

ASSESSMENT OF EMOTIONS – INSTRUCTION FOR OWNERS

You are asked to assess emotions of your dog and you

- at the time of leaving your dog home alone
- at the time of returning home

Here we explain what the assessment with the scales means.

ASSESSMENT OF PLEASANTNESS

With the first scale you assess the experienced pleasantness of the emotion-evoking event or moment described by the sentence. The ends of the scale are negative and positive. If the moment described by the sentence awakes in your dog or you some unpleasant feelings, like anger, sorrow, or fear, choose one of the numbers between -4 and -1, depending on how unpleasant the feeling is.

Similarly, if the moment described in the sentence awakes positive feelings, like pleasant, content, or happy, choose one of the numbers between 1 and 4. 4 means the most positive feeling. if the moment does not awake either negative or positive feelings, choose a number around the middle of the scale. 0 represents a completely neutral feeling.

My dog experienced the situation at the moment of being left home alone as /
I experienced the situation at the moment of leaving the dog home alone as

My dog experienced the situation at the moment I returned home as /
I experienced the situation at the moment I returned home as

Unpleasant				Neutral				Pleasant
-4	-3	-2	-1	0	1	2	3	4

Sad,
Angry,
Fearful etc.

No fear, anger
sorrow, happiness,
or joy

Happy
joyful etc.

ASSESSMENT OF AROUSAL

The second scale is similar to the previous, but it is used to evaluate the arousal, i.e., the state of emotional activation that the emotion-evoking event awakes. Arousal means, for example, how the moment described by the sentence thrills, upsets, or excites your dog or you.

On the scale, -4 is the extreme, when your dog or you feels itself/yourself deactivated, calm, relaxed, serene or even sleepy. Number 4 represents the other extreme, when your dog or you feels very activated, excited or agitated. If the moment described by the sentence is neither activating nor serene, choose a number around the middle of the scale.

Supplementary material 2

My dog experienced the situation at the moment of being left home alone as /

I experienced the situation at the moment of leaving the dog home alone as

My dog experienced the situation at the moment I returned home as /

I experienced the situation at the moment I returned home as

Deactivating				Neutral				Activating
-4	-3	-2	-1	0	1	2	3	4

Calm, relaxed

nor activated

Neither deactivated

excited,
agitated

ASSESSMENT OF DOMINANCE

This scale is used to assess the feeling of control in the emotion-evoking situation. The left end of the scale expresses feelings, in which the emotion-evoking event, situation or moment takes the whole attention or is in control. For example, in an exciting situation or moment you or your dog completely lose the feeling of being in control and potentially are overwhelmed in the situation or moment. The right end of the scale expresses the feeling of being in control that your dog or you feel in a situation or moment, when the feeling is being more in control or dominant than the emotion-evoking event, moment or situation.

My dog experienced the situation at the moment of being left home alone as /

I experienced the situation at the moment of leaving the dog home alone as

My dog experienced the situation at the moment I returned home as /

I experienced the situation at the moment I returned home as

Being controlled in the event				Neutral				Being in control in the event
-4	-3	-2	-1	0	1	2	3	4

Event in control,

Onself

Overwhelmed

dominant

Even when making the assessment may seem hard, still make the assessments.

Try to answer as spontaneously as you can, so that you do not think about your answer for too long.

Therefore, make the assessment what you first feel.

There are no right or wrong answers, so always answer as you truly feel.