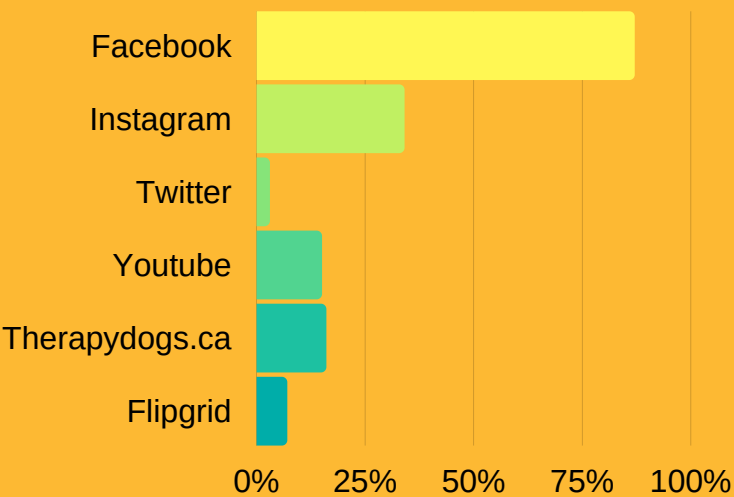


PAWS YOUR STRESS ONLINE THERAPY DOG PROGRAM

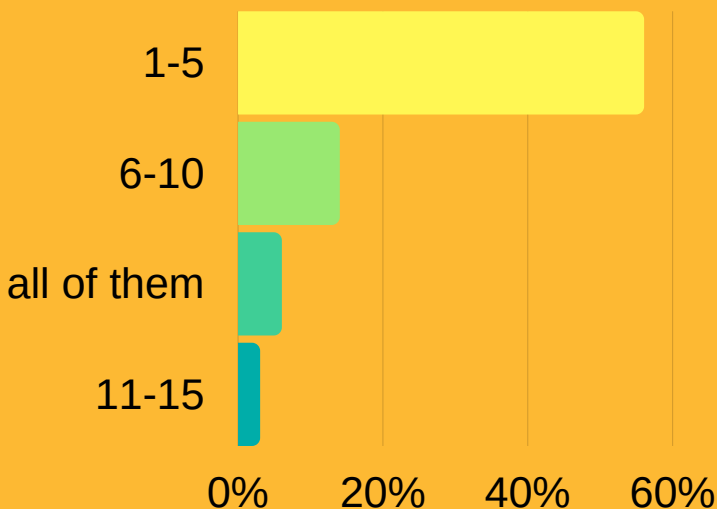
Findings from the process-outcome
evaluation questionnaire from 94
online viewers



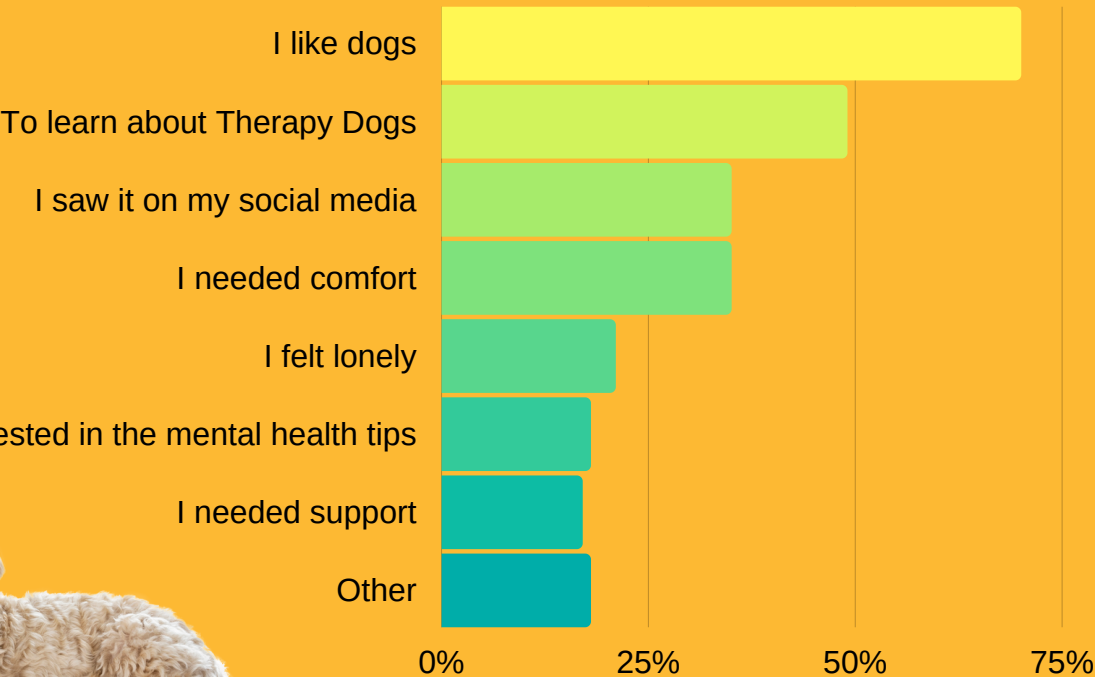
ON WHICH PLATFORMS DO YOU WATCH?



