

ISAZ

**INTERNATIONAL SOCIETY
FOR ANTHROZOOLOGY**

SCIENTIFIC SESSIONS

AND

ANNUAL GENERAL MEETING

Sheraton Hotel and Towers, 811 7th Avenue, New York City

Thursday, October 13th, 1994

INTERNATIONAL SOCIETY FOR ANTHROZOOLOGY

PROGRAM

SCIENTIFIC SESSIONS AND ANNUAL GENERAL MEETING

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Thursday, October 13th, 1994

9:30 am **WELCOME**
Erika Friedmann

Invited Paper

9:45 am **THE ANIMAL OUTSIDE, THE ANIMAL INSIDE: RELATING THE TWO**
Aaron H. Katcher

Contributed Papers

Session Chair: James Serpell

10:15 am **LONELINESS AND PET OWNERSHIP AMONG SINGLE WOMEN**
Ruth Zasloff

10:30 am **COMFORTING ROLE OF CAT COMPANIONSHIP FOR MEN WITH AIDS**
Lynette Hart

10:50 am **BENEFITS AND LIABILITIES OF PETS FOR THE HOMELESS**
Robert M. Kidd

11:10 am **BREAK**

11:25 am **THE EFFECT OF A THERAPY DOG ON SOCIALIZATION AND
PHYSIOLOGIC INDICATORS OF STRESS IN PERSONS DIAGNOSED
WITH ALZHEIMER'S DISEASE**
Mara Baun

11:45 am **DO COMPANION ANIMALS ENHANCE QUALITY OF LIFE IN THE
ELDERLY ? PRELIMINARY RESULTS OF A LONGITUDINAL STUDY**
Marie-Jose Enders-Slegers

12:05 pm **PET THERAPY PROGRAMS CAN PROVIDE A NOVEL SOURCE OF
INTERACTION IN LONG-TERM CARE FACILITIES**
Penny Bernstein

12:25 pm **QUESTIONS**

12:35 pm **LUNCH BREAK**

-over-

Contributed Papers

Session Chair: Andrew Rowan

- 1:15 pm **THE USE OF QUALITATIVE METHODS IN ASSESSING HEALTH STATUS FOLLOWING COMPANION ANIMAL DEATH**
Cindy Adams
- 1:35 pm **LIFE EVENTS AND METHODOLOGICAL PROBLEMS IN STUDIES OF THE HEALTH BENEFITS OF PET OWNERSHIP**
James Serpell
- 1:55 pm **EXAMINING THE PSYCHOMETRIC PROPERTIES OF A GENERIC HEALTH STATUS QUESTIONNAIRE**
Parminder Raina
- 2:15 pm **BREAK**
- 2:30 pm **PERSONALITY TRAITS AND DEMOGRAPHIC AND LIFESTYLE CHARACTERISTICS AS PREDICTORS OF DOG BREED CHOICE**
Jill S. Katz
- 2:50 pm **DEVELOPMENTAL FACTORS IN POSITIVE ATTITUDES TOWARD ZOO ANIMALS**
Aline H. Kidd
- 3:10 pm **TALES OF HUMANS, AGGRESSION AND ENGLISH COCKER SPANIELS**
Anthony L. Podberscek
- 3:30 PM **QUESTIONS/DISCUSSION**
- 3:45 pm **ISAZ ANNUAL GENERAL MEETING**

LONELINESS AND PET OWNERSHIP AMONG SINGLE WOMEN

R. Lee Zasloff and Aline H. Kidd, Center for Animals in Society, School of Veterinary Medicine, University of California, Davis, CA 95616 USA

Relationships between loneliness and pet ownership and attachment were studied in a sample of 148 adult female students including 59 pet owners and 89 nonowners. Comparisons of scores on the Revised UCLA Loneliness Scale showed no significant differences between pet owners and nonowners. However, a two by two analysis of variance showed that women living entirely alone were significantly more lonely than those living with other people and no pets, with pets only, and with both other people and pets. No correlations were found between loneliness and pet attachment. Also, no significant differences were found on loneliness or pet attachment scores between dog and cat owners. However, women living only with a dog were significantly more attached to the dog than those living with both a dog and other people. Conversely, women living only with a cat were significantly less attached to the cat than those living with both the cat and other people. These findings indicate that having a pet may help to diminish feelings of loneliness, particularly for women living alone. Dogs especially may provide many aspects of human companionship.

