

## Special Issue

# Animal-Assisted Interventions: Effects and Mechanisms of Action

### Message from the Guest Editor

This Special Issue welcomes submissions including primary research focused on the efficacy of animal-assisted interventions to improve human health and wellbeing, including physical, mental health and behavioral issues. Research papers may also explore the mechanism of action of animal-assisted interventions and the benefits and drawbacks of involvement in such interventions for the animals and humans involved. Research focusing on how animal-assisted interventions are currently being used to augment or as an alternative to standard treatments' is also welcomed. This Special Issue intends to move forward the knowledge on what issues animal-assisted interventions are effective for and what their mechanism of action may be. In addition, papers which include findings relating to the positive or negative impacts on the animals involved in animal-assisted interventions will be considered.

### Guest Editor

Prof. Dr. Ann Hemingway

Faculty of Health and Social Sciences, Bournemouth University, Poole  
BH12 5BB, UK

### Deadline for manuscript submissions

30 September 2025



## Animals

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 5.2  
Indexed in PubMed



[mdpi.com/si/194747](https://mdpi.com/si/194747)

*Animals*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[animals@mdpi.com](mailto:animals@mdpi.com)

[mdpi.com/journal/  
animals](https://mdpi.com/journal/animals)





# Animals

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 5.2  
Indexed in PubMed



[mdpi.com/journal/  
animals](https://mdpi.com/journal/animals)



## About the Journal

### Message from the Editor-in-Chief

*Animals* is an on-line open access journal that was first published in 2011. *Animals* adheres to rigorous peerreview and editorial processes and publishes only high quality manuscripts that address important issues in the many varied disciplines that involve animals, with a focus on animal science, animal welfare and animal ethics. *Animals* is covered in the Science Citation Index Expanded (SCIE) in Web of Science, with the latest Impact Factor: 2.7 (2024, ranks 15/86 (Q1) in 'Agriculture, Dairy & Animal Science'; 21/170 (Q1) in 'Veterinary Sciences'), 5-Year Impact Factor: 3.2.

---

### Editor-in-Chief

Prof. Dr. Clive J. C. Phillips

1. Institute of Veterinary Medicine and Animal Sciences, Estonian University of Life Sciences, Kreutzwaldi 1, 51014 Tartu, Estonia
2. Curtin University Sustainability Policy (CUSP) Institute, Kent St., Bentley 6102, Australia

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PubAg, AGRIS, Animal Science Database, CAB Abstracts, and other databases.

#### Journal Rank:

JCR - Q1 (Veterinary Sciences) / CiteScore - Q1 (General Veterinary)