

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

The effect of hippotherapy on behavioral problems and executive function in children with autism spectrum disorder

Protocol summary

Study aim

Determining The effect of hippotherapy on behavioral problems and executive function in children with autism spectrum disorder

Design

The present study is a one-group intervention study (pre-test - post-test). In this study, considering the inclusion criteria and reviewing the medical records of children with autism in the Urmia Autism Association, 8 people will enter the intervention group.

Settings and conduct

Study place: Urmia Autism Association in collaboration with Aria Equestrian Club; No blinding was performed in this study

Participants/Inclusion and exclusion criteria

Inclusion criteria: Children with a diagnosis of Autism Spectrum Disorder (ASD) in the medical record; Membership of Urmia Autism Association and having a medical record. Non inclusion criteria: Children who have a history of self harm or beating others or suicide; Children who have a history of violence against animals or fear of animals; Children who have underlying diseases in addition to autism (such as epilepsy, psychiatric illness); Children with a history of hippotherapy

Intervention groups

The equine therapy program lasts 10 sessions for 10 weeks. The duration of each session will be 60-45 minutes. At the beginning of the sessions; Explain the plans of the same session, change clothes, repeat the rules, read poetry at the gate and observe hygiene (including washing hands and face and combing hair) and in the last three sessions, say goodbye to the horse.

Main outcome variables

Rate of executive function; behavioral problems

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200825048511N1**
Registration date: **2020-10-17, 1399/07/26**
Registration timing: **registered_while_recruiting**

Last update: **2020-10-17, 1399/07/26**

Update count: **0**

Registration date

2020-10-17, 1399/07/26

Registrant information

Name

Faraz Tayyar-Iravanlou

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3383 3829

Email address

faraztayyar97@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-06, 1399/07/15

Expected recruitment end date

2020-12-20, 1399/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of hippotherapy on behavioral problems and executive function in children with autism spectrum disorder

Public title

Hippotherapy effect in children with autism

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Children with a diagnosis of Autism Spectrum Disorder (ASD) in the medical record Membership of children in the Urmia Autism Association and having a medical record Age range of 8-12 years old No medical prohibition for children to attend educational sessions

Exclusion criteria:

Children who have a history of self-harm or alteration or suicide Children who have a history of violence against animals or fear of animals Children who have underlying diseases in addition to autism (such as epilepsy, hypertension, psychiatric illness, asthma, and other illnesses) Children with a history of hippotherapy

Age

From **8 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **8**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features

Single group without control group before and after the intervention

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of school of Pharmacy and Nursing & Midwifery ; Shahid Beheshti University of Medic

Street address

No. 9, 6th Alley, third Davazdah Metri, Kowsar street, 8 Shahrivar street

City

Urmia

Province

West Azarbaijan

Postal code

5716846693

Approval date

2020-08-23, 1399/06/02

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1399.167

Health conditions studied**1****Description of health condition studied**

Autism Spectrum Disorder

ICD-10 code

F84.0

ICD-10 code description

Autistic disorder

Primary outcomes**1****Description**

Behavioral disorders score

Timepoint

The questionnaire is completed in two stages, the first stage at the beginning of the equine therapy sessions and before the intervention, the second stage at the end of the intervention and in the closing session by the parents.

Method of measurement

In this study, in addition to a questionnaire related to demographic information of children with autism, questionnaire of behavioral disorders in children with autism spectrum (parent form) will be used to collect data.

2**Description**

Executive functional behavior rating

Timepoint

The questionnaire are completed in two stages, the first stage at the beginning of the equine therapy sessions and before the intervention, the second stage at the end of the intervention and in the closing session by the parents.

Method of measurement

In this study, in addition to a questionnaire related to demographic information of children with autism, questionnaire of behavioral rating questionnaire of executive function will be used to collect data.

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In this study, the participants of the

study are children aged 9-12 years old with autism who are members of the Urmia Autism Association and have inclusion criteria and also children and their families want their children to participate in this study. Horse therapy sessions will be performed with the treatment team (including handler, companion and therapist or equestrian instructor). The equine therapy program lasts 10 sessions over 10 weeks in which children will not only ride horses but also pet the horse before they will do horseback riding, talking to horses, walking with horses and visiting horse stables. The duration of each session will be 60-45 minutes. The things that will be done the same in each session are: at the beginning of the sessions; Explain the plans of the same session, change clothes, repeat the rules, read poetry at the gate and observe hygiene (including washing hands and face and combing hair) and in the last three sessions, say goodbye to the horse.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Autism Charity Association. Urmia Branch

Full name of responsible person

Saba Sabooni

Street address

3rd floor, Maaref building, Tarzi street, Imam street

City

Urmia

Province

West Azarbaijan

Postal code

5716846693

Phone

+98 44 3225 8031

Email

faraztayyar97@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Afshin Zarghi

Street address

Next to Ayatollah Taleghani Hospital, Shahid Arabi street, Yemen street, Shahid Chamran highway

City

Tehran

Province

Tehran

Postal code

19839-63113

Phone

+98 21 2243 9770

Fax

+98 21 2243 3455

Email

Intl_office@sbmu.ac.ir

Web page address

http://en.sbmu.ac.ir/index.jsp?siteid=256&fkeyid=&siteid=24&pageid=13079&siteid=256

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Faraz Tayyar-Iravanlou

Position

Masters student

Latest degree

Master

Other areas of specialty/work

Psychiatrics

Street address

No. 9; 6th alley; second 12-meter avenue; Kowsar street; 8 Shahrivar street

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Person responsible for scientific inquiries

Contact

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The whole data can be shared after making participants unrecognizable

When the data will become available and for how long

Starting 6 months after publication

To whom data/document is available

Study data only will be available for people working in academic institutions

Under which criteria data/document could be used

Research team members have access to information.

From where data/document is obtainable

Send an email to the responsible author at the following address: faraztayyar97@gmail.com

What processes are involved for a request to access data/document

Send an email to the responsible author at the following address: faraztayyar97@gmail.com

Comments