COMFORTING ROLE OF CAT COMPANIONSHIP FOR MEN WITH AIDS

Paolo Castelli, Lynette Hart and R. Lee Zasloff; Center for Animals in Society, School of Veterinary Medicine, University of California, Davis, CA 95616 USA

This study investigated the supportive role of companion animals among 63 male pet owners with AIDS diagnoses living in the San Francisco area. Data were collected using a format questionnaire on demographic, lifestyle, and pet ownership information and the following five self-reporting measures: the Comfort from Companion Animals Instrument, the CENSHARE Pet Attachment Survey (PAS), the Revised UCLA Loneliness Scale, the General Health Questionnaire (GHO-28) and the MOS 36-Item Short-Form Health Survey (SF-36).

Both dog and cat owners were experiencing loneliness and comprised health. Half of the participants listed their animals in their support network and rated their closeness to the pets as higher than that to human friends. In contrast to other published reports, cat owners expressed their feelings of intimacy and emotional closeness to their animals more strongly than did dog owners. The strong emotional closeness to cats was especially evident among the less healthy participants. When compared to cat owners, dog owners were more physically involved with their pets and engaged in more routine walking exercise with their animals.

BENEFITS AND LIABILITIES OF PETS FOR THE HOMELESS

**Aline H. Kidd and Robert M. Kidd; Center for Animals in Society,
School of Veterinary Medicine, University of California, Davis, CA
95616**

Observations in the streets and parks of San Francisco East Bay cities and suburbs suggested that many of the homeless people own and maintain pet animals in spite of circumstances and environmental conditions. Accordingly, 105 homeless adult men and women, half of whom owned pets, were interviewed for this pilot study. Responses indicated that homeless pet owners were extremely attached to their pets and had owned significantly more pets during childhood and adolescence than nonowners although there were no significant differences in attachment to pets between parents and non-parents or between married and single persons. Providing food and veterinary care for pets, however, was a very significant problem for the majority of the homeless pet owners. It was clear that many homeless adults did have pets which were important for their mental and physical and that pet care was associated with unique problems.

THE EFFECT OF A THERAPY DOG ON SOCIALIZATION AND PHYSIOLOGIC INDICATORS OF STRESS IN PERSONS DIAGNOSED WITH ALZHEIMER'S DISEASE

Kathy Batson, BSN; Barbara W. McCabe, PhD; Mara M. Baun, DNSC; and Carol M. Wilson, MA; University of Nebraska Medical Center College of Nursing, Omaha, NE

Pet therapy has been suggested as an intervention to increase socialization and decrease stress in several populations including individuals diagnosed with Alzheimer's disease (AD). Anecdotal accounts have been published describing the positive benefits of pet therapy for persons with AD; however, few systematic studies have been conducted. The purpose of this study was to measure the short-term effect of the presence of a therapy dog on socialization (smiles, looks, praise, physical warmth, leans, and tactile contact) and physiological indicators of stress (blood pressure, heart rate, and peripheral skin temperature) in persons diagnosed with AD who were residents on a special care AD Unit, and to determine if there was a relationship between level of dementia and socialization behaviors. A within-subjects experimental design was used. Twenty-two subjects (\bar{x} Age = 77.9 years) were randomly assigned to the treatment (dog and interviewer) and control (interviewer only) protocols. Heart rate, systolic and diastolic blood pressure, and skin temperature were measured every 2 minutes during both sessions. Level of dementia was rated using the Burke Dementia Scale. Each 15-minute session was videotaped. A standardized script was used by the interviewer if the subject did not initiate verbalizations during the sessions. The video tapes of each session were coded using a protocol developed by Daubenmire et al. Dependent t-tests revealed statistically significant differences ($D < .05$) between the experimental and control sessions for a number of socialization variables [frequency scores for smiles ($\bar{t} = 2.33$), tactile contact ($\bar{t} = 4.35$), looks ($\bar{t} = 2.78$), physical warmth ($\bar{t} = 4.35$), praise ($\bar{t} = 2.79$); and duration scores of leans toward ($\bar{t} = 2.08$), smiles ($\bar{t} = 3.30$), tactile contact ($\bar{t} = 2.83$), and looks ($\bar{t} = 4.42$)]. No statistically significant differences were found for the physiological variables measured in this study. A number of statistically significant correlations were found between the level of dementia of the subjects and socialization responses. Findings suggest that pets can serve as a stimulus to increase and enhance socialization efforts for persons diagnosed with Alzheimer's disease.

