There is a growing body of evidence for Eagala Model equine-assisted psychotherapy. The publications listed below are papers describing research investigating Eagala. They have been published in peer-reviewed journals, indicating they have passed the scrutiny of experts in the scientific community. Although these articles present data on benefits of the Eagala Model, the list contains a limited number of articles and each article has limitations. However, this does not mean the effects of the Eagala Model are limited. Rather, it is a reflection of a field in its early stages and illustrates the need for more research.

**Current Studies.** Current Published Studies contributing to the evidence base of the Eagala Model:

  
  - **Eagala Model:** The study followed a quasi-experimental design (N = 42), comparing students in one class who received stress management activities (experimental group) with students in another class who did not receive any stress management programming (control group). Activities were carried out either with Eagala-Model EAL or another experiential modality (e.g., yoga, mindfulness, hiking). Results showed that student stress decreased from pretest to posttest in the experimental group. The EAL modality performed as well as the other modalities.

  
  - **Eagala Model:** Study included 90 hospitalized psychiatric patients who had recent violent or regressed behaviors. Participants were randomly selected to one of the following groups for 10 weeks: Eagala Model EAP, canine group, social skills group or routine hospital activities (control group). Found that those in the Eagala group showed largest decrease in violent behavior as measured by incidents of violent behavior (hospital tracking system).

  
  - **Eagala Model:** Eagala Model EAP intervention for adolescents who experienced sexual abuse & trauma - measured psychological distress and found significant improvements in functioning after the equine intervention.
Pilot Studies. A pilot study is a small scale preliminary study conducted in order to evaluate whether something can be done (feasibility) and improve upon the study design prior to performance of a full-scale. A pilot study can thus provide useful information as to whether it is worthwhile conducting a larger scale study and help determine the sample size needed to detect a significant effect. Below are pilot studies with promising results that would be great to see replicated on a larger scale:

  - Eagala Model: Pilot study looking at adding Eagala Model EAP to existing conventional treatments for victims of interpersonal violence. Found that the Eagala group had more improvement with self-efficacy, depression, and general functioning.

  - Eagala Model: Pilot study investigating the efficacy of EAP in children referred for psychotherapy for mental health and behavioral issues in a one-group pretest-posttest quasi-experiment. GAF scores improved from pretest to posttest; improvements were positively correlated with number of EAP sessions.

  - Eagala Model: Pilot study investigating the efficacy of the Eagala Model to treat compassion fatigue in community care professionals. A group of 10 professionals self-selected to participate in a 7-session group program following the Eagala Model. Compassion, compassion fatigue, and burnout were measured at pre and posttest. Results showed significant decreases in compassion fatigue and burnout and increases in compassion satisfaction at posttest. Emotional awareness and emotional management of others also increases significantly.

  - Case study comparing effects of Eagala Model group sessions and psychoeducational group sessions on resiliency in charter school students. Participants were in pre-existing groups, each attending four 2-hour weekly sessions over one month. The data showed trends in improvements in mastery and relatedness in the Eagala group over and above those found in the nonequivalent control group. However, these differences were not statistically significant. Replication with larger samples and random assignment to groups is warranted.
**Conceptual Articles.** These are non-empirical journal articles discussing Eagala Model EAP:

  - Eagala Model: Non-empirical journal article discussing why ground-based EAP is recommended for war veterans and others who have experienced moral injury.

  - Eagala Model: Non-empirical journal article describing the Eagala Model, particularly as it relates to social work and treating those affected by trauma

  - Eagala Model: Non-empirical journal article describing the Eagala Model.

* If you are aware of a study that you think should be reviewed for inclusion on this list, please email us at research@eagala.org