



How **STRESSED** is Your Dog?

Circle the answers that apply to you and your dog.
Then check below to determine your dog's stress level.

1. How many dogs are in your home including this dog?

- A) One B) Two C) Three D) Four or more dogs

2. Does each dog have a food bowl and private place to eat?

- A) Yes B) No

3. Does each dog have their own resting place: a kennel, mat or bed?

- A) Yes B) No

4. Does your dog have food dispensing toys or some other enrichment toy?

- A) Yes B) No

5. How often does your dog get to go for a walk off your property?

- A) Daily B) 3 times a week C) Less than once a week D) 1 or 2 times a month E) Never

6. How much time does your dog spend alone each day?

- A) None B) 2-3 hours C) 5-8 hours D) 10-12 hours

7. Is your dog destructive when left home alone?

- A) Yes B) No

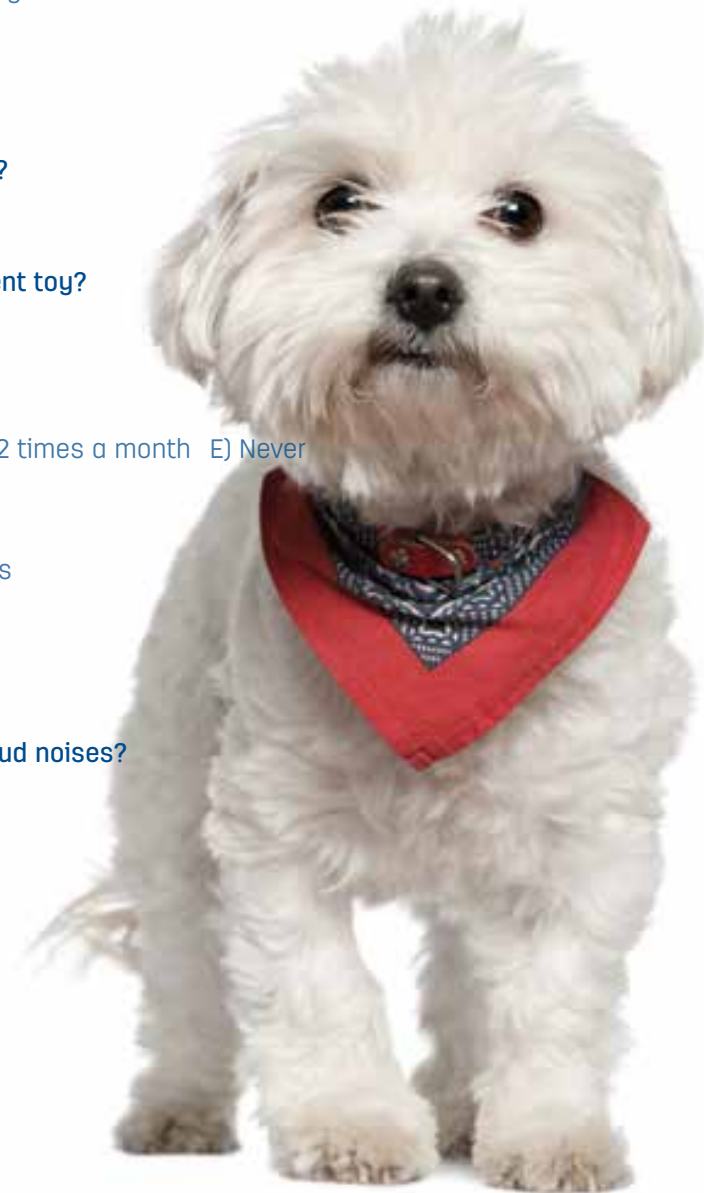
8. Does your dog hide, pant, pace, whine or drool during storms or loud noises?

- A) Yes B) No

Scoring Guide

1. A) 0 points B) 2 points C) 4 points D) 6 points
2. A) 0 points B) 4 points
3. A) 0 points B) 4 points
4. A) 0 points B) 4 points
5. A) 0 points B) 2 points C) 4 points D) 6 points E) 8 points
6. A) 0 points B) 0 points C) 2 points D) 4 points
7. A) 4 points B) 0 points
8. A) 4 points B) 0 points

TOTAL _____



0-8 Points

Congratulations, your dog is exposed to a low level of stressors. Keep up the good work, and recognize that major changes can create stress for your dog.

