Separation Anxiety Screening Tool

This form is intended to aid in the assessment of a dog's comfort with alone time and is not meant to assign a level of severity or potential for recovery. It should be used to assess dogs being surrendered with a home history or coming from a foster or adoptive home. It is extremely difficult to identify separation anxiety in a dog in a shelter or rescue without a previous home history, which is why we recommend only screening for separation anxiety when a home history at intake or after some time in a home is available.

Dog's Name: _____ Date: _____

Guardian's Name: _____ Relationship to dog (circle one): Owner Foster

Thinking about the recent past, how often has your dog shown the following signs when home alone:	**Unsure**	**Never**	**Sometimes**	**Usually**	**Always**
Whines, cries, barks, or howls	☐	☐	☐	☐	☐
Is restless, unable to settle, or paces	☐	☐	☐	☐	☐
Pants, shakes, or trembles	☐	☐	☐	☐	☐
Jumps up, scratches, or paws at the door	☐	☐	☐	☐	☐
Destroys things in the house	☐	☐	☐	☐	☐
Has no interest in eating food or treats	☐	☐	☐	☐	☐
Eliminates in the house	☐	☐	☐	☐	☐
Excessive greeting upon your return	☐	☐	☐	☐	☐
Drools or vomits	☐	☐	☐	☐	☐
Gets nervous when you get ready to leave	☐	☐	☐	☐	☐

If your dog is crated when alone:	**Unsure**	**Never**	**Sometimes**	**Usually**	**Always**
Is uncomfortable in a crate	☐	☐	☐	☐	☐
Tries to or has broken out of a crate	☐	☐	☐	☐	☐
Injures themself in the crate (i.e. self-mutilation, breaking teeth on bars, getting scraped up while squeezing out...)	☐	☐	☐	☐	☐

Thinking about the issues above:	Yes	No
Do they happen every time your dog is left alone?	☐	☐

Is your dog afraid of:	Unsure	Never	Sometimes	Usually	Always
Thunderstorms, fireworks, and/or other noises?	☐	☐	☐	☐	☐

When you are home with your dog, does your dog:	Unsure	Never	Sometimes	Usually	Always
Shadow or follow you closely?	☐	☐	☐	☐	☐
Ignore a high-value chew/ wakes up to follow you into another room?	☐	☐	☐	☐	☐
Vocalize and/or scratch when you're in another room (closed door separating you)?	☐	☐	☐	☐	☐

Possible follow-up questions and things to think about:

- If the dog is destructive, do they also do these things when the owner/foster is home? If yes, THINK of possible boredom issues.
- If the dog eliminates, do they also do these things when the owner/foster is home? If yes, THINK possible house training issue.
- Has there been a recent change in the dog's health (e.g., pain, illness, allergies, injury)? If yes, THINK health change or new onset pain can impact behavior and new, undesirable behaviors may occur; recommend ruling out medical issues.
- Have there been any big changes in the household recently (e.g., baby, marriage, divorce, change of house, etc.)? If yes, THINK changes to a dog's environment can impact behavior, and new, undesirable behaviors may occur.
- If the dog is afraid of thunderstorms/fireworks or other noises BUT does not show signs of separation anxiety every time he is left alone, THINK noise phobia.

Notes/Comments: