

Information Letter & Eligibility Questions

You are invited to participate in a research study to examine healthy aging and physical function in women over 50 years old who own dogs. The study is being conducted by Dr. Heidi Kluess in the Auburn University School of Kinesiology and Dr. Tekla Lee-Fowler in the College of Veterinary Medicine. You were selected as a possible participant because you are a woman 50 years of age or older and you own a dog that is at least 18 months old, but not older than 10 years and is healthy.

As a participant, you will be filling out a questionnaire. This questionnaire includes questions about your health and physical activity, your satisfaction with life, your relationship with your dog, your relationships with others, walking your dog, feeding and exercise habits with your dog, and the amount of money you spend on your dog. Your total time commitment will be approximately 45-60 minutes.

Benefits: Although there are no direct benefits to you, the researchers will use the results from this research to provide more information on effects of dog ownership on healthy aging in women, and the attitudes and beliefs of pet owners and how it relates to dog health.

If you change your mind about participating, you can withdraw at any time during the study. Your participation is completely voluntary. Your decision about whether or not to participate or to stop participating will not jeopardize your future relations with Auburn University, the School of Kinesiology, the College of Veterinary Medicine or the investigators.

Your privacy will be protected. Any information obtained in connection with this study will remain confidential. Participant information, if published, will be submitted anonymously.

If you have questions about this study, you may contact Dr. Heidi Kluess at hak0006@auburn.edu or Dr. Tekla Lee-Fowler at tml0005@auburn.edu.

If you have any questions about your rights as a research participant, you may contact the Auburn University Office of Human Subjects Research or the Institutional Review Board by phone (334) 844-5966 or email at hsubjec@auburn.edu or IRBchair@auburn.edu.

If you would like to participate in this study, please answer the questions below to verify your eligibility and then click the arrow below to continue. If you do not wish to participate, you may exit out of this survey now.

The following questions establish your eligibility to participate in this study. The target population for this study is women 50 years of age and older who own a dog that is between 18 months and 10 years old.

To be eligible to participate in this study, you must be female. What is your gender?

- Male
- Female

Only women 50 years of age and older are eligible to participate in this study. What is your age?

- 50+
- 0-49

Do you own a dog that is at least 18 months old, but not older than 10 years and healthy?

- Yes
- No

The questionnaire will take approximately 45-60 minutes to complete.

There is one question that requires the use of a tape measure to measure your dog, so we recommend you have that and your dog available before you begin.

Basic Information/Demographics

What is your location?

City	<input type="text"/>
State	<input type="text"/>
Country (if not US)	<input type="text"/>

How old are you (years)?

How tall are you (inches or meters, please include units)?

How much do you weigh (lb or kg, please include units)?

If you own more than one dog, how many dogs do you own?

For the entire survey, choose ONE dog to answer questions about. The dog should be overall healthy and between 18 months and 10 years of age. If you compete in dog sports, please choose an actively competing dog.

How old is your dog?

Please select your dog's sex/sterilization status:

- Intact Male
- Neutered Male
- Intact Female
- Spayed Female

Is your dog a pure breed?

- Yes
- No

If yes, what breed?

If no, what breed does he/she most resemble?

What size is your dog?

- Extra small (e.g., toy poodle)
- Small (e.g., Jack Russell)
- Medium (e.g., Border Collie)
- Large (e.g., Labrador)
- Extra large (e.g., St. Bernard)

Has your dog ever been diagnosed with any of the following?

- Orthopedic problems/joint disease that limit/limited activity temporarily
- Orthopedic problems/joint disease that limit/limited activity permanently
- Cardiorespiratory disease/problems that limit/limited their activity temporarily
- Cardiorespiratory disease/problems that limit/limited their activity permanently
- Metabolic disease/problems that limit/limited their activity temporarily
- Metabolic disease/problems that limit/limited their activity permanently
- Any other chronic health issues that limited their activity
- None of these

Approximately how many times has your dog visited the veterinarian in the past year?

- None
- 1 time
- 2-3 times
- 3-4 times
- 5 or greater times

What do you use to evaluate your dog's body condition? (check all that apply)

- veterinarian
- friends

- dog trainer
- articles in a magazine or on the internet
- breeder
- other:

How would you rate your dog's body condition?

- Underweight
- Ideal
- Overweight
- Obese

Owner Medical Information 1

The following questions relate to your health.

