*Intervention:* Equine assisted therapy

*Comparator:* Talking therapies

*Outcome:* Improved patient outcomes

### **Clinical and research implications**

No relevant, high quality research was identified.

### **What does the evidence say?**

*Number of included studies/reviews (number of participants)*

N/A

*Main Findings*

N/A

*Authors Conclusions*

N/A

*Reliability of conclusions/Strength of evidence*

N/A

### **What do guidelines say?**

No guidelines were found which consider equine-assisted therapy for adult mental illness.

**Date question received:** 18/03/2013  
**Date searches conducted:** 18/03/2013  
**Date answer completed:** 25/03/2013

## Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	Equine 7 Horse 6 'horse assisted' 0 'horse-assisted therapy' 0	13	0
DARE	(equestrian) IN DARE 0 2 (equest*) IN DARE 0 3 (horse*) IN DARE 16 4 (animal*) IN DARE 442 5 (assisted ADJ3 therap*) IN DARE 32 6 (pet* ADJ5 therap*) IN DARE 18 7 (equine*) IN DARE 27 8 (mental ADJ3 health) IN DARE 942 9 (psychiat*) IN DARE 1194 10 (depress*) IN DARE 1741 11 (anxiet*) IN DARE 1047 12 (schizo*) IN DARE 552 13 (psychos*) IN DARE 868 14 (bipolar*) IN DARE 217 15 (personalit* ADJ3 disorder*) IN DARE 88 16 MeSH DESCRIPTOR Animal Assisted Therapy EXPLODE ALL TREES 2 17 MeSH DESCRIPTOR Animals EXPLODE ALL TREES 34776 18 MeSH DESCRIPTOR Animals, Domestic EXPLODE ALL TREES 3 19 MeSH DESCRIPTOR Equine-Assisted Therapy EXPLODE ALL TREES 2 20 MeSH DESCRIPTOR Equine-Assisted Therapy EXPLODE ALL TREES 2 21 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #16 OR #17 OR #18 OR #19 OR #20 34962 22 MeSH DESCRIPTOR Mental Health EXPLODE ALL TREES 66	51	0

	<p>23 MeSH DESCRIPTOR Depression EXPLODE ALL TREES 361</p> <p>24 MeSH DESCRIPTOR Bipolar Disorder EXPLODE ALL TREES 129</p> <p>25 MeSH DESCRIPTOR Depressive Disorder EXPLODE ALL TREES 692</p> <p>26 MeSH DESCRIPTOR Depressive Disorder, Major EXPLODE ALL TREES 214</p> <p>27 MeSH DESCRIPTOR Anxiety EXPLODE ALL TREES 162</p> <p>28 MeSH DESCRIPTOR Anxiety Disorders EXPLODE ALL TREES 308</p> <p>29 MeSH DESCRIPTOR Bipolar Disorder EXPLODE ALL TREES 129</p> <p>30 MeSH DESCRIPTOR Psychotic Disorders EXPLODE ALL TREES 117</p> <p>31 MeSH DESCRIPTOR Psychotic Disorders EXPLODE ALL TREES 117</p> <p>32 MeSH DESCRIPTOR Schizophrenia and Disorders with Psychotic Features EXPLODE ALL TREES 445</p> <p>33 MeSH DESCRIPTOR Schizophrenia EXPLODE ALL TREES 372</p> <p>34 MeSH DESCRIPTOR Schizophrenia and Disorders with Psychotic Features EXPLODE ALL TREES 445</p> <p>35 MeSH DESCRIPTOR Schizophrenia, Paranoid EXPLODE ALL TREES 1</p> <p>36 MeSH DESCRIPTOR Schizophrenia and Disorders with Psychotic Features EXPLODE ALL TREES 445</p> <p>37 MeSH DESCRIPTOR Personality Disorders EXPLODE ALL TREES 53</p> <p>38 MeSH DESCRIPTOR Borderline Personality Disorder EXPLODE ALL TREES 19</p> <p>39 #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 4374</p> <p>40 #21 AND #39 2876</p> <p>41 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #16 OR #18 OR #19 OR #20 517</p> <p>42 #39 AND #41</p>		
CDSR			
<b>Primary studies</b>			
CENTRAL			
AMED	<p>1. AMED; "Equine Assisted Therapy".ti,ab; 6 results.</p> <p>2. AMED; (equine adj3 therap*).ti,ab; 11 results.</p> <p>3. AMED; (equine adj2 assist*).ti,ab; 8 results.</p> <p>4. AMED; 1 OR 2 OR 3; 13 results.</p>	13	

CINAHL	5. CINAHL; "Equine Assisted Therapy".ti,ab; 12 results. 6. CINAHL; (equine adj3 therap*).ti,ab; 37 results. 7. CINAHL; (equine adj2 assist*).ti,ab; 24 results. 8. CINAHL; 5 OR 6 OR 7; 44 results.	44	
PsycINFO	9. PsycINFO; "Equine Assisted Therapy".ti,ab; 13 results. 10. PsycINFO; (equine adj3 therap*).ti,ab; 46 results. 11. PsycINFO; (equine adj2 assist*).ti,ab; 67 results. 12. PsycINFO; 9 OR 10 OR 11; 89 results.	89	
Embase	17. EMBASE; "equine assist*".ti,ab; 17 results. 18. EMBASE; "equine therap*".ti,ab; 10 results. 19. EMBASE; 17 OR 18; 26 results.	26	
<b>Summary</b>	<b>NA</b>	<b>NA</b>	

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