Puppies for Parole is a rehabilitation program based on human-animal interaction (HAI) in prison which lets inmates train dogs from local animal shelters. This quasi-experimental study assessed the association between offenders’ participation in the program and the behavioral outcomes of the offenders, as well as evaluating offenders’ perceptions of their participation in the program. A total of 311 male offenders in four Midwestern all-male correctional facilities contributed in the research using a non-random, pretest, posttest two-group experimental design. Data collection was completed by comparing a treatment group with a control group at baseline, 8 weeks, and 16 weeks of study.

The results evidenced that offenders in the treatment group had a statistically significant improvement ($p=0.00-0.049$) in self-perceived physical health and mental health status as compared to one year ago, medical and mental service requests, and Rotter Internal/External scale locus of control (LOC) over the time of study. There was also a relatively positive enhancement of other personal factors of the offenders in treatment group included self-esteem, conduct violations, and grievances filed.

Offenders’ perception of their relationship with the dogs was significantly ($p=0.00$) improved over the time of study. Results indicated that the HAI rehabilitation program in the prison seems to be effectively implemented in the prison to rehabilitate, rather than merely punish the offenders.