Have you ever been diagnosed to have any of the following (check all that apply):

- Alzheimer's disease
- Anemia
- Anxiety
- Arthritis
- Asthma
- Atria fibrillation
- Bleeding disorder
- Cancer: What kind?
- Cataracts
- Colon polyps
- Depression
- Diabetes/prediabetes
- Glaucoma
- Heart attack
- Heart disease
- Heart failure
- Heartburn

- Hemorrhoids
- High blood pressure
- High cholesterol
- Hip replacement
- Irritable bowel syndrome
- Jaundice/liver disease
- Kidney disease
- Knee replacement
- Migraines/headache
- Osteopenia
- Osteoporosis
- Prostate problems
- Seizures/epilepsy
- Stroke
- Thyroid disease
- Ulcers
- Urinary incontinence
- Other:

Do you take prescription medications for any of the following? (check all that apply):

- Alzheimer's disease
- Anemia
- Anxiety
- Arthritis
- Asthma
- Atria fibrillation
- Bleeding disorder
- Cancer: What kind?
- Cataracts
- Colon polyps
- Depression
- Diabetes/prediabetes
- Glaucoma
- Heart attack

	Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
5. If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Interpersonal Communication Competence Scale

Here are some statements about how people interact with other people. For each statement, circle the response that best reflects YOUR communication with others. Be honest in your responses and reflect on your communication behavior very carefully.

If you ALMOST NEVER behave in this way, choose option 1.

If you act this way only SELDOM, choose option 2.

If you behave in this way SOMETIMES, choose option 3.

If you communicate this way OFTEN, choose option 4.

If you ALMOST ALWAYS interact in this way, choose option 5.

	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
I allow friends to see who I really am.	<input type="radio"/>				
Other people know what I'm thinking.	<input type="radio"/>				
I reveal how I feel to others.	<input type="radio"/>				
I can put myself in others' shoes.	<input type="radio"/>				
I don't know exactly what others are feeling.	<input type="radio"/>				
Other people think that I understand them.	<input type="radio"/>				
I am comfortable in social situations.	<input type="radio"/>				
I feel relaxed in small group gatherings.	<input type="radio"/>				
	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
I feel insecure in groups of strangers.	<input type="radio"/>				
When I've been wronged, confront the person who wronged me.	<input type="radio"/>				
I have trouble standing up for myself.	<input type="radio"/>				
I stand up for my rights.	<input type="radio"/>				

	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
My conversations are pretty one-sided.	<input type="radio"/>				
I let others know that I understand what they say.	<input type="radio"/>				
My mind wanders during conversations.	<input type="radio"/>				
My conversations are characterized by smooth shifts from one topic to the next.	<input type="radio"/>				

	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
I take charge of conversations I'm in by negotiating what topics we talk about.	<input type="radio"/>				
In conversations with friends, I perceive not only what they say but what they don't say.	<input type="radio"/>				
My friends can tell when I'm happy or sad.	<input type="radio"/>				
It's difficult to find the right words to express myself.	<input type="radio"/>				
I express myself well verbally.	<input type="radio"/>				
My communication is usually descriptive, not evaluative.	<input type="radio"/>				
I communicate with others as though they're equals.	<input type="radio"/>				
Others would describe me as warm.	<input type="radio"/>				

	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
My friends truly believe that I care about them.	<input type="radio"/>				
I try to look others in the eye when I speak with them.	<input type="radio"/>				
I tell people when I feel close to them.	<input type="radio"/>				
I accomplish my communication goals.	<input type="radio"/>				
I can persuade others to my position.	<input type="radio"/>				

	1. Almost never	2. Seldom	3. Sometimes	4. Often	5. Almost always
I have trouble convincing others to do what I want them to do.	<input type="radio"/>				

Dog-Related Spending

The following questions relate to your dog-related spending, per month.

Per month, how much do you spend on dog food?

Per month, how much do you spend on dog treats?

Per month, how much do you spend on dog toys?

Per month, how much do you spend on training classes/lessons for your dog? If you rent a space for training/practice without instruction, include that here.

Per month, how much do you spend on equipment like collars, leashes, harnesses, etc.?

Per month, how much do you spend on boarding or doggie daycare?

Questions about feeding your dog

The following questions relate to the amount and type of food you feed your dog as well as the frequency of meals during the day. It's very important that you answer these questions about what YOU feed the dog - NOT what others feed him/her.

What is the main type of food you feed your dog?

