

PADA

Hello, everyone!

KLIKK

Animal welfare is my biggest concern, and it was natural to develop an objective method to screen important traits for animals working in AAI together with my colleague Line.

KLIKK

Animals included in therapy sessions should be pre selected and pre trained. Accordingly, adequate tests for the pre-selection process are essential not only for the welfare of the animals but will be important also for the safety and well-being of the person involved in the therapy.

But now; let us start by presenting the definition of personality that this lecture is based on:

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Pervin and John (1997) defined personality as those characteristics of individuals that describe and account for consistent patterns of feeling, thinking, and behaving, across time and context.

Why is this important in animal assisted interventions?

In order to ensure animal welfare, we must be sure to only include animals that have the desired or let us say needed personality characteristics to be fitted for the workload AAI actually may entail.

KLIKK - bilde av tre redde hunder

We know that individuals that for instance are generally fearful appraise threats in a range of situations, and it is assumed that they often experience negative emotions such as acute fear and anxiety and thereby low quality of life.

KLIKK - Sirkler med de tre The link - Emotions

Differences in animal personality determine how they react in new situations, avoid dangers, or deal with social situations (Reale et al., 2000), that means personality dimensions are correlated with emotions.

KLIKK - Glad hund Bella

Varma and colleagues found a significant positive correlation between boldness, activity and exploratory traits in animals when tested in isolation. In addition, boldness was also positively correlated with how much time the animal spent near a conspecific individual (Varma et al., 2020). Goold and colleagues (2016) found that 'Curious' had strong positive correlations with 'Playful', 'Problem solving' and 'Fearless'.

KLIKK - Negative hunder

A strong negative correlation was present between 'Curious' and 'Nervous and tense when startled'. A weak positive correlations appeared between 'Socially attached to you' and 'Nervous and tense when startled'. The correlation between socially attached and anxiety or other negative emotions, is also found in other studies.

This tells us that if an individual is explorative, it experiences positive feelings. This dimension is often labeled extraversion (Nettle, 2006).

KLIKK - Neurotism

Neuroticism is associated with negative emotions such as fear, sadness, anxiety, and guilt. The negative effects of neuroticism are huge. High neuroticism is a strong predictor of depression and anxiety, and is also associated with impaired physical health, presumably due to chronic activation of stress mechanisms (Neeleman et al., 2002). Anxiety, of which neuroticism can be considered a trait measure, enhances detection of threatening stimuli by speeding up the reaction to them, interpreting ambiguous stimuli as negative.

Klikk 3 typer intervensjoner

Based on my knowledge and experience, I recommend differing kinds of intervention. We can divide AAI into three different types. 1) Look at the animal from somewhat a distance,

typically visiting farms, 2) do work tasks with the animal like feeding, cleaning the barn, etc., typically helping out at a farm and 3) a close interaction with the animal.

I will now concentrate on nr. 3, close interaction with the animal.

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Species that are social and appreciate close social contact with humans are cows, pigs, horses, hens, goats, dogs, and cats.

Breeds within these species have their characteristics of temperament and behavior, and you therefore may find the preferred characteristics in either of the mentioned species. However, in general, these species have some distinct characteristics.

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Sheep have this characteristic wool that is exciting to touch. In general, they are quite calm and predictable in their behavior. They often enjoy being touched and cuddled.

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Goats are trainable, curious, do unpredictable things, and are fun to watch. They are social, and often initiates contact with people, however, they often don't have time to be in the situation for a long time before they do something else.

KLIKK

Cows are big animals. They have calm and predictable behavior. They are happy to cuddle and to be in close contact with people for a longer time.

KLIKK

Hens are small animals that encourage clients to provide care for them and the feeling that they need to be protected. Hens are curious and very trainable. They are exciting to touch and watch.

KLIKK

Pigs are calm and exciting to touch. As cows, they are happy to cuddle and to be in close contact with people for a longer time.

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Horses are sensitive and reactive animals. They reflect clients' emotions, and their behavior often depends on the client's behavior. Many point out the feeling of mastery when handling a big animal like a horse. I would encourage you to keep in mind that we are not supposed to master animals, we shall care for them, treat them well, and acknowledge their existence as sentient living beings.

KLIKK

Cats are small animals that encourage clients to provide care for them and the feeling that they need to be protected. Their fur is very soft and they prefer close contact with people and

can lay on the client's lap for a long time. They are also curious, playful, and trainable. Their characteristic purring provides calmness for the client.

KLIKK

Dogs are very social towards people, and they actually often prefer social contact with people over social contact with peers. They are bold, curious, trainable, and can show both predictable and unpredictable behavior. Dogs share many social skills with humans, and clients can intuitively understand their feelings.

KLIKK Alle dyr

So for all these animals, we have made this personality assessment for domestic animals.

KLIKK PADA logo

Here you can see some clips from some elements of PADA ICofA tests.

KLIKK VIDEO FROM THE NETHERLANDS!!!

The Labrador is both socially motivated and socially insecure. It overcompensates for its social insecurity by seeking social support from the stranger.

BREAK

The Golden Retriever is neither socially secure nor socially motivated.

KLIKK POODLE

This dog is socially secure, and suitably socially motivated. I hope you see the difference, and encourage you to think about this the next time you meet dogs. - Or if your own dog meets some people it knows or doesn't know. The socially insecure dogs often have the same behavior regardless of whether they interact with known or unknown people. Avoidance is typical, which is relatively easy to see and understand, but dogs also have another strategy for dealing with their social insecurity. This can be excessive greeting, licking the face, jumping or rubbing against the person, lying on the ground, lying on the back apparently to be scratched on the belly.

Animals that pass the PADA ICofA Test, receives a unique certificate, like this.

KLIKK Geit

KLIKK Geit

KLIKK Katt - Pus

KLIKK Katt - Ozzie

Klikk hest

KLIKK

So, to summarize; Behaviour is related to personality dimensions, and personality dimensions are correlated with emotions.

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We want to make sure the animal experiences positive feelings, so what we want to assess is the animal's emotions. What we see is behaviour. Behaviour refers to absolutely everything one do. Personality is how an individual tends to behave — and also think and feel.

KLIKK - Marit

In my opinion it would be unethical to initiate an AAI with a goal of improving a patient's welfare through a program that compromises the well-being of the animal or other individuals.

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In designing effective AAI's, facilities and handlers must ensure that adequate provisions and protocols are in place to continually monitor and safeguard the health and well-being of all patients, staff, handlers, visitors and animals involved. A One Health One Welfare interdisciplinary approach will enable this objective,

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starting with PADA.

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Thank you!
