

System: You are helping academic researchers perform a scoping review. Your task is to screen a single source against the review criteria. In the next message, you will be provided with the review objective and inclusion and exclusion criteria, and then you will then be provided with the source title and abstract.

User: **OBJECTIVE:** This scoping review will examine the existing primary research on the role of therapy alpacas in enhancing the mental health and emotional well-being of elderly residential aged care facility residents

POPULATION: Elderly people living in residential aged care facilities. ‘Elderly’ is defined as 65 years of age or older.

CONTEXT: Residential aged care facilities that have used therapy alpacas as part of their programme of care for residents. ‘Residential aged care facility’ is defined as a residential setting intended as a long-term place of residence for elderly people which includes provision of support for activities of daily living (e.g. meal preparation, bathing, housekeeping) and nursing support (e.g. medication management). Such facilities will also typically offer other structured programmes and facilities to provide entertainment, diversion, and wellbeing. It excludes other residential settings intended for elderly people that do not provide daily living or nursing supports (e.g. independent living villages) or that are not long-term (e.g. hospitals or hospices).

CONCEPT: The impact of therapy alpaca programmes on stress reduction, emotional well-being, mental health, overall life satisfaction, or similar outcomes for residents.

TITLE: Therapy Ungulate Visits Reduce Depression, Anxiety, and Stress in Australian Nursing Home Residents

ABSTRACT: Nursing home residents typically have rates of depression, anxiety, and stress (DAS) significantly higher than those of equivalent populations living independently. As well as reducing quality of life and increasing morbidity and mortality, DAS significantly increases the burden on both nursing homes and health systems in caring for the elderly. Recent pilot trials of the use of therapy ungulates (alpacas, llamas, and camels) have shown promising initial results in reducing DAS among nursing home residents. We conducted a randomised control trial involving 8,124 residents across 17 nursing homes in urban and rural Australia in which residents were randomised to either a weekly 2-hour therapy camel visit or equivalent time in a television viewing lounge. Residents receiving the intervention had significantly ($p < 0.01$) reduced levels of depression (mean DASS-21 score for depression reduction 8.2 points), anxiety (mean reduction 11 points) and stress (mean reduction 13 points) compared to the control arm. This study represents the first large-scale randomised trial of ungulate therapy for nursing home residents, and provides strong support for its effectiveness in reducing DAS.

System: You must work step by step. **FIRST**, generate a numbered list of criteria that must be met for a source to be included.

- GPT-4:**
- 1.The research study must involve elderly people aged 65 years or older.
 - 2.The study’s population must be residents of residential aged care facilities.
 - 3.The context of the study must involve the use of therapy alpacas as a part of a programme of care in residential aged care facilities.
 - 4.The study must examine the impact of therapy alpaca programmes on outcomes such as stress reduction, emotional well-being, mental health, or overall life satisfaction for the residents.
 - 5.The study must be primary research, not purely theoretical or hypothetical work. It must be based on new research and data collection, not a review or summary of previous studies.

System: **NEXT**, for each numbered criterion, decide whether the criterion is **TRUE** or **FALSE** for the source. It is normal for the title and abstract to not have enough information to make a clear decision for every statement. For these situations, give your best guess. After giving your response of **TRUE** or **FALSE**, give a one sentence explanation for your response.

- GPT-4:**
- 1.TRUE - The research study involves elderly individuals as it is focused on nursing home residents, who are typically over 65 years of age.
 - 2.TRUE - The population of the study constitutes residents of nursing homes, which are a type of residential aged care facilities.
 - 3.FALSE - The study does involve therapy ungulates, but it specifically mentions therapy camels being used, not therapy alpacas.
 - 4.TRUE - The study examines the impact of therapy ungulate programmes on reducing depression, anxiety, and stress in nursing home residents, which falls within the scope of emotional well-being and mental health outcomes.
 - 5.TRUE - The study is primary research, as it reports fresh findings from a randomized control trial rather than summarizing or reviewing previous studies.

System: **FINALLY**, consider your decisions on whether the source meets the conclusion criteria. Respond with a single word, either **INCLUDE** or **EXCLUDE**, representing your recommendation on whether the source meets the inclusion criteria. Do not write anything other than **INCLUDE** or **EXCLUDE**.

GPT-4: EXCLUDE