


🔊

EAT Pilot Program: A Post Participation Mixed Methods Study of Client Satisfaction

Emili B. Alexander, OTD, OTR/L, CPRP, CLT
Aubrey Boerema, MSR, CTRS, CTRI

🔊

Disclosures



- Research study was completed as part of OTD graduation requirements
- IRB approval gained from Gannon University
- Participant informed consent
- Study has been accepted for publication in the HETI journal

Agenda

- Purpose of Study
- Theoretical Foundation from Occupational Therapy Stand Point
- Research Design
- Results
- Discussion

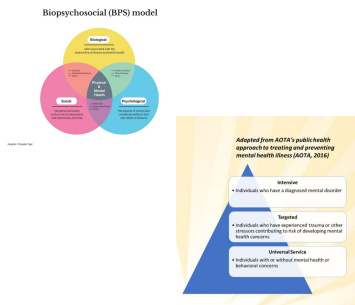
Purpose of Study

- EAT is becoming a more established, emerging practice area shown to decrease negative symptoms in individuals experiencing PTSD (clinical and non-clinical diagnosis).
- Lack of evidence to verify client satisfaction
- Evaluate participant satisfaction using an established outcome measure and qualitative interviews
- Deliver recommendations for future programming based on results



Theoretical Foundations

Biopsychosocial Model
Recovery Model
AOTA's Public Health
Approach to treating and
preventing mental health
illness



Research Questions

- What is the satisfaction rate of participants who completed an 8 week EAT-PTSD program as measured by the CSQ-8?
- What aspects of the EAT-PTSD program were satisfactory?
- What aspects of the EAT-PTSD program were unsatisfactory?
- What aspects of the program should be improved?



Research Design

-Mixed-Methods study

Quantitative Measures:

PCL-5 Criterion A

QIDS-SR 16

CSQ-8

Qualitative Measures:

Informal Numerical Anxiety Rating

Focus Group



Procedures

-Location

-Program

-Horses

-Participants



Characteristics	Participant 1	Participant 2
Age	56	42
Gender	F	F
Prior Military Service	No	No
Diagnoses	PTSD	PTSD/Anxiety/Depression/Personality Disorder



Results

Outcome Measure Data Pre and Post EAT-PTSD Program Participation

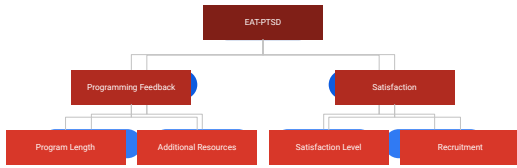
Measure	Completion	Participant 1 56 y.o., F	Participant 2 42 y.o., F
PCL-5	Pre Program Participation	31	67
	Post Program Participation	23	60
QIDS-SR 16	Pre Program Participation	3	17
	Post Program Participation	8	13
Anxiety	Average Before Sessions	5*	6.67+
	Average After Sessions	1.5*	3.67+
CSQ	Post Program Participation	32	30

* Participant was missing 2 session scores; average was calculated from sessions 1, 4, 5, 6, 7, 8

+ Participant was missing 2 session scores; average was calculated from sessions 3, 4, 5, 6, 7, 8



Recommendations



Discussion



References



Contacts

Emili B. Alexander, OTR/L, OTD, CPRP, CLT

blantonemili@gmail.com
