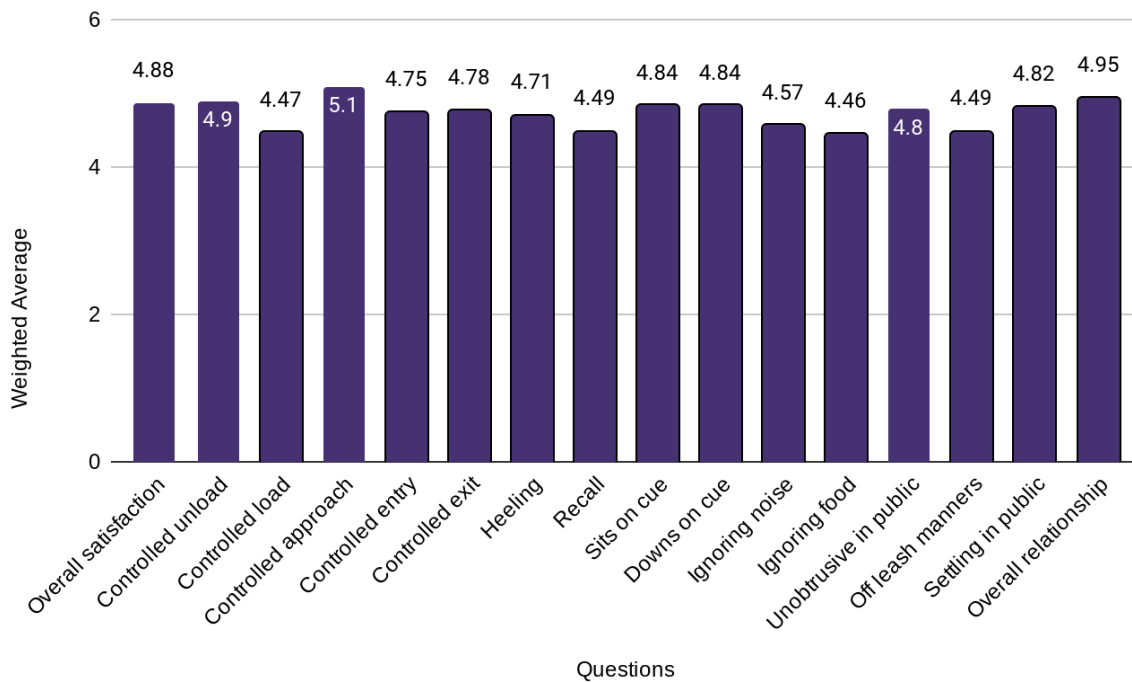




NSD PTSD Statistics 2023

Studies across North America have shown that Service Dogs can decrease nightmares, improve sleep quality and hygiene and create a lasting reduction in depressive symptoms.



(Above: 2023 Client Satisfaction Survey - Dog Performance Average Rating 94.8% on a scale of 1-5)

Stats and Data

See more at: [VAC PTSD Service Dog Study Canada](#)

Result Summary

“The results of Service dog pilot study show the impacts of acquiring a service dog veterans with PTSD include: decreased nightmares, improved sleep, a slight increase in physical activity, moderate and long lasting reduction in depressive symptoms, improved quality of life, more social integration in the community and decreased PTSD symptoms”

Expanded Findings

“The PTSD service dog had a beneficial psychosocial impact on many aspects of life for veterans; competence, self esteem and adaptability were generally improved by the acquisition of the dog.”

“Reduction in depressive symptoms - from “severe” to “moderate” on average”

“Overall veterans realized an increase in their quality of life in their environmental, physical health, social relationship, and psychological domains”

Service Dogs help veterans increase quality of life in environmental, physical, and social domains.

Veteran’s capacity to go on public outings independently went from 33-53% before service dog acquisition to 100% after 6 months with their service dog.

After acquiring a service dog it was found veterans improved in the following areas:

- Feeling safe rather than feeling vulnerable or insecure
- Happiness
- Independence
- Quality of life
- Capability

Posttraumatic symptoms most reduced were:

- hyper-vigilance
- feelings of isolation
- feeling jumpy or easily startled

Aspects of sleep that were improved were:

- Sleep Latency
- Sleep duration
- Less nightmares

Learn more about the impact service dogs have on our veterans here:

[Department of Veterans Affairs - USA - Service Dog Study](#)

[Veterans Affairs PTSD Info Page](#)

Client Impact Quotes

[Lawrence and NSD Lynx featuring Dale Curd - Video](#)

[Lawrence and NSD Lynx on CBC’s Hello Goodbye featuring Dale Curd - Video](#)