



The Effects of Animal Assisted Therapy Applications on Salivary Cortisol

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ABSTRACT This pilot study for Turkey consisted of two parts. In the first part of the study Animal Assisted Therapy (AAT) team visited nursing home residents once a week for six weeks. In the second part of the study, children with mental retardation visited the Uludag University Veterinary Faculty Farm once a week for six weeks and cooperated with AAT team. Salivary samples were taken before and after the 15 minute AAT sessions from participants. According to the results of this study except the last week of elderly group ($p < 0.05$), there is no statistically significant change in both parts but it can be said that AAT applications decrease the stress levels of older adults and children with mental retardation and more research is needed in this area with large sample size.