- Dry food
- Canned food
- Table food
- Raw food - commercial
- Raw food - home prepared
- Other home-made dog food
- Combination: kibble and raw
- Combination: kibble and canned
- Combination: canned and raw
- Other:

What brand of food do you usually buy for your dog?

- Hill's
- Pedigree
- Iams
- Eukanuba
- Purina
- Taste of the Wild
- Fromm
- Acana
- Orijen
- Rachael Ray Nutrish
- Merrick
- Primal
- Victor
- Wellness Core
- Other:

If you know the exact brand and formula you feed your dog, please list it here:

If you know or can calculate the amount of kcal your dog eats per day (including dog food, but no treats), please enter it here. The kcal amount per cup of food is typically listed on the food bag. If your food bag is not available, you can usually find the kcal amount by searching on the food's website.

If you feed kibble, how much do you feed your dog?

Do not include what others feed the dog. If you feed raw or canned, skip this question.

1 cup = 250mL measuring cup contains approximately 90g dry food

- Less than 1/2 cup a day
- 1/2 to 1 cup a day
- 1 to 1.5 cups a day
- 1.5 to 2 cups a day
- 2 to 2.5 cups a day
- 2.5 to 3 cups a day
- 3 to 3.5 cups a day
- 3.4 to 4 cups a day
- 4 to 4.5 cups a day
- 4.5 to 5 cups a day
- Over 5 cups a day
- Food is always available/unlimited amount
- Somebody else feeds my dog
- Other:

If you feed raw food, how much per day do you feed your dog?

If you feed canned/wet food, how much per day do you feed your dog?

How many times a day do you feed your dog?

- Once a day
- Twice a day
- Three times a day
- Four times a day
- Whenever dog is hungry
- Food always available
- Somebody else feeds my dog
- Other

How many treats/snacks do you give your dog a day (outside of treats used for training)?

- One to two a day
- Three to four a day
- Five to six a day
- Seven to eight a day
- Nine to ten a day
- None
- Other:

What type of treats/snacks do you give your dog (outside of training)?

How many treats do you give your dog a day when actively training the dog?

- None
- 1-10
- 11-25
- 25-50
- More than 50

What type of treats do you use for training your dog?

What is the approximate size of treats you usually give your dog outside of any training?

- Around the size of your pinky nail
- Around the size of your thumbnail
- Around the size of the first joint on your thumb
- Around the size of your thumb
- Bigger than your thumb but smaller than your palm
- Around the size of your palm
- Larger than the size of your palm

What is the approximate size of treats you usually give your dog during training?

- Around the size of your pinky nail
- Around the size of your thumbnail
- Around the size of the first joint on your thumb
- Around the size of your thumb
- Bigger than your thumb but smaller than your palm
- Around the size of your palm
- Larger than the size of your palm

I trust my veterinarian to give me helpful information about how to feed my dog.

- Strongly agree
- Agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Disagree
- Strongly disagree

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the amount of food you feed your dog.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
My dog is overfed because I indulge him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's important that I feed my dog as much as he/she wants to eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog eats only the amount he/she needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog is overfed because others feed the dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't know how much to feed my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog is overfed because he/she always wants food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My veterinarian believes that I feed my dog too much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to feed my dog the amount that is recommended to me by my veterinarian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over the amount you feed your dog?

- Completely in my control
- Somewhat in my control
- Not in my control
- Unsure
- Somewhat in my control
- In my control
- Completely in my control

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the type of food you feed your dog.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
It's important that I feed my dog the appropriate type of food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feed my dog inappropriate food because I like to spoil him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog isn't given the appropriate type of food because others feed the dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to feed my dog the type of food that is recommended to me by my veterinarian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't know what type of food to feed my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My veterinarian believes that I don't feed my dog the appropriate type of food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feed my dog inappropriate types of food because other food is too expensive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feed my dog inappropriate types of food because he/she likes that kind of food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over the type of food you feed your dog?

- Completely not in my control
- Not in my control
- Somewhat not in my control
- Unsure
- Somewhat in my control
- In my control
- Completely in my control

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the frequency you feed meals to your dog.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
My dog isn't fed the appropriate number of times a day because others feed the dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's important that I feed my dog the appropriate number of times a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know how many times in a day I should feed my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
It's important that I feed my dog whenever he/she wants to be fed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My veterinarian believes that I should feed my dog more frequent meals during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to feed my dog as often as is recommended to me by my veterinarian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over the number of times you feed your dog during the day?

