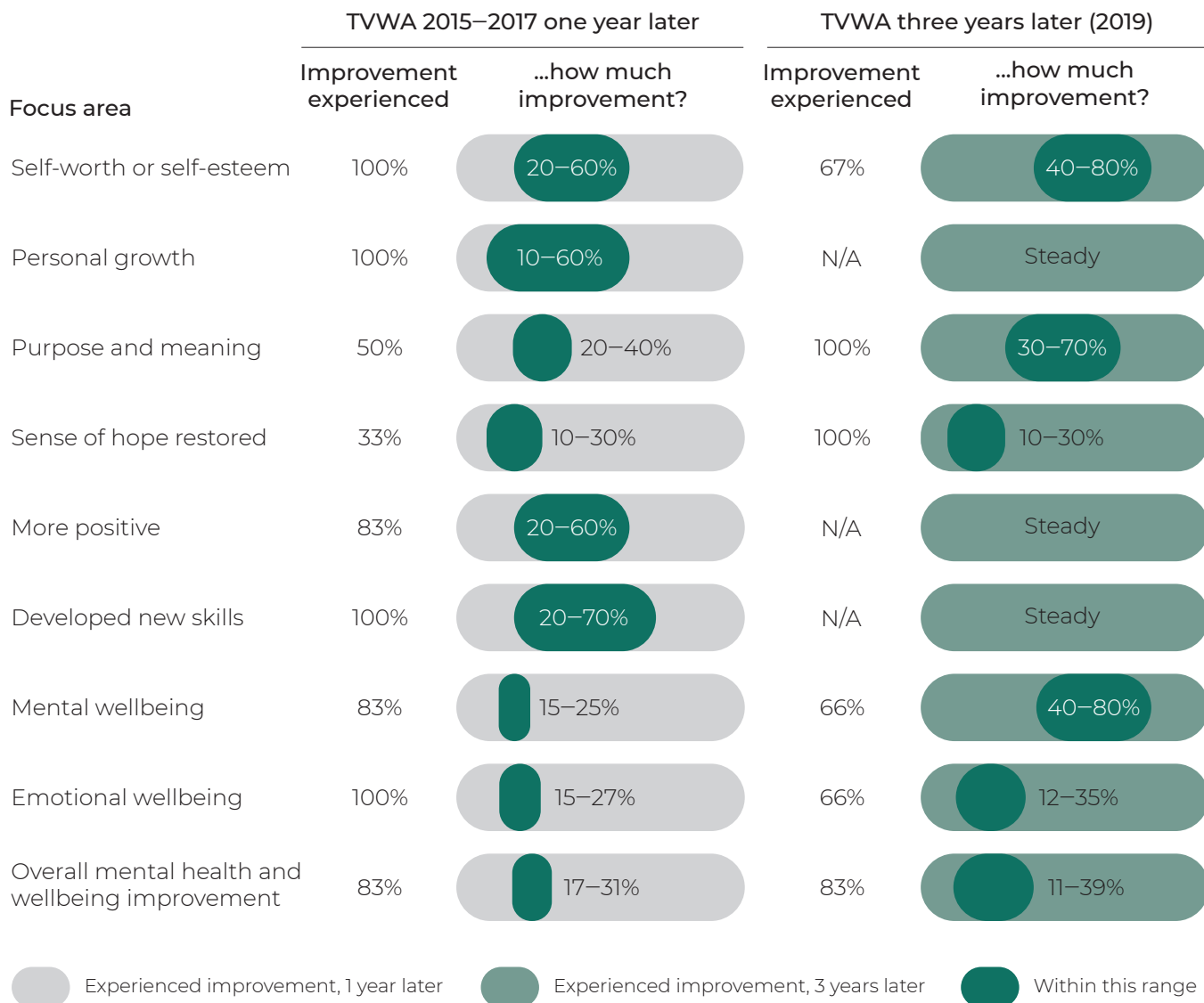


## Participants improvement rate in specific focus areas



### Notes:

- Decline was attributed largely to those who did not continue some involvement with the programs and horsemanship after the initial residential program
- One other increased after returning to volunteer with horses
- 30% after dropping to 20%.

Source: Dr Mel Baker, Evaluation of an equine program developed for Australian veterans with PTSD: preliminary report (2023)

### How do I read this chart?

For example: After one year 100% of participants have experienced improvement in “Self-worth or self-esteem” by between 20–60%.

### Methodology:

A self-evaluation form is completed before the program and then on the last day of the five day program and at subsequent times in the future to assess the efficacy of the program. Improvements are experienced most powerfully if the participant returns and does further volunteering and working on horsemanship skills for some period after the initial program.

### Definition of time periods and conditions:

Thoroughbred and Veteran Welfare Alliance (TVWA) is utilising the full wellbeing assessment, “before score” at start of five day residential program and “after score” taken one year and three years later.