



General behavior questionnaire

Please answer the questions below and return this form to the receptionist before your appointment begins.

Have you noticed any changes in your pet's personality since his or her last visit? Yes No

Do you consider these behaviors a problem? If so, please elaborate.

Have your pet's elimination habits (urination, defecation) changed since his or her last visit? Yes No

Do you consider these behaviors a problem? If so, please elaborate.

Has your pet shown aggression (lunging, snapping, biting) toward a person since his or her last visit? Yes No

Do you consider these behaviors a problem? If so, please elaborate.

Has your pet shown any new fears or phobias since his or her last visit? Yes No

Do you consider these behaviors a problem? If so, please elaborate.

Does your pet have any behavior problems that you're concerned about? Yes No

Do you consider these behaviors a problem? If so, please elaborate.

3 common pet anxiety myths

Anxiety is a medical condition that may be influenced by other medical problems, especially painful ones. To determine the cause of your pet's anxiety, it's important to consult your veterinarian at the first sign your pet is experiencing a problem. The veterinarian will conduct a thorough exam, which may include diagnostic tests, to identify the source of your pet's problem. Then he or she will develop a comprehensive treatment plan to address your pet's condition. While there may be many different reasons for your pet's anxiety, there are also many misconceptions about anxious pets. Let's examine a few common myths about anxiety:

Myth 1: Medication alone will treat my pet.

Fact: A pill alone will not fix your pet. Depending on the source of your pet's anxiety, the doctor may recommend medication and a behavior modification plan or just behavior modification alone. If your veterinarian uncovers any underlying medical issues, he or she will also treat them to offer your pet relief.

Myth 2: I need to train my dog to fix his or her anxiety issue.

Fact: You do not need to be a good dog trainer to effectively conduct behavior modification with your pet, and your pet's condition is not related to whether he or she recognizes you as dominant. Behavior modification is not training. It is a lifestyle change that will help you teach your pet coping skills to deal with stressors in his or her environment. Depending on your pet's condition and stressors, the veterinarian will suggest exercises you'll practice with your pet for short periods a couple of times a day.

Myth 3: I need to expose my pet to the things that make him or her scared to achieve recovery.

Fact: Just like people, pets have fears. And it's acceptable for your pet to avoid things that make him or her scared. If your dog is scared of loud tools, for example, put the dog in a room when you have workers at your home.

Finally, remember that treating your pet's anxiety is a journey, but you don't have to travel it alone—your veterinary team is here to help. Working together, we can develop solutions to help your pet achieve emotional stability.