**DO COMPANION ANIMALS ENHANCE QUALITY OF LIFE IN THE ELDERLY ?
PRELIMINARY RESULTS OF A LONGITUDINAL STUDY**

Marie-Jose Enders-Slegers, Faculty of Social Sciences, Department Clinical Psychology and Health Psychology, and Multidisciplinary Research Institute on the Relation Between Humans and Animals, University of Utrecht, The Netherlands

We tried to discuss the role of companion animals in wellbeing and health in a population of elderly people (69-81 years old). 75 Elderly were questioned for a first occasion.

The main parameters consisted of self reported general health, psychological wellbeing, social wellbeing, depressive symptoms and loneliness.

The preliminary results, derived from the first assessment, will be reported. They reveal quite interesting trends warranting prolongation of the study and warranting recognition of the significant role companion animals may play in the elderly's lives.

PET THERAPY PROGRAMS CAN PROVIDE A NOVEL SOURCE OF INTERACTION IN LONG-TERM CARE FACILITIES

P. Bernstein, E. Friedmann, and A. Malaspina; Kent State University-Stark, Canton, OH; Brooklyn College of CUNY, Brooklyn, NY

Utilization of pet therapy (PT) for the institutionalized elderly and the disabled has increased dramatically in recent years, yet there is a dearth of research evaluating the effectiveness of PT programs at achieving specific goals. We evaluate the effect of PT on interactive behavior of patients in two long term care facilities.

Talking and touching behaviors of patients interacting with other people in non-pet activities (NPT) or with people and pets in PT activities were observed at two institutions during ten weeks. Preliminary analyses have revealed that mentally alert patients participating in arts and crafts (AC) at site 1 have the highest interaction rates (frequency/individual/hour) with other people, apparently greater than rates for alert individuals participating in snack bingo (SB) at site 2 or in PT at either site. However, when interactions with the pets themselves are included in overall interaction rates, PT apparently provides similar or greater overall interaction than either NPT activity. For semi-alert and non-alert patients PT provides overall rates of interaction similar to those for AC and about 1 times the rates for SB.

Additionally, pets, through touch, can apparently provide patients with a novel source of immediate physical contact with the world around them. For alert patients, rates of touching between people are uniformly low for both PT and NPT activities. However, when pets are included, overall rates of touching in PT become 3-4 times greater than rates for NPT or rates of touch only between people during PT. For semi-alert and non-alert patients, who often have difficulty relating to the world around them, the addition of touching between person and pet provides rates of touch, and real-world physical contact, 4 times greater than for either NPT activity.

Pet therapy is one of a number of activities which provides stimulation to residents of long term care facilities. It can be an important source of stimulation and physical contact with the outside world for residents whose limitations prevent them from participating well or at all in other programs.

THE USE OF QUALITATIVE METHODS IN ASSESSING HEALTH STATUS FOLLOWING COMPANION ANIMAL DEATH

Cindy Adams, Alan Meek, Brenda Bennett; Dept. of Population Medicine, University of Guelph, Guelph, ON, CANADA

The health status of owners following the death of their companion animals has typically been assessed by looking into the physical, emotional and social consequences to the owner after their pet dies. This amalgamation of factors are referred to as the grief response or grieving. Descriptive reporting characterizes the initial attempts to identify pertinent issues (Stewart, M., 1983; Harris, J., 1984). Recently more rigorous study designs have been used including standardized instruments to measure the physical and emotional consequences associated with pet death as well as correlates and risk factors (Gosse, G., Barnes, M., 1994; Rajaram, S. et al., 1993). The theoretical underpinnings of much of the work are based on the human/human literature. Stage-theories of human/human grief proposed by Kubler-Ross (1969), for example, have come to be accepted as bench-marks for human/animal grief. Thus, much of the research in this area is largely deductive or verificational without adequate investigation into the nuance between the relationships (human/human; human/animal) or sound theory of owner reactions following companion animal death.

In this study, we used methods of sampling, data collection and analysis developed by Glaser and Struass (1967) to develop a theory of "grieving" following companion animal death. This presentation will include methods and techniques specific to grounded theory and the use of quantitative techniques to support the rigor of the investigation. The following will be highlighted:

1. Sample Selection

Forty-five subjects from nine randomly selected veterinary clinics in Wellington County, Ontario were selected. Theoretical sampling was used throughout and will be discussed.

2. Data Collection

Multiple methods were used to investigate human reaction to pet death. Intensive interviews were conducted between 1 - 21 days following death and at 3, 6 and 12 month intervals. The Grief Experience Inventory (Sanders, C. et al, 1985) was used to measure grief. A pet attachment scale was administered at the first interview. Modifications to improve response rate and the issue of non-respondents will be discussed.

3. Analysis

Sampling, data collection and analysis is an integrative process. Computer assisted analysis and reporting of text based data will be described.

Further, rationales for using qualitative methods, issues of reliability and validity and ethical considerations will be discussed.

References

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LIFE EVENTS AND METHODOLOGICAL PROBLEMS IN STUDIES OF THE HEALTH BENEFITS OF PET OWNERSHIP

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A previous longitudinal study (Serpell, 1991) detected beneficial changes in people's physical health, psychological well-being, and physical activity levels following the acquisition of pets. These results prompted the initiation of a further study, involving a larger sample of pet owners and non-owners, to replicate the earlier findings, and explore the psychosocial mechanisms underlying the apparent beneficial effects of pet ownership. The results of this second study are now undergoing analysis.

The present paper will focus on some methodological difficulties encountered during preliminary analysis of the data; in particular, the potentially confounding effects of differences in stressful 'life event' ratings of owners and non-owners during the years before and after joining the study. For example, pet-acquiring subjects were significantly more likely than control subjects to have moved house in the year prior to getting a pet. This factor not only had an impact on their baseline health and psychological status ratings, it also appeared to be an important determining factor in their initial decision to acquire a pet. The possible research implications of this difference between pet owners and nonowners are discussed.

Serpell, J.A. 1991. Beneficial effects of pet ownership on some aspects of human health and behaviour. *J. Roy. Soc. Med.*, 84, 717-720.

EXAMINING THE PSYCHOMETRIC PROPERTIES OF A GENERIC HEALTH STATUS QUESTIONNAIRE

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Introduction: Health status is a broad concept, and many issues complicate its definition and measurement. Advances in the methods used to measure health status have taken place during the past decade, although more may be needed.

An instrument designed to measure the health status of elderly should have several characteristics, many of which will depend on the goals of the measurement. The health status questionnaire used in this study included questions which were designed to obtain information on perceived health status, chronic conditions, emotional well-being, activities of daily living, stressful life events, social support, life style and socioeconomic status. In addition to the above mentioned domains of health status, the health status questionnaire used in this study also included questions related to the use of health care professionals, use of health care facilities and demographics.

In this study, we developed a questionnaire which adopted many questions already used in various federal and provincial surveys to measure different dimensions of health status in community living elderly. The present paper describes a study designed to assess the psychometric properties of this instrument.

Method:

Item selection. Questionnaires from several surveys on health, or which included health, were referred to in determining the questions and format of the questionnaire in this study.

Item Scaling. Little more than half of the items in this questionnaire had 3, 4 or 5 point Likert type response options. Remainder of the questions in the survey had either nominal or dichotomous type response options.

Questionnaire Pretesting:

The questionnaire was pretested on 10 elderly living in the community, 5 university professors and 5 graduate students who were knowledgeable in the area of questionnaire design and gerontological research.

Data collection and results.

Data for this research were collected as part of a follow-up study, "Assessing the impact of Pet Ownership on the Health Status of community living elderly in Wellington County, Ontario". During this study, data were collected from 1054 community dwelling elderly aged 65 and over in the Wellington County, Ontario. The data were collected via a telephone interviews with subjects by trained interviewers. The data from a sample of 1054 were used to examine the internal consistency (Cronbach's Alpha) of each scale within this questionnaire. In addition, data from 1054 individuals were used to examine the construct validity of each scale within this questionnaire. Results of several hypothesis which were tested to assess the construct validity will be presented.

We also conducted a study on a convenient sample of 52 individuals. These 52 individuals were selected from a sample of 1054 described above. The methods for conducting a reliability study, rationale for sample size and results of test-retest assessment will be described in this paper.

PERSONALITY TRAITS AND DEMOGRAPHIC AND LIFESTYLE CHARACTERISTICS AS PREDICTORS OF DOG BREED CHOICE

Jill S. Katz, Jeffrey L. Sanders, Frederick J. Parents, and Michael H. Figler; Towson State University, Towson, MD

The purpose of this study was to determine if personality, demographic, and lifestyle characteristics of dog-owners could be differentiated from non-dog owners, and, based upon these differences, if an optimal match between non-dog owners and seven dog breed groupings classified by the American Kennel Club could be delineated. It was hypothesized that: (1) certain personality, demographic, and lifestyle characteristics of dog-owners would differ significantly from non-dog owners; (2) certain personality, demographic, and lifestyle characteristics would differ significantly among dog-owners who owned particular breeds of dogs within the seven dog breed groupings; and (3) dog breed groupings would be accurately predicted for non-dog owners based on a comparison of their personality profiles with those of dog-owners who owned particular breeds of dogs within the seven dog breed groupings. Adults (75 dog-owners, and 75 non-dog owners) were randomly selected from the general population, and completed two questionnaires: an experimenter-designed questionnaire that measured their demographic and lifestyle characteristics, and a shortened version of the Personality Research Form-E (PRF-E), that was scored for six personality dimensions (affiliation, aggression, dominance, nurturance, order, and succorance). Discriminant analysis indicated that marital status, reptile ownership, type of residence, and succorance scores on the PRF-E were the best discriminators between dog-owners and non-dog owners. Separate discriminant analyses revealed that several personality, demographic, and lifestyle characteristics predicted dog ownership within the seven dog breed groupings. Dog breed groupings were accurately predicted for non-dog owners only 24% of the time. It was concluded that dog owners and non-dog owners may not be substantially different in terms of the personality dimensions chosen for this study. However, the demonstrated differences in personality, demographic and lifestyle characteristics among dog-owners who own particular breeds of dogs should facilitate matching potential dog-owners with specific breeds of dogs to ensure the durability of the human-companion animal bond.

DEVELOPMENTAL FACTORS IN POSITIVE ATTITUDES TOWARD ZOO ANIMALS

Aline H. Kidd, Robert M. Kidd, R. Lee Zasloff; Center for Animals in Society, School of Veterinary Medicine, University of California, Davis, CA 95616

Research has shown that adults' attitudes toward pets are strongly influenced by childhood experiences. It seems probable that adults' attitudes toward zoo animals are also established in childhood. For most urban and suburban children, experiences with wild animals occur only at zoos and wildlife parks. To investigate the attitudes toward animals of adults and children visiting urban zoos, 104 children from three to seven years of age and one accompanying adult with each child were interviewed.

