

The effectiveness of Animal Assisted Therapy in adults with an Autism Spectrum Disorder

Gepubliceerd: 09-06-2016 Laatste bijgewerkt: 18-08-2022

Exploration of the effects of AAT in adults with an Autism Spectrum Disorder (because this study has an explorative character, there is no hypothesis formulated)

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24083

Bron

NTR

Aandoening

Autism Spectrum Disorder
Animal Assisted Therapy
Dogs
Stress

Ondersteuning

Primaire sponsor: GGZ oost Brabant: Mcs. Carolien Wijker
Open University: Prof. Dr. M. J. Enders-Slegers and Dr. T. Verheggen
Autismekenniscentrum: Dr. A. A. Spek
Overige ondersteuning: Stichting Olim, GGZ Oost Brabant

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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Stress (self-reported, salivary measurements, heart rate variability measurements)

Psychological distress (self reported)

Self-confidence (self reported)

Autistic traits (self reported)

Toelichting onderzoek

Achtergrond van het onderzoek

Adults with an autism spectrum disorder (ASD) often experience high psychological distress. In literature, two treatments are described where research has shown a reduction of comorbid symptoms in adults with ASD such as anxiety and depression. For this reason, it is of great importance to develop new interventions and to examine the effectiveness of those interventions on reducing comorbid symptoms in adults with ASD.

The present exploratory study is conducted in adults with ASD. The study aims to provide insight into the effects of AAT.

The AAT intervention consists of ten, weekly one-on-one sessions in presence of a dog. The results of the AAT are compared with a randomized waiting list control condition. Participants in this study are randomized after the baseline measurement and equally distributed towards the AAT or waiting list control condition.

Doel van het onderzoek

Exploration of the effects of AAT in adults with an Autism Spectrum Disorder
(because this study has an explorative character, there is no hypothesis formulated)

Onderzoeksopzet

Baseline

Post intervention (10 weeks)

Follow-up (20 weeks)

Onderzoeksproduct en/of interventie

The AAT program consists of ten weekly one-on-one sessions, with a duration of 60 minutes per session. The therapist follows a strict therapy protocol. The therapy dog that is present in the therapy sessions is a trained service dog from the Dutch foundation 'Hulphond'. The therapy dogs are under supervision of a dog trainer and have regular veterinary check-ups. Participants work together with a therapydog on exercises under supervision of the therapist.

Contactpersonen

Publiek

Gezondheidslaan 65

Carolien Wijker
Oss 5342 JW
The Netherlands
0412-848325

Wetenschappelijk

Gezondheidslaan 65

Carolien Wijker
Oss 5342 JW
The Netherlands
0412-848325

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

A primary diagnosis within the autism spectrum is required for participation in the study. The participants must be diagnosed through, a semi-structured interview based on the DSM-V criteria and the ADI-R

Age between 18-60.

WAIS-IV score > 80.

Participants suffer from stress (PSS > 20), and overall psychological distress (SCL-90 > 133).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Psychosis

High Suicide risk

Fear of dogs

Medicin that involves the ingredient cortison

Involving other treatment than AAT during the 20 weeks of research

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-01-2014
Aantal proefpersonen:	72
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	09-06-2016
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4054
NTR-old	NTR5938
Ander register	CMO regio Arnhem-Nijmegen : 2014-292

Resultaten

Samenvatting resultaten

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