- Completely not in my control
- Not in my control
- Somewhat not in my control
- Unsure
- Somewhat in my control
- In my control
- Completely in my control

Questions about exercising your dog

This set of questions relates to the amount, type and frequency of exercise sessions you give your dog. Again, it is very important to answer these questions about what you do and NOT in relation to others exercising the dog.

How many times a week do you exercise your dog?

What is the main type of exercise you do with your dog?

- Walk on lead
- Run on lead
- Take for a swim
- Play fetch or other games
- Walk/run off leash
- Other (write)

On average, what is the length of time of each exercise session?

- Less than 15 minutes
- 15 to 30 minutes
- 30 to 45 minutes
- 45 to 60 minutes
- Over 60 minutes

What types of exercise does your dog get without you, and how much time do they spend on average each week doing these activities?

- Play in yard alone
- Play with toys
- Play with other dogs
- Chasing squirrels/small animals
- Other (write)
- My dog doesn't exercise without me

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the duration of exercise you give your dog.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
It is important that I exercise my dog for the appropriate length of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog isn't exercised for long enough because others exercise the dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My veterinarian believes that I don't exercise my dog for the appropriate length of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to exercise my dog for the length of time that is recommended to me by my veterinarian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't exercise my dog for long enough because I don't like to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't exercise my dog for long enough because he/she gets tired.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't exercise my dog for long enough because I am physically unable to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important that I exercise my dog for as long as he/she likes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog doesn't need to be exercised.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know what the appropriate length of time my dog should be exercised.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over the length of time you exercise your dog?

- Completely not in my control
- Not in my control
- Somewhat not in my control
- Unsure

- Somewhat in my control
- In my control
- Completely in my control

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the number of times you exercise your dog.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't know how often I should exercise my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My veterinarian believes that I don't exercise my dog as frequently as I should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to exercise my dog as frequently as my veterinarian recommends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't exercise my dog frequently enough because I don't like to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't exercise my dog as frequently as I should because I don't have time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't exercise my dog as frequently as I should because he/she is badly behaved.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to me that my dog is fit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog isn't exercised frequently enough because others exercise the dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important that I exercise my dog as frequently as he/she likes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important I exercise the appropriate number of times a week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over how frequently you exercise your dog?

- Completely not in my control
- Not in my control
- Somewhat not in my control
- Unsure
- Somewhat in my control
- In my control
- Completely in my control

The following questions ask you to indicate whether you agree or disagree with the following statements regarding the type of exercise you give your dog.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
It is important that I give my dog the appropriate type of exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

It is important that I give my dog the type of exercise that he/she likes.	<input type="radio"/>						
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My dog isn't given the appropriate type of exercise because others exercise the dog.	<input type="radio"/>						
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I don't give my dog the appropriate type of exercise because I don't like to.	<input type="radio"/>						
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	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't give my dog the appropriate type of exercise because he/she doesn't like that type.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I don't know what type of exercise to give my dog.	<input type="radio"/>						
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My veterinarian believes that I don't give my dog the appropriate type of exercise.	<input type="radio"/>						
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I would like to give my dog the type of exercise that is recommended to me by my veterinarian.	<input type="radio"/>						
--	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I don't give my dog the appropriate type of exercise because I don't have access to the appropriate areas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I trust my veterinarian to give me helpful information about how to exercise my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I trust my veterinarian to give me good information about my dog's body condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Overall, how much control do you feel you have over the **type** of exercise you give your dog?

- Completely not in my control
- Not in my control
- Somewhat not in my control
- Unsure
- Somewhat in my control
- In my control
- Completely in my control

Questions about your dog's health and weight

The next sets of questions relates to your opinions on the health and weight of your dog.

It is important that my dog is healthy.

- Extremely unimportant
- Unimportant
- Somewhat unimportant
- Neither agree nor disagree
- Somewhat important
- Important
- Extremely important

How much do you think biological factors such as age, sex, and breed contribute to a dog becoming overweight/obese?

- Not at all
- A little
- A moderate amount
- A lot
- Very much

How much do you think inactivity contributes to a dog becoming overweight/obese?

- Not at all
- A little
- A moderate amount
- A lot
- Very much

How much do you think too much food contributes to a dog becoming overweight/obese?

- Not at all
- A little
- A moderate amount
- A lot
- Very much

The following image shows the Purina body condition scale. Use the scale below to **honestly** rate your dog's body condition in the next question.