APPROXIMATELY HOW MANY OF THE VIDEOS HAVE YOU WATCHED?



WHY DID YOU WATCH THE THERAPY DOG VIDEOS?



82%

OF RESPONDENTS SAID
THEY WERE SATISFIED
OR VERY SATISFIED
WATCHING THE THERAPY
DOGS ONLINE
COMPARED TO IN
PERSON VISITS

90%

OF RESPONDENTS
STRONGLY AGREED OR
SOMEWHAT AGREED
THEY FELT COMFORTED
BY THE THERAPY DOGS
ONLINE

86%

OF RESPONDENTS
STRONGLY AGREED OR
SOMEWHAT AGREED
THEY FELT CONNECTED
BY THE THERAPY DOGS
ONLINE

82%

OF RESPONDENTS
STRONGLY AGREED OR
SOMEWHAT AGREED
THEY FELT SUPPORTED
BY THE THERAPY DOGS
ONLINE

63%

OF RESPONDENTS
STRONGLY AGREED OR
SOMEWHAT AGREED
THEY FELT LOVED BY THE
THERAPY DOGS ONLINE

54%

OF RESPONDENTS FELT THE
THERAPY DOG VIDEOS
OFFERED A LOT MORE OR A
LITTLE MORE COMFORT,
CONNECTION, SUPPORT AND
LOVE COMPARED TO OTHER
SOURCES IN THEIR LIVES

DEMOGRAPHICS



94%

OF RESPONDENTS
IDENTIFIED AS A
WOMAN

89%

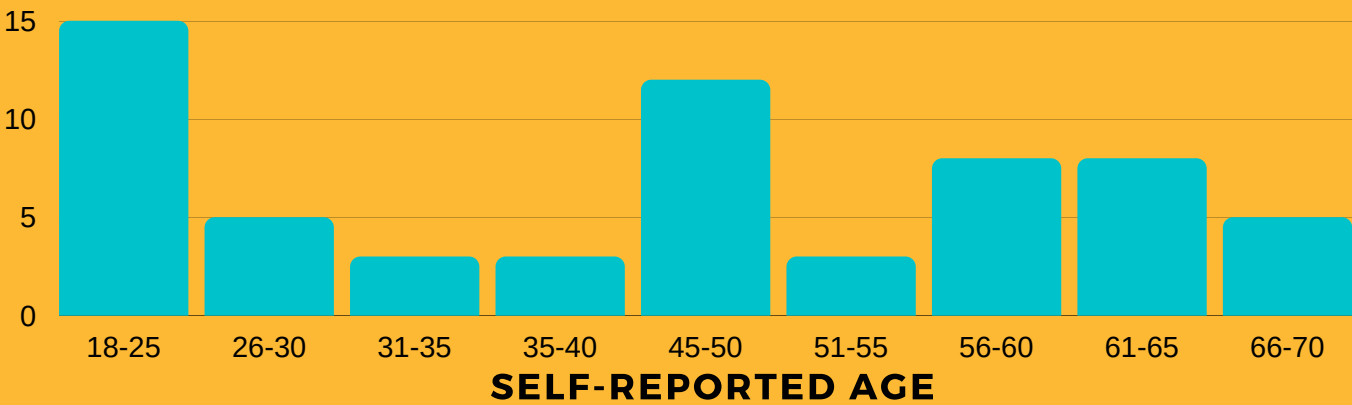
OF RESPONDENTS
CURRENTLY HAVE A
PET

54%

OF RESPONDENTS
HAD VISITED A
THERAPY DOG ON
CAMPUS

74%

OF RESPONDENTS
HAD NO
CONNECTION TO A
THERAPY DOG
HANDLER



SELF-REPORTED AGE

PAWS YOUR STRESS ONLINE THERAPY DOG PROGRAM: IN THE VIEWERS' WORDS



WHAT DO YOU LIKE ABOUT WATCHING THE THERAPY DOGS?



