

Assessing the Benefits of Animal-Assisted Therapy in Clinical Settings

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Abstract. This article examines the role of animal-assisted therapy (AAT) in clinical settings, focusing on its impact on patient anxiety and stress levels. The study evaluates the outcomes of 80 participants receiving AAT, demonstrating reductions in anxiety and improvements in overall well-being. These findings support the inclusion of AAT as a complementary therapy in mental health treatment plans, highlighting its potential to enhance patient care.

Keywords: Animal-Assisted Therapy, Anxiety Reduction, Clinical Settings, Patient Care, Complementary Therapy

Introduction

Animal-assisted therapy (AAT) has gained popularity as a supplementary intervention in various clinical settings, offering therapeutic benefits beyond traditional approaches. This study investigates the effectiveness of AAT in reducing anxiety and stress among patients, involving 80 participants across different clinical environments. Results indicate that AAT contributes to significant reductions in anxiety levels and enhances overall well-being, reinforcing its value as a complementary therapy in mental health care. The research underscores the potential of AAT to enrich therapeutic experiences and improve patient outcomes in clinical psychology.

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References

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