

Central Lancashire Online Knowledge (CLOK)

Title	Mental Health in Equestrian Sport
Type	Article
URL	https://clock.uclan.ac.uk/id/eprint/22662/
DOI	https://doi.org/10.1123/jcsp.2018-0002
Date	2019
Citation	Butler-Coyne, Hannah, Shanmuganathan-Felton, Vaithehy and Taylor, Jamie Alan (2019) Mental Health in Equestrian Sport. <i>Journal of Clinical Sport Psychology</i> , 13 (3). pp. 405-420. ISSN 1932-9261
Creators	Butler-Coyne, Hannah, Shanmuganathan-Felton, Vaithehy and Taylor, Jamie Alan

It is advisable to refer to the publisher's version if you intend to cite from the work.
<https://doi.org/10.1123/jcsp.2018-0002>

For information about Research at UCLan please go to <http://www.uclan.ac.uk/research/>

All outputs in CLOK are protected by Intellectual Property Rights law, including Copyright law. Copyright, IPR and Moral Rights for the works on this site are retained by the individual authors and/or other copyright owners. Terms and conditions for use of this material are defined in the <http://clock.uclan.ac.uk/policies/>

Table 1. Participant Demographics*

Characteristic		Number of respondents
Age Bracket (years)	16 – 18	3% [4]
	19 – 24	15% [23]
	25 – 34	14% [24]
	35 – 44	25% [42]
	45 – 54	18% [30]
	55 – 64	19% [32]
	65 – 74	6% [8]
Country of Residence	UK	81% [134]
	USA	6% [9]
	Canada	3% [5]
	Ireland	1% [2]
	Other	8% [13]
Range of Discipline & Highest Level of Participant Expertise		
Amateur	Trail Riding	
Intermediate	Trec	
	Endurance	
	Horse Ball	
	Side saddle	
Advance/Professional	Dressage	
	Showjumping	
	Cross Country Eventing	
	Racing	
	Polo	

Stunt Riding

Driving

Western Riding

Hacking

Hunting

Reining

Showing

*Inclusive of e-survey and semi-structured interview participants; [] = raw data figure