ARTICLE NINE

Measuring the Impact of Horses on Humans – A Preliminary Study

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ABSTRACT

This paper describes a small scale preliminary study undertaken to collect structured data which would be used to determine the next steps in researching the impact of horses on humans in terms of learning and wellbeing. The study did indeed show that horses had a positive impact on both learning and wellbeing across a range of age, gender, personality types and employment levels. As a result further, more detailed studies are planned.