

WADE BASELINE ESTABLISHMENT & PROGRESS CHECK FOR CANINE ANXIETY AS TRIGGERED BY URBAN/RURAL FACTORS

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 - Urban Mechanization

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments
Vacuum			
Garage Door			
Grooming (Blow Dryer, Electric Razor, Dremel)			
City Bus - Air Brakes			
Dump Trucks - Air Brakes and Rattling			
Harley Davidson Sounding Motorcycles			
Dirt Bikes			
Aircraft			
Lawn mowers/snow blowers/chainsaws			
Occasional Use Kitchen Appliances (Blender)			

Potentially Triggering Events - Urban Non Mechanized Activity

Event	Trigger	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments
Bicycles			
Roller Blades			
Skateboards			
Grocery Shopping Carts			

Potentially Triggering Events - Unusual Overhead Sounds

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments
Thunder			
Fireworks			
Hot Air Balloons			
Roofers Hammering			
Smoke Alarm			
Sirens			

Potentially Triggering Events - Different Indoor/Outdoor Surfaces

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments
Slippery Floors			
Industrial Grates			
Manhole Covers			
Grass			
Wet Grass			
Long Grass			
Gravel			
Sand			
Dirt			
Mud			

Potentially Triggering Events - Rural Life

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments
Livestock (Cows, Horses, Poultry, Sheep)			
Farm Equipment			

Potentially Triggering Events - Other

Event	Scale 1 - 5	Triggered At What Point (Proximity/Exposure Time)	Symptoms (What Did You Notice First In Your Dog) & Comments