The results indicate that 84% of the adults grew up with animals, 88% had visited zoos as children, 69% currently had pets, and 46% currently preferred the same zoo animal they had preferred in childhood. All of the adults were convinced that children are naturally attracted to both domestic and zoo animals, and all but one adult believed that visits to zoos generate positive attitudes toward zoo animals.

There were significant differences between parents who had been taken to zoos as children and those who had not. Those who had not been taken to zoos had more dogs and fewer pet animals of other species than did those who had gone to zoos. They also take their own children to zoos significantly less frequently than those who had gone to zoos as children.

Half of the children were interviewed at Petting Zoos and the other half were interviewed at stationary exhibits. Significantly more Petting Zoo than Main Zoo child visitors preferred goats to other petting animals, and significantly more Main Zoo children preferred monkeys, tigers, lions, and elephants than did Petting Zoo children. Children at the Petting Zoo spent a significantly longer time just watching the animals than did children at the stationary exhibit animals. Petting Zoo children also smiled at, laughed at, and talked to the animals significantly more than did Main Zoo children.

Obviously, childhood experiences at zoos had influenced the parent's attitudes toward animal life, and present specific zoo experiences had already shaped their children's current attitudes.

TALES OF HUMANS, AGGRESSION AND ENGLISH COCKER SPANIELS

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During the early 1980s there were a number of reports in the British media about aggression in the English Cocker Spaniel. One article listed the breed as the most aggressive in Britain. In Cambridge, UK, the behaviour of these dogs is being studied with reference to age, sex, breed, breeding, coat colour, and owner characteristics and interactions. Two thousand owners of purebred Cocker Spaniels were randomly selected through the Kennel Club (UK) and sent a questionnaire pertaining to aggressive behaviour in their dog/s. A total of 1008 (50.4%) replies was received, of which 932 (owning 1109 dogs) were suitable for analysis. The mean number of adults and children in the households was 2.3 and 0.7 respectively. Interestingly, only 40% of Cocker owners had children. The mean number of Cocker Spaniels owned was 1.2. Owners were asked to describe their dogs (age, sex, neuter status, coat colour) and to rate their dog's behaviour (on a 1 to 5 scale; 1 = never, or almost never, 5 = always) in 13 different situations. These included: aggression towards strange dogs (A1), towards strangers approaching the dog (A2), towards persons approaching/visiting the home (A3), towards persons approaching the owner away from home (A4), towards children in the household (A5), towards other dogs in the household (A6), when the owner gives attention to other persons or animals (A7), towards the owner or member of the owner's family (A8), when disciplined (A9), when reached for or handled (A10), when in restricted spaces (A11), at meal times/defending food (A12), and sudden and without apparent reason (A13). A Mann Whitney U test was used to look for differences in the 13 behaviours in relation to sex, neuter status, and coat colour of the dogs. Solid-coloured Cocker Spaniels (e.g. red, golden, black, brown) were significantly more aggressive than parti-coloureds (e.g. blue roan, black and white) in situations A2 through A13 ($p < 0.05$). The red/golden Cocker spaniels were significantly more aggressive than the black variety in situations A1, A4, A5, and A7 through A13 ($p < 0.05$). Male spaniels were significantly more aggressive than females in situations A1, A8, A9 and A10 ($p < 0.05$). Females were more aggressive than males in situation A6 ($p < 0.01$) only. Neutered females were more aggressive than entire females in situations A2, A3, A4, A5, and A8 through A13 ($p < 0.05$). Neutered males were significantly more aggressive than entire males in situations A5, and A8 through A13 ($p < 0.01$). The bloodlines of solid-coloured and parti-coloured Cocker Spaniels are quite distinct and therefore there may be a genetic basis as to why solid-coloureds are more aggressive. The reasons why neutered dogs are more likely to be aggressive have not yet been fully explored but are being investigated at the present time. Some factors relevant to this would be, whether neutering occurred before or after aggression started, and the age at which neutering occurred. Sex differences were not apparent in all situations indicating that males are not the 'root of all evil'.