

A pilot study for Fear Free® client education based on the Fear Free® FAS scale: final results

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Visits to the veterinary are very recurrent, dogs and cats are often exposed to situations that can trigger a fear, anxiety and stress (FAS) response. The FAS situation is dangerous to all involved individuals due to the possibility of injuries, in addition, stressed animals are more susceptible to diseases increasing the frequency of the visits to the veterinarian. An important way to reduce FAS levels is by the owners knowing to recognize those signs and how to alleviate them. On the present research, 279 dog owners answered a questionnaire about FAS signs knowledge. From the 30 signs described, the average of correct answers was 14.3, also 67% of the answers were that their dog is afraid from the veterinary. The behaviors with more correct answer was from Level one. The identification of FAS signs is also very important, when asked about the frequency of the behaviors, 37.72% of the answers were that the behavior never occurs. Those who previously had a dog correctly answered 14.56 signs related to the FAS level on average. About the beginning of FAS signs, 42% declare that it starts when arriving the street, the clinic is located. 89% of dogs passed a training process, but those who didn't passed the owner answered right on average 17 FAS signs related to FAS level. As seen in previous studies, questionnaire is a great tool for owner inquiring; like previous studies, there is need for better owner education about dog body language. More studies should be done.