

Behavioral History Questions for Dogs with Noise, Separation or Confinement Anxiety

Here are some questions which answers would help your vet diagnose your dog's anxiety more effectively. It was also designed to help identify any comorbidity that might be present. Providing objective and detailed answers to these questions will help your vet develop the most effective treatment plan as well. Use this as a tool to keep track and establish a baseline to measure the treatment against. Video recordings of your dog's behavior when you're not around is highly advisable to observe their behavior. These questions were adapted from the works of Ballantyne, K. C. (2018).

	Objective description of behavior	Events or conditions that trigger the behavior	Intensity, duration, and frequency of behavior	How the behavior resolves and how long it takes your dog to recover	Your responses to the behavior	
SEPARATION & CONFINEMENT DISTRESS	What behaviors are observed before your departure?					
	What does your dog do when home alone?					
	What does your dog do when you return home?					
	What does your dog do when you are home?					
	If confinement is used, is the behavior same, better, or worse?					
	What percentage of the time is your dog within sight when you're home?					
	Where is the dog kept when home alone?					
NOISE AVERSION	What does your dog do? What does the behavior look like?					
	Is the behavior same, better, or worse when you are present or absent?					
	If confinement is used, is the behavior same, better, or worse?					
	What noises does the dog respond to?					
	What noise-associated stimuli does the dog respond to?					
	How many noise events occur per week?					