Nestlé PURINA

BODY CONDITION SYSTEM

1	Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.	
2	Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.	

Minimal loss of muscle mass.

3

Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

4

Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

5

Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

6

Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7

Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8

Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

9

Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

The BODY CONDITION SYSTEM was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Bartges JW, Moyers T, et. al. *Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs.* *Compendium* 2001; 23 (9A): 70

Laflamme DP. *Development and Validation of a Body Condition Score System for Dogs.* *Canine Practice* July/August 1997; 22:10-15

Kealy, et. al. *Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs.* *JAVMA* 2002; 220:1315-1320

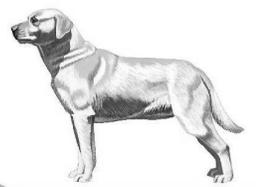
Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT



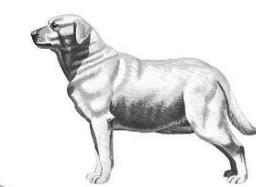
3



5



7



9

 Nestlé PURINA

Using the Purina body condition scale above, how would you rate your dog's body condition?

- 1
- 2
- 3
- 4
- 5
- 6

- 7
- 8
- 9

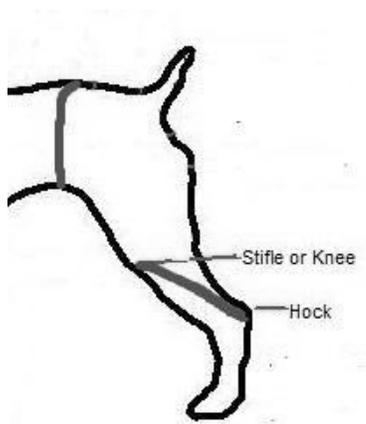
It is important that my dog is the correct body condition.

- Extremely unimportant
- Unimportant
- Somewhat unimportant
- Neither agree nor disagree
- Somewhat important
- Important
- Extremely important

If you are able, please perform two measurements on your dog using flexible measuring tape. **Please perform these measurements in centimeters, or indicate if you use inches.** Be as specific as possible!

The first measurement is their pelvic circumference. Measure around their stomach as far back (as close to their rear legs) as you possibly can.

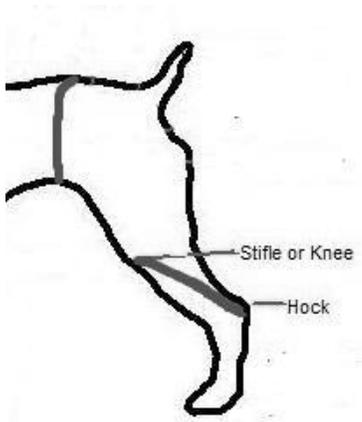
The second measurement is the distance from their hock to their stifle. This is the back of their ankle and the front of their knee. To find the stifle (knee), it can be helpful to bend their leg and run your fingers along the front of it to find the point where it bends.



If you are able, please perform two measurements on your dog using flexible measuring tape. **Please perform these measurements in centimeters, or indicate if you use inches.** Be as specific as possible!

The first measurement is their pelvic circumference. Measure around their stomach as far back (as close to their rear legs) as you possibly can.

The second measurement is the distance from their hock to their stifle. This is the back of their ankle and the front of their knee. To find the stifle (knee), it can be helpful to bend their leg and run your fingers along the front of it to find the point where it bends.



Enter your measurements below:

pelvic circumference:

hock to stifle:

Dog-Owner Relationship Scale

How often do you do the following?

	At least once a day	Once every few days	Once a week	Once a month	Never
How often do you play games with your dog?	<input type="radio"/>				
How often do you take your dog to visit people?	<input type="radio"/>				
How often do you give your dog food treats?	<input type="radio"/>				
How often do you kiss your dog?	<input type="radio"/>				
How often do you take your dog in the car?	<input type="radio"/>				
How often do you hug your dog?	<input type="radio"/>				
How often do you buy your dog presents?	<input type="radio"/>				

	At least once a day	Once every few days	Once a week	Once a month	Never
How often do you have your dog with you while relaxing, i.e., watching TV?	<input type="radio"/>				
How often do you groom your dog?	<input type="radio"/>				

Indicate your agreement with the following statements.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
My dog helps me get through tough times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog is there whenever I need to be comforted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have my dog near me all the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog provides me with constant companionship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If everyone else left me my dog would still be there for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog gives me a reason to get up in the morning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish my dog and I never had to be apart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog is constantly attentive to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you do the following?

