

The following information is from the AAHA Canine and Feline Behavioural Management Guidelines: [www.aaha.org/globalassets/02-guidelines/behavior-management/2015\\_aaha\\_canine\\_and\\_feline\\_behavior\\_management\\_guidelines\\_final.pdf](http://www.aaha.org/globalassets/02-guidelines/behavior-management/2015_aaha_canine_and_feline_behavior_management_guidelines_final.pdf)

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**TABLE 1**

**Most Commonly Recognized Signs of Nonspecific Anxiety/Distress in Dogs and Cats<sup>11-22</sup>**

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- Urination
  - Defecation
  - Anal sac expression
  - Panting
  - Increased respiration and heart rate
  - Trembling, shaking
  - Muscle rigidity (usually with tremors)
  - Lip licking
  - Nose licking
  - Grimace (retraction of lips)
  - Head shaking
  - Smacking/popping lips or jaws together
  - Salivation/hypersalivation
  - Vocalization (excessive and/or out of context)
  - Frequently repetitive sounds, including high-pitched whines, like those associated with isolation
  - Yawning
  - Immobility, "freezing," profoundly decreased activity
  - Pacing, profoundly increased activity
  - Hiding or attempted hiding
  - Escaping or attempted escaping
  - Body language of social disengagement (i.e., turning head or body away from signaler)
  - Lowering of head or neck
  - Inability to meet a direct gaze
  - Staring at some middle distance
  - Body posture lower than normal (in fear, the body is extremely lowered or tail tucked)
  - Ears lowered/possibly droopy because of changes in facial muscle tone
  - Mydriasis
  - Scanning (i.e., moving eyes and/or head across the environment to continually monitor all activity)
  - Hypervigilance/hyperalertness (may only be noticed when touched or interrupted, but pet may hyperreact to stimuli that otherwise would not elicit this reaction)
  - Shifting legs
  - Lifting paw in an intentional movement
  - Increased closeness to preferred associates
  - Decreased closeness to preferred associates
  - Profound alterations in eating/drinking (acute stress is usually associated with a decrease in appetite and thirst, whereas chronic stress is often associated with an increase)
  - Increased grooming, possibly with self-mutilation
  - Decreased grooming
  - Possible appearance of ritualized/repetitive activities
  - Changes in other behaviors, including increased reactivity or increased aggressiveness
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