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Therapeutic Riding and Psychological Health in Older Adults

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PIO Question

Do people 65 or older who participate in a therapeutic riding program experience decreased depressive symptoms?

Conclusion

Our findings indicate a gap in research supporting the effects of therapeutic horseback riding on decreasing depressive symptoms in older adults; however, similar research suggests therapeutic riding for older adults may benefit psychological health.

Recommendations

For Hearts & Horses: Create a pilot program incorporating mindfulness, coping strategies, and social supports. Track program efficacy by offering participants a depression questionnaire & Satisfactory With Life Scale.

For Research: Further research is needed at higher levels of evidence, with a focus on older adults.

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