	At least once a day	Once every few days	Once a week	Once a month	Never
How often do you tell your dog things you don't tell anyone else?	<input type="radio"/>				
How often do you feel that looking after your dog is a chore?	<input type="radio"/>				
How often does your dog stop you from doing things you want to?	<input type="radio"/>				
How often do you feel that having a dog is more trouble than it is worth?	<input type="radio"/>				

Indicate your level of agreement with the following statements.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
It is annoying that I sometimes have to change plans because of my dog.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It bothers me that my dog stops me doing things I enjoyed doing before I owned it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are major aspects of owning a dog I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog makes too much mess.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dog costs too much money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How traumatic do you think it will be for you when your dog dies?

- Extremely traumatic
- Very traumatic
- Moderately traumatic
- Slightly traumatic
- Not traumatic at all

How hard is it to look after your dog?

- Extremely easy
- Somewhat easy
- Neither easy nor difficult
- Somewhat difficult
- Extremely difficult

DAWGS part 1

What is the primary reason you own a dog?

- Pet/Companionship
- Security

- Service
- Show/Sports
- Hunting
- Other:

Where is your dog primarily kept?

- Inside
- Outside

How many days do you walk with your dog in a typical week? Dog walking is an activity in which both the dog and owner are walking together. The dog can be on or off a leash.

In minutes per walk, how much time do you spend walking during your typical dog walk?

On days you walk with your dog, on average how many walks do you go on?

- 1 walk
- 2 walks
- 3 walks
- 4 walks
- 5 or more walks

Where do you most often walk your dog?

- Neighborhood (the area around your home, whether urban, suburban, or rural)
- Public park
- Isolated trails/open fields

Do you have a yard for your dog?

- Yes
- No

If so, what is the approximate size of your yard?

- Small (<0.25 acre or 10,890 square feet)
- Medium (0.25-0.49 acre or 10,890-21,779 square feet)
- Large (0.50 -0.99 acre or 21,780-43,560 square feet)
- Very large (>1 acre or 43,560 square feet)

Is your dog able to run freely in your yard?

- Yes
- No

Does your yard have a fenced area for your dog (physical fence or an electric fence)?

- Yes
- No

DAWGS part 2

These questions are about your physical activity in the past 7 days. Please answer each question even if you do not consider yourself to be an active person. Think about the activities you do at work, your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous activities which take hard physical effort that you did in the last 7 days. Vigorous activities make you breathe much harder than normal and may include heavy lifting, digging, aerobics, or fast bicycling. Think only about those physical activities that you did for at least 10 minutes at a time

How many days did you do vigorous physical activity in the last week? (answer in days/week)

How much time did you spend on vigorous physical activity these days (answer in min/day)

	Friends					Family				
	0 - Never	1 - Rarely	2 - Occasionally	3 - often	4 - Very often	0 - Never	1 - Rarely	2 - Occasionally	3 - Often	4 - Very often
Give me encouragement to walk the dog.	<input type="radio"/>									
Change their schedule to walk a dog with me.	<input type="radio"/>									
Discuss walking dogs with me.	<input type="radio"/>									
Plan activities with me that include dog walking.	<input type="radio"/>									

Please rate how confident you are that you would consistently do the following activities if you really wanted to.

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Get up early, even on weekends, to walk your dog.	<input type="radio"/>				
Walk the dog after a long, tiring day at work.	<input type="radio"/>				
Walk the dog even though you are feeling depressed.	<input type="radio"/>				
Walk the dog when undergoing a stressful life change (divorce, death in family, moving, new baby, health issues).	<input type="radio"/>				
Walk the dog when your family is asking for more time from you.	<input type="radio"/>				
	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Walk the dog when you have household chores to do.	<input type="radio"/>				
Walk the dog when social obligations are very time consuming.	<input type="radio"/>				
Walk the dog when you have excessive demands at work.	<input type="radio"/>				
Read, study, use the internet or watch T.V. less in order to walk your dog more.	<input type="radio"/>				

Walk the dog even in the dark.

