Poster

Sat. Sep 27, 2025 11:00 AM - 11:50 AM JST | Sat. Sep 27, 2025 2:00 AM - 2:50 AM UTC Poster Session (Foyer 2)

Poster 21

[P-21-04] Exploring the Influence of Continued Therapeutic Horseback Riding on Children with Neurodevelopmental Conditions: Focus on Sleep and Parental Well-Being

*Namiko KAWAMURA[1], Mayu SAKAMOTO[1], Kayoko MACHIDA[2], Hiroshi KADOTANI[1], Yuji Ozeki[1] (1. Shiga University of Medical Science (Japan), 2. Sappo City University (Japan))

Keywords：Equine Assisted Activities and Therapies、Developmental disabilities、Sleep Habit、well-being

Background:
Therapeutic horseback riding is still limited in practice in Japan, but studies—particularly from Europe—have reported psychological benefits for children with autism spectrum disorder (ASD) or attention-deficit/hyperactivity disorder (ADHD), including improved emotional stability and communication. However, most research has focused on physical effects, and its psychological impact and influence on daily life remain underexplored.
Aim:
The aim of this study was to explore the influence of continued therapeutic horseback riding for children with developmental disabilities and its effects on parents in terms of various aspects of well-being.
Method:
A questionnaire survey was conducted with parents of children aged 4 to 15 years attending an after-school service where therapeutic horseback riding is a core activity. The Japanese version of the Children's Sleep Habits Questionnaire (CSHQ-J) assessed children's sleep, while the Patient Health Questionnaire-9 (PHQ-9) and PHQ-15 assessed depressive and somatic symptoms in parents. Data were analyzed using IBM SPSS Statistics Version 29.0. The Mann–Whitney U test was used to examine between children who had participated for less than six months versus more than six months.
Result:
Responses included 58 for the CSHQ-J, 70 for the PHQ-9, and 69 for the PHQ-15. The average CSHQ-J score (33 core items) was 46.45 (SD = 6.95). Parental PHQ-9 and PHQ-15 scores averaged 5.75 (SD = 5.02) and 6.01 (SD = 4.43), respectively. Children riding for over six months showed significantly lower CSHQ-J scores than those with less experience ($p = 0.01$), suggesting better sleep quality.
Conclusion:
Continued therapeutic horseback riding may improve sleep in children with developmental disabilities. These findings highlight its potential as a holistic intervention. Further results are ongoing, and analyses will be presented during the full presentation.