



# Anxiety Progress Tracker

Instructions: This form is to be filled out by the owner on the day before treatments start and once a week for **four weeks** during treatment.

Dog's Name:	Owner's Name:	Date of Assessment:

What type of anxiety does your dog have? **CHECK all that apply.**

- Separation anxiety
- Thunder or noise phobia
- General anxiety
- Travel anxiety
- Stranger anxiety
- Situational anxiety (including anxiety in starge or new places; anxiety at the vet, etc.)
- Other: (please explain): \_\_\_\_\_

Please fill out the chart(s) below checking the box that best describes the severity of your dog's anxiety related behavior for each behavior listed. This assessment is to be scored based on the behavior that your dog exhibited **since the last assessment**. If this is the first assessment, then you should fill in the questionnaire based on your dog's behavior today.

Please use the following scale to guide you in your ratings: **0=None/ Absent**. The behavior was not exhibited by your dog. **1 = Mild**. The behavior was exhibited but not to a troubling or concerning degree. **2= Moderate**. The behavior was exhibited to a somewhat troubling or concerning degree. **3= Severe**. The behavior was exhibited to a very troubling or very concerning degree.

If your dog only has separation anxiety, and no other anxieties, you can limit your response to Chart 1 below. If your dog has anxieties in addition to sperartion anxiety, please fill out Chart 1 and Chart 2. If your dog does not have separation anxiety but **ONLY** has other anxieties (e.g. thunder or noise sensitivity, situational anxiety, general anxiety) fill in only Chart 2.

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**Chart 1: Anxiety Symptom Severity Score -- for Dogs with Separation Anxiety**

Separation related behavior	0= absent	1= mild	2= moderate	3= severe
Destructive behavior (chewing, breaking, tearing, scratching, biting at windows, doors and exits, etc.) includes crate				
Rearranging behavior (i.e. moving household objects around without destruction)				
Excessive Vocalization (barking, howling, whining)				
Inappropriate Urination				
Inappropriate Defecation				
<b>Overall (Global) Score</b> = (overall impression of your dog's behavior when separated from you)				

Dog's Name:	Owner's Name:	Date of Assessment:

**Chart 2: Other Anxiety Behavior Symptom Severity Score (not related to separation)**

Please list up to five of the most significant anxiety related behaviors that are troubling to you regarding your dog and that you believe are signs of anxiety. **Use these same behaviors each time you fill out this form.**

Example: trembles during thunderstorms; hides when unfamiliar people come to visit; paces back and forth during car rides

1. Trembles during thunderstorms
2. Hiding when unfamiliar people visit
3. Pacing during car rides

Please use the following scale to guide you in your ratings: **0=None/ Absent.** The behavior was not exhibited by your dog. **1 = Mild.** The behavior was exhibited but not to a troubling or concerning degree. **2= Moderate.** The behavior was exhibited to a somewhat troubling or concerning degree. **3= Severe.** The behavior was exhibited to a very troubling or very concerning degree.

Anxiety related behavior	0= absent	1= mild	2= moderate	3= severe
1.				
2.				
3.				
<b>Overall (Global) Score</b> = (overall impression of your dog's anxiety related behavior)				