8-15 Points

Some factors in your home may be starting to worry your dog. Now is the time to speak to your vet about managing it. Taking action now may help prevent your dog from developing stress related behavioral or medical problems later.


More than 15 Points

Your dog is in a high risk category and may be showing signs of stress. It is important to take action now. Speak to your vet about using Adapti[®] and the other ways to help make your dog feel more comfortable at home.

VETERINARIAN USED
#1

CLINICALLY PROVEN

BRAND
AND RECOMMENDED


is clinically
proven to:

Help reduce stress related
behaviors in dogs
experiencing loneliness²

Fear of loud noises³

Travel stress⁴

Adoption⁵

Fear of veterinary exams⁶



Canine Stress & Anxiety Explanations

1. What kind of things cause stress in a dog and why?

We began to welcome dogs into our lives and homes because it was mutually beneficial to both of us. Our canine companions were used for: herding, hunting, taking care of rodents and other pests, protection and of course companionship. They were very active and often lived outdoors, where they had more control over their life.

Now our dogs live in houses and apartments that limit their ability to run, chase and work. Very few dogs have any jobs at all. While they live longer, healthier and safer lives, they have less control over where they go, and who they associate with. They are often in situations that they cannot escape or make them anxious, stressed and frightened. And while they are social animals that bond to people, in today's world they often spend time alone. In fact 75% of dog owners have experienced behavior problems with their dogs including barking and fear of loud noises.¹

2. What are some of the behavioral signs of stress and anxiety?

Stressed or anxious dogs may:

- be destructive when left home alone
- eliminate indoors when home alone or during frightening events
- excessively lick body parts causing sores
- pant, pace, tremble and hide
- react easily to noises or new things with barking and excitement

Adaptil® is clinically proven to help reduce or eliminate many stress related behaviors.*

3. What are some of the medical signs of stress and anxiety?

- Vomiting or diarrhea
- Change in body condition; obesity or weight loss
- Anorexia (loss of appetite)
- Skin lesion from licking

If you notice any of these signs or notice any other changes in your dog, contact your veterinarian immediately.

4. What can be done to help diminish stress and anxiety in a dog?

- Adaptil® can help decrease the signs of stress and anxiety associated with being home alone and with reactions to noises and storms, and other anxiety producing events
- Create an environment that allows your dog to have predictability and control
- Have one food bowl per dog and feed them in separate rooms
- Have several resting places throughout the house so all dogs can have a safe and quiet resting area
- Provide your dog with an enriched environment to keep them mentally stimulated
- At a minimum, strive to have 10-15 minute sniff walks off your property at least 3 times a week
- Continually teach your dog tricks or have fun positive training sessions
- Provide your dog with food dispensing toys or other toys to stimulate mental activity
- Set aside time every day to be with your dog for play and petting

Best behavior starts with 

Adaptil.com • Facebook: Adaptil US

1. Burke Brand Equity Quant Study, 2014.

2. Gaultier E., et al. Comparison of the efficacy of a synthetic dog-appeasing pheromone with clomipramine for the treatment of separation-related disorders in dogs. *Vet Record*, 2005, 156, pp 533-538.

3. Sheppard G, Mills DS. Eval of dog-appeasing pheromone as a potential treatment for dogs fearful of fireworks. *Vet Record* 152 (2003) pp 432-436

4. Gaultier E, Pageat P. Effects of a synthetic dog-appeasing pheromone on behavior problems during transport. In *Proc 4th Int'l Behav. Mtg Caloundra Aus*, Post Grad Fdn in Vet Sci, 2003; 33-35.

5. Gaultier E, et al. Efficacy of dog-appeasing pheromone in reducing stress assoc with social isolation in newly adopted puppies. *The Vet Record*, 2008, pp 73 – 80.

6. Mills DS, et al. A triple blind placebo-ctrl invest into the assessment of the effect of Dog Appeasing Pheromone on anxiety related behavior of problem dogs in the vet clinic. *Appl Anim Behav Sci*, 2006; 98, 114-126.