

WADE BASELINE ESTABLISHMENT & PROGRESS CHECK FOR CANINE ANXIETY AS TRIGGERED BY HUMAN INTERACTION

FOR VETERINARY/DOG OWNER USE

Before implementing behavior modification strategies, or prescribing pharmaceuticals, or anecdotal remedies a baseline should be established. One purpose of establishing a baseline is to have something to periodically refer to for comparison to see if efforts regarding behavior modification strategies, and, or pharmaceutical intervention, and, or anecdotal remedies are having impact. One would hope, that improvements should be obvious, but some strategies take more time to produce results than other and it's not unusual for the changes to be slight. Sometimes so slight that they are missed, and then treatment is prematurely abandoned rather than continued, increased, augmented with additional strategies etc.

The second reason for establishing a baseline is so that we know (when your preliminary behavior modification work is complete) what we need to work on, and where with each trigger it is best to begin, so, when the potential is there, and, all things considered, it is safe to do so; that your dog can learn to develop sufficient self-control, and be better equipped to cope with any accompanying stress.

INSTRUCTIONS

Not all of the categories you find below will apply to your dog. On the other hand your dog may not yet have had an opportunity to experience some of the examples. If you think it more likely than not that any of these experience will at some point be a part of your dog's life, it's worth getting a handle on whether any may be as issue earlier rather than later.

- Safety 1:** Do not expose your dog to any of the categories below where your dog might endanger you, someone else or himself/herself.
- Safety 2:** If completing the chart is not based on past experiences, but is instead testing - **DOG MUST BE ON A LEASH - With a capable adult at the ready.**
- Safety 3:** Make sure that your dog is wearing a collar that will not slip over his or her head when attached to leash. **No snap-together clasp collars.**

1. Use the scale and make a note as to what you observe.
2. Make a note as to whether physical proximity, or length of exposure influenced your dog's behavior.
3. What was the first thing you noticed in your dog's behavior?
4. If you have additional comments based on your observations, record them.

Examples Of Stress/Anxiety/Aggression To Look For

Changes In Day-To-Day Norms

- Regular Bowel Movements (Stool) Are Looser Than Normal
- Diarrhea
- Increased Clinginess To One Or More Household Members
- Reduced Appetite
- Reduced Interest In Treats
- Reduced Interest In Playing With Toys (Alone)
- Reduced Interest In Playing With Toys (Interactive - Tug/Fetch)
- Marking (Urinating up against or on top of things)
- Defecation In Home Is Occurring (outside of dog's normal behavior)
- Overall Day To Day/Throughout The Day Demeanor Is Deflated/Depressed
- Body Licking/Scratching/Biting Of Flank/Tail/Forepaws
- Body Licking/Scratching/Biting Of Flank/Tail/Forepaws To The Point Of Hair Loss/Injury (Acral Lic Granuloma)

In Proximity To The Suspected Trigger

- Repeated Yawning
- Heavy Breathing/Panting (out of context of activity/temperature)
- Urination (Submissive)
- Tail Position Changes
- Pacing
- Body Tensing
- Prolonged Stare/Staring
- Lip Smacking
- Whining
- Barking
- Growling
- Lip Curling (without vocalization)
- Lip Curling (with vocalization)
- Pupil Dilation
- Tongue Darkening (Hard to spot)

Use A Scale of 1 - 5

1	Exuberant (Happy)
2	Between Exuberant and Indifferent
3	Indifferent
4	Between Indifferent and Extremely Stressed
5	Extremely Stressed e.g. (Won't accept a Treat/Soiling/Non-Stop Vocalization Etc.)

Examples

Event	Scale 1 - 5	Reaction Began ...	Symptoms (What Did You Notice First In Your Dog & Further Comments)
Baby Cried	5	Immediately	Dog lunged

Potentially Triggering Events - Children (Infants)

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog & Further Comments)
Infants Crying (In Crib, etc.)			
Infants Crying (In One Parent's Arms.)			
Infants Crying (In Other Parent's Arms.)			
Infant Is Picked Up By One Parent			
Infant Is Picked Up By Other Parent			
Infant In Arms, Dog Is Approached - One Parent			
Infant In Arms, Dog Is Approached - Other Parent			
Other Events			

Potentially Triggering Events - Children (Crawling)

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog & Further Comments)
Child Crawling Indiscriminate Direction Other Than Towards Dog			
Child Crawling Towards One Parent When Dog Is Not Near Parent			
Child Crawling Towards Other Parent When Dog Is Not Near Parent			
Child Crawling Towards Parent When Dog Is Already Near One Parent			
Child Crawling Towards Parent When Dog Is Already Near Other Parent			
Child Crawling Towards Dog			
Child Crawling Towards Dog Toy			
Child Crawling Towards Dog Food			
Add Other Events			

Potentially Triggering Events - Senior Citizens

Dogs not exposed to senior citizens during their puppy critical imprint period; particularly those seniors that are unsteady on their feet, and, or assisted by various medical devices can be unexpectedly uncomfortable and, or reactive.

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog & Further Comments)
Unsteadily In Motion			
Unsteadily In Motion Approaching Dog			
Using Cane			
Using Walker			
Using Wheelchair			
Using Scooter			
Using Oxygen Tank			
Add Other Events			

Potentially Triggering Events - Gender/Cultural/Seasonal Garb

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog & Further Comments)
Men			
Woman			
People Wearing a Hoody			
People Wearing a Parka With Hood Up			
People Wearing a Baseball Or Other Brimmed Hat			
People Wearing Sunglasses			
People Wearing Cultural Garb			
Someone With Significantly Darker Skin Than The Dog Might Have Repeatedly Positively, Or Neutrally Interacted With During The Dog's Critical Imprint Period (3- 12 weeks of age)			
People That Are First Generation Immigrant To The Region Where Dogs Are Less Common			
Add Other Events			