

# SEPARATION-ANXIETY SYNDROME

## BASICS

### OVERVIEW

- A distress response that dogs may experience when separated from the person or persons to whom they are most attached
- This distress may result in problem behaviors in the absence or perceived absence of the person(s), including episodes of destruction, vocalization, and elimination
- Separation anxiety is a subset of separation-related problems that may have different underlying motivations, including fear, anxiety, over-attachment to the person(s), and lack of appropriate stimulation or interactions

### GENETICS

- None known

### SIGNALMENT/DESCRIPTION of ANIMAL

#### *Species