Supplementary Material

Article Title: Equine-Assisted Therapy for Posttraumatic Stress Disorder Among Military Veterans: An Open Trial

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List of Supplementary Material for the article

1. Appendix 1 Supplementary results

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Appendix 1

Analysis of participants that completed all four assessments

Table 2 and Figure 2C illustrate results for CAPS-5, PCL-5, HAM-D, and BDI-II scores at each of the four time points only for those patients who were assessed at each of the four time points (n=48).

PTSD measures

For CAPS-5 scores, the repeated measures ANOVA with time as the within-subjects factor was significant, \(F(3,141)=18.68, p<.0001, \eta^2_p=.28\). Post hoc tests using the Bonferroni correction revealed a significant reduction from pre- to post-treatment, \(p<.0001, Cohen's d=1.07\), which was maintained at three-months follow-up, \(p=1.00\). This pre- to post-treatment significant reduction was evident at the mid-point assessment, \(p<.0001, Cohen's d=0.96\), with no additional reduction from mid- to post-treatment, \(p=.81\). Rates CSC based on CAPS scores showed that 28 of 58 participants (48.27%) demonstrated CSC at post-treatment, and 26 of 48 participants (54.16%) at follow-up assessment.

For PCL-5 scores, the repeated measures ANOVA was significant, \(F(3,141)=19.41, p<0.0001, \eta^2_p=.29\). Post hoc analyses revealed a significant reduction from pre- to post-treatment, \(p<0.0001, Cohen's d=0.96\), which was maintained at three-months follow-up, \(p=1.00\). This pre- to post-treatment significant symptom reduction was evident at the mid-point assessment, \(p<.0001, Cohen's d=0.75\), with an additional reduction from mid- to post-treatment, albeit only at trend-level, \(p=.06, Cohen's d=0.27\).

Depression measures
For HAM-D scores, the repeated measures ANOVA was significant, 
$F(3,141)=8.89, p<.0001, \eta^2_p=.16$. Bonferroni corrected post hoc tests revealed a significant reduction from pre- to post-treatment, $p=.001$, Cohen's $d=0.61$, which was maintained at three-months follow-up, $p=1.00$. This pre- to post-treatment significant reduction was evident at the mid-point assessment, $p=.004$, Cohen's $d=0.51$, with no additional reduction from mid- to post-treatment assessment, $p=1.00$.

For BDI-II scores, the repeated measures ANOVA was significant, 
$F(3,141)=10.83, p<.0001, \eta^2_p=.19$. Post hoc analyses revealed that a significant reduction from pre- to post-treatment, $p=.003$, Cohen's $d=0.44$, which was maintained at three-months follow-up, $p=1.00$. This pre- to post-treatment significant reduction in symptoms was evident at the mid-point assessment, $p=.04$, Cohen's $d=0.28$, with an additional trend-level reduction from mid- to post-treatment, $p=.07$, Cohen's $d=0.18$. 