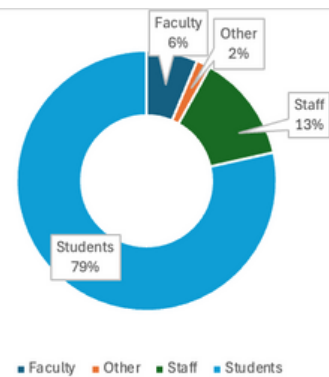
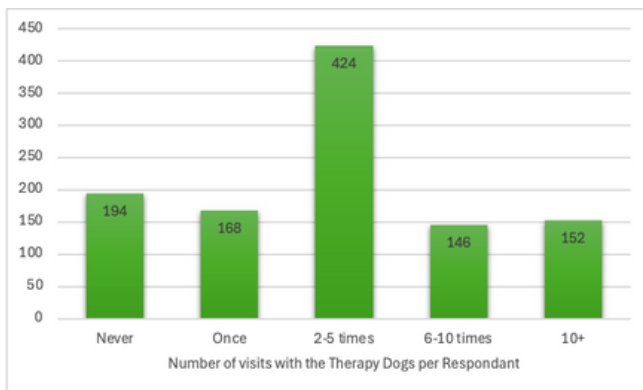


Executive Summary

Exploring the impact of Rune and Thor Therapy Dog Teams on Campus

Stories about therapy dogs on campus typically reference midterms/finals, or serving a very specific group of people. This survey was open to the whole campus community, and sought to explore **where** the dogs are impactful, **why** people enjoy being with them, and **what** they want more of. Shifting from "do you like the dogs", to "why do you like the dogs"? was a novel nuance that helped us to understand the most important factors of CSU therapy dog program.

- A 10-question Qualtrics survey was administered virtually to students, staff, and faculty over a four-week period between April and May 2024 (N=1392)



- Finals and Midterms were only referenced 40 times. This is important and interesting since most Therapy Dog Programs focus on bringing their therapy dogs to campus during finals.
- Students, staff, and faculty seek out, visit, and benefit from Thor and Rune year-round.
- Evident from the survey responses, the Therapy Dogs bridge a relationship between the CSU officers and the campus community.

Catharsis and distress

"Walking on campus and suddenly running into one of them. It brightens my day every time! Also, gives a comfortable space to interact with their handlers when normally I may not approach for just a friendly conversation."

Mental health

"Last semester I was suffering a lot of anxiety because of some personal issues I was facing and had a few panic attacks. I was walking through the Student Center one day and felt like I was barely hanging on when I spotted Rune. My dog at home is usually my safety net. I went straight toward Rune and just sat on the floor with him, petting him and he seemed to sense how I felt. He laid his head down and just leaned into me. He kept me from slipping into a public panic attack that day."

Remembering home

"During my initial days of joining the college, I missed my dog at home a lot (which is a Labrador that looks similar to Rune and Thor). When I first saw Rune during an event at the Wolstein center, I became emotional as it reminded me of my dog, Rune gave me a sense of comfort when I interacted with him. I even took pictures with Rune... I just felt so much relief from the home sickness I was having....I am grateful to them for the unconditional help they provided to me."

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Media

CSU Press Release

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