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
	<input type="radio"/>				

What factors encourage you to walk with your dog? (check all that apply)

- My health
- Lose weight
- Maintain dog's weight
- Energetic dog
- My dog's health
- Good weather
- Reduce dog's weight
- Maintain my weight
- Dog's enjoyment
- Large dog
- Other:

What factors discourage you to walk with your dog? (check all that apply)

- Cold weather
- Hot weather
- Rain
- Snow
- My health
- Dog is old
- Dog is wild
- Dog's health
- Lack of time
- Small dog
- Untrained dog
- Dog difficult to control
- More than one dog to walk
- Difficult for me to walk
- Other:

Please indicate your level of agreement with these statements about walking with your dog.

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Walking with my dog will improve my health.	<input type="radio"/>				
Walking with my dog will improve the health of my dog.	<input type="radio"/>				
Walking with my dog will maintain my health.	<input type="radio"/>				
Walking with the dog will maintain the health of my dog.	<input type="radio"/>				
I will enjoy walking with my dog.	<input type="radio"/>				

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Walking with my dog will increase my opportunities for socializing.	<input type="radio"/>				
Walking with my dog will provide me with companionship.	<input type="radio"/>				
Walking with my dog will improve my mood.	<input type="radio"/>				
Walking with my dog will reduce my stress.	<input type="radio"/>				
Walking with my dog will help me cope with stressors.	<input type="radio"/>				

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Walking with my dog will give me a sense of accomplishment.	<input type="radio"/>				
Walking with my dog will make my dog happy.	<input type="radio"/>				
Walking with my dog will increase my energy.	<input type="radio"/>				
Walking with my dog will make my dog behave better.	<input type="radio"/>				

Please indicate how important the following outcomes of dog walking are to you.

Very unimportant	Unimportant	Neither	Important	Very important
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	Very unimportant	Unimportant	Neither	Important	Very important
Improve my health	<input type="radio"/>				
Improve the health of my dog	<input type="radio"/>				
Maintain my health	<input type="radio"/>				
Maintain the health of my dog	<input type="radio"/>				
Give me enjoyment	<input type="radio"/>				
Increase my opportunities for socializing	<input type="radio"/>				
Provide me with companionship	<input type="radio"/>				
Improve my mood	<input type="radio"/>				
Reduce my stress	<input type="radio"/>				
Help me cope with stressors	<input type="radio"/>				
Give me a sense of accomplishment	<input type="radio"/>				
Make my dog happy	<input type="radio"/>				
Increase my energy	<input type="radio"/>				
Make my dog behave better	<input type="radio"/>				

Please indicate your level of agreement with the following statements about your neighborhood. Neighborhood is defined as the area surrounding your home, whether you live in an urban, suburban, or rural area.

My neighborhood has...

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
large open, grassy areas.	<input type="radio"/>				
paths that provide interesting walks.	<input type="radio"/>				
a fenced area where dogs are allowed to be off the leash.	<input type="radio"/>				
children's playground separate from dog area.	<input type="radio"/>				
dog dropping (poo) bags and bins at entrances and exits to parks and trails.	<input type="radio"/>				
outdoor lighting present.	<input type="radio"/>				

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
signs to say if dogs are permitted.	<input type="radio"/>				
	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
signs to remind people to pick up after their dog.	<input type="radio"/>				
signs to say whether dog is allowed to be on or off leash.	<input type="radio"/>				
trees and shrubs for dogs to sniff.	<input type="radio"/>				
access to drinking water for dogs.	<input type="radio"/>				
sitting areas with benches.	<input type="radio"/>				
interesting things to look at while walking.	<input type="radio"/>				
a local group supportive of dog walking.	<input type="radio"/>				
	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
sidewalks that are well maintained (paved, even, few cracks).	<input type="radio"/>				
so much traffic that it is difficult or unpleasant to walk.	<input type="radio"/>				
crime that makes it unsafe to go on walks during the day.	<input type="radio"/>				
crime that makes it unsafe to go on walks at night.	<input type="radio"/>				
other dogs which may interfere with my walk.	<input type="radio"/>				

Sports

Do you currently participate in dog sports with your dog? (includes but not limited to: agility, obedience/rally obedience, dock diving, canine disc, lure coursing, scentwork, Barn Hunt, etc.)

Currently participate = actively participating in trials or competitions or training with the intent to do so

- Yes
- No
- Not currently, but have previously

Does not
correspond
at all Corresponds
a little Corresponds
a little Corresponds
moderately Corresponds
a lot Corresponds
a lot Corresponds
exactly

I often ask
myself; I
can't seem
to achieve
the goals
that I set for
myself.

