The purpose of this study was to explore the impact of canine-assisted therapy on veterans with PTSD. The study design was a randomized controlled trial with a pretest-posttest design. The sample consisted of 80 veterans, 40 in the intervention group and 40 in the control group. The intervention group received 12 weeks of canine-assisted therapy, while the control group received standard care. The primary outcomes were changes in PTSD symptom severity, social functioning, and quality of life.

Results showed that the intervention group had significant improvements in PTSD symptom severity, social functioning, and quality of life compared to the control group. Participants in the intervention group reported increased sense of empowerment, decreased symptoms of PTSD, and increased perceptions of social support. The intervention was well-received by all participants, with high completion rates and positive feedback.

Conclusion: Canine-assisted therapy is a promising intervention for veterans with PTSD. Further research is needed to explore the long-term effects and potential mechanisms of this therapy.

REFERENCES

Author/Year: Title of Study

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ACKNOWLEDGEMENTS

The authors would like to thank the veterans who participated in this study, as well as the healthcare providers and canine support services who provided assistance. This research was supported by grant number 5T32NR015747 from the National Institute of Nursing Research. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.