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Effects of Equine-Assisted Occupational Therapy on Performance Skills and Participation in Children with Attention Deficit Hyperactivity Disorder

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Key Research Findings (N=50)



Skill Mastery: Significant growth in **Organizational** and **Communication** skills ($p < 0.05$) as measured by the PSQ.



Active Engagement: Statistically significant increase in frequency of participation in everyday activities by Assessment Time 3.



Joy & Independence: Marked improvements in **Independence** (Play & Education) and **Enjoyment** (Social, Education, ADL).



Parental Satisfaction: Improvement observed in 9 out of 10 satisfaction categories, covering play, self-care, and educational performance.

Participation Post ASTride

Changes in Participation according to the CPQ Across three Time Points (N=50)

	Time 1	Time 2	Time 3			
	<i>M (SD)</i>			<i>F</i>	<i>p</i>	<i>Partial Eta Square</i>
Diversity	43.66 (5.09)	44.66 (5.11)	43.56 (5.40)	3.43	0.4	.12
Frequency	3.98 (.44)	3.93 (.43)	4.42 (.71)	9.84	.001	.29
Child Independence	5 (.66)	5.05 (.62)	5.42 (.70)	12.41	.001	.34
Child Enjoyment	4.92 (.65)	5.04 (.53)	5.44 (.68)	12.20	.001	.33
Parents satisfaction	4.86 (.70)	4.94 (.66)	5.44 (.71)	15.82	.001	.39

Note. M=mean; SD=Standard Deviation

Conclusion and Discussion

Therapeutic Potential: ASTride is an effective treatment protocol for addressing both participation deficits and performance skill gaps in children with ADHD.

Integrated Approach: The success stems from incorporating evidence-based Occupational Therapy (OT) frameworks directly into the equine environment.

Broad Impact: Beyond clinical metrics, the intervention enhances child independence and parental satisfaction with daily occupational performance.