How many years have you participated in dog sports?

- less than 1 year
- 1-3 years
- 3-5 years
- 5-7 years
- 7-10 years
- 10+ years

How many dogs are you currently competing with?

- 1
- 2
- 3
- 4
- 5 or greater

For the dog you are answering questions for in this study, which sports does the dog participate in?
(check all that apply)

- obedience
- rally obedience
- herding
- dock diving
- agility
- Barn Hunt/Happy Ratters
- scentwork/nosework
- IPO/Mondioring/other bitework
- FAST CAT

- other lure coursing
- tracking
- Earthdog
- flyball
- field trials
- hunting trials
- conformation
- trick dog
- disc dog/Frisbee sports
- canicross/joring
- other:

For the dog you are answering questions for in this study, which sports are they titled in? (check all that apply)

- obedience
- rally obedience
- herding
- dock diving
- agility
- Barn Hunt/Happy Ratters
- scentwork/nosework
- IPO/Mondioring/other bitework
- FAST CAT
- other lure coursing
- tracking
- Earthdog
- flyball
- field trials
- hunting trials
- conformation
- trick dog
- disc dog/Frisbee sports
- canicross/joring
- other:

For the dog you are answering questions for in this study, have they earned placements in any of the following sports? (check all that apply)

- obedience
- rally obedience
- herding
- dock diving
- agility
- Barn Hunt/Happy Ratters
- scentwork/nosework
- IPO/Mondioring/other bitework
- FAST CAT
- other lure coursing
- tracking
- Earthdog
- flyball
- field trials
- hunting trials
- conformation
- trick dog
- disc dog/Frisbee sports
- canicross/joring
- other:

Please indicate all the dog sports YOU (not necessarily with the dog in this study) have participated in? (check all that apply)

- obedience
- rally obedience
- herding
- dock diving
- agility
- Barn Hunt/Happy Ratters
- scentwork/nosework
- IPO/Mondioring/other bitework
- FAST CAT

- other lure coursing
- tracking
- Earthdog
- flyball
- field trials
- hunting trials
- conformation
- trick dog
- disc dog/Frisbee sports
- canicross/joring
- other:

If you participate in many sports, which would you consider your primary 1-2 sports?

- obedience
- rally obedience
- herding
- dock diving
- agility
- Barn Hunt/Happy Ratters
- scentwork/nosework
- IPO/Mondioring/other bitework
- FAST CAT
- other lure coursing
- tracking
- Earthdog
- flyball
- field trials
- hunting trials
- conformation
- trick dog
- disc dog/Frisbee sports
- canicross/joring
- other:

How many hours per week do you do sports-specific training to prepare your dog for competition?

- 0-1 hour
- 1-3 hours per week
- 3-5 hours per week
- More than 5 hours per week

How many hours per week do you spend on conditioning or foundation work that is not sport specific?
For example, strength, stretching, foundation behaviors like body awareness, basic obedience?

- 0-1 hour
- 1-3 hours per week
- 3-5 hours per week
- More than 5 hours per week

How many hours per week do you spend walking, running, playing fetch, or biking with your dog?

- 0-1 hour
- 1-3 hours per week
- 3-5 hours per week
- More than 5 hours per week

On average, how many days per week is your dog active in sports or physical activity?

- 1
- 2
- 3
- 4
- 5
- 6
- 7

On average, how many days per week does your dog rest from sports/physical activity?

- 1
- 2
- 3

- 4
- 5
- 6
- 7

Do you do any of the following to warm up your dog prior to run/their turn at a competition? (check all that apply)

- Walk of <5 minutes
- Walk of 5-9 minutes
- Walk of 10-20 minutes
- Walk longer than 20 minutes
- Stretching
- Fitness exercises
- Obedience exercises

Do you do any of the following to cool down your dog after their run/their turn at a competition? (check all that apply)

- Walk of <5 minutes
- Walk of 5-9 minutes
- Walk of 10-20 minutes
- Walk longer than 20 minutes
- Stretching
- Fitness exercises
- Obedience exercises

End

Thank you so much for your participation in this survey!

If you live locally, are you interested in participating in in-person data collection with you and your dog? This will include body condition assessments of both you and your dog. These data collections will take place at the Auburn University School of Kinesiology or local dog sport events in the Southeast. If you are interested and would like to learn more, please enter your name and email below.

Name

Email Address

Phone Number (optional)

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