

Title: [Benefits of Support Buddies]

Description¹: [How emotional support animals help us with mental and physical health].

Target Audience²

[High School Students].

Success Statement³

[_____ *should* _____ *because* _____]

[Our mental health and physical health are what drives us everyday. *With the assistance of Emotional Support Animals*, our little support buddies can help us heal our mental state of mind and help us relax ourselves .]

[Support Buddies & Mental State of Mind]

[Mental Health Benefits: Studies indicate that AAI can reduce depressive symptoms and feelings of loneliness. Research by Souter and Miller (2007) supports this claim, while Crowley-Robinson et al. (1996) found decreased depression in elderly nursing home residents with or without a resident dog. Banks and Banks (2002, 2005) showed that dog visitation programs helped reduce loneliness, with individual visits proving more effective than group interactions.].

[Buddies and Relaxation]

[Physical Health Benefits: AAI also impacts physiological health by influencing blood pressure and heart rate. Several studies show that the presence of animals can lead to lower blood pressure and heart rate, particularly in stress-inducing situations. For example, Friedmann et al. (1983) found that children had lower blood pressure when a dog was present while reading or resting. Grossberg and Alf (1985) demonstrated that stroking a dog reduced blood pressure more than chatting or reading, though resting had the greatest effect.].

¹ Use this description as content for the page's description specified in the <meta> tag.

² The target audience describes the specific group of people most likely to respond positively to the information presented on the website.

³ The success statement informs in a single sentence who is the target audience, what actions to take regarding the information delivered on the site, and why they should take those actions

Quotes

Reduction of depression and promotion of a positive mood In their meta-analysis Souter and Miller (2007) conclude that animal-assisted interventions have the potential to significantly reduce depressive symptoms and also our present survey of the literature meeting our criteria points in this direction.

Crowley-Robinson et al. (1996) found a decrease in depression over the course of 2 years in elderly residents of a nursing home with a resident dog, but also in the home without a resident dog. Banks and Banks (2002, 2005) showed in two controlled studies with patients in long-term care facilities that animal visitation programs reduced feelings of loneliness. The effect was

stronger in individual dog visits than in group settings, probably since persons had more intense interactions with the dogs in an individual setting.

Effects on blood pressure, heart rate, and heart rate variability A substantial number of well-designed studies investigated the effect of HAI on blood pressure and heart rate, some also included skin temperature or skin conductance, either in the absence of a specific stressor or during a stress-inducing task.

Friedmann et al. (1983) investigated the effect of the presence of a dog on children while they were reading or resting. Blood pressure was lower when the dog was present during the entire time than when the animal was just introduced during the second half of the observation time. Grossberg and Alf (1985) compared the effect of stroking a dog vs. resting, chatting, or reading in undergraduate students. Blood pressures were significantly lower when stroking a dog than when chatting or reading, however, it was lowest during rest.

[References]

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