Tips and Training

I liked learning about the dogs' training and getting to know their personalities.

Positive Content

Relaxing/cheerful videos in a dark/frightening time in our world.

The Dogs (and handlers)

I love watching the handlers interact with their dogs. I love watching the talents and behaviours the dogs demonstrate!

Other

The creativity that goes into making the videos [is] so entertaining and lighthearted!

Activities

Love the fun things people do with their dogs

Cognitive/Emotional Benefits

It makes me really happy seeing all the dogs. With the whole COVID-19 pandemic, these videos have really helped to put a smile on my face.

Learning about the Dogs

The opportunity to see everyday moments for the dogs with their family, and learn more about the different dogs' personalities.

WHAT COULD WE DO BETTER?

Video Quality

When outdoors the wind can make it difficult to hear what is being said. Must be closer to phone or whomever is recording.

Different Content

Ways to use own pets like therapy, activities and information on how to apply things to our own lives (i.e., carving out time from your day to be mindful with [your] pet.

More of the Same

Keep giving us information about the dogs and their hobbies and what they do in a day!

Audience Participation

I like the interaction of the live ones. So more questions or comments to their viewers for us to reply or respond to.



WHAT ARE YOU MISSING ABOUT MEETING WITH THE THERAPY DOGS IN PERSON?

Physical Touch

The physical touch element just can't be replaced.

Resources, Q&A

I miss the ability to ask questions and get replies right away.



Connecting with Other People

Petting/hugging the dogs, mainly also being in a room full of people who are (at least for a few moments) happy and less stressed.

WHAT HAVE YOU GAINED FROM VISITING WITH THE THERAPY DOGS ONLINE?

Learning more about the Dogs

You get to know them better by seeing where they live, how they act in their home environment, what quirky habits they have.

Benefits Still Present

It is a happy addition to my day when I am able to watch one of the videos. It gives me a smile and a chance to disconnect from whatever else is happening in the day.



Increased Accessibility

Easy to access for everyone- you can watch it from a safe place at your home and you don't need the energy/motivation/etc. to leave your house and be social. If you're too depressed or anxious to leave the house, or are having a panic attack, you can still have access to the therapy dogs just by going on your phone.

PAWS YOUR STRESS ONLINE THERAPY DOG PROGRAM: PANDEMIC-SPECIFIC RESPONSES



85%

OF RESPONDENTS
STRONGLY AGREED OR
SOMEWHAT AGREED
THEY MORE AWARE OF
PANDEMIC-SPECIFIC
MENTAL HEALTH SELF-
CARE TIPS AFTER
WATCHING THE VIDEOS

68%

OF RESPONDENTS SAID
'YES', THEY DID LEARN
PANDEMIC-SPECIFIC
MENTAL HEALTH SELF-
CARE TIPS FROM THE
HANDLERS AND DOGS

87%

OF RESPONDENTS
SOMEWHAT AGREED OR
STRONGLY AGREED THEY
ARE USING THE MENTAL
HEALTH TIPS THEY
LEARNED FROM THE
VIDEOS



WHAT MADE THE PANDEMIC-SPECIFIC MENTAL HEALTH SELF-CARE TIPS EASY FOR YOU TO APPLY?



Inspired by What I Saw

Watching nice landscapes and houses in Saskatoon encourage me to walk more around the neighborhood and meet other areas.

Simple and Attainable

They were easy. Didn't require a lot of time or money and could be done at home!

WHAT WOULD MAKE IT MORE LIKELY FOR YOU TO APPLY THE PANDEMIC-SPECIFIC MENTAL HEALTH SELF-CARE TIPS?

The Way They Are Communicated

Simple, short, step by step instructions. Emphasize anything is better than nothing.

Motivation (internal & external)

I just need the motivation. It's easy to become complacent.



Need to Figure Out for Myself

I find that I am really busy and tired from working during a pandemic and so even though I know it may make me feel better in the long run, I don't have the energy to do them now.

More Tips

Relevant to my day to day and maybe even more examples.

WANT TO LEARN MORE?

Goals of this Project:

1. virtually extend the sense of USask therapy dog community connection (love/comfort and support) by enabling students, and all Saskatchewanians, to visit with the dogs online,
2. share evidence-informed information about pandemic mental health self-care tips.

*Visit us at
therapydogs.ca*



Project Partners:



Note: Due to question branching and non-responses the n value for quantitative questions varied from 64-94
The process evaluation questionnaire was launched on June 8 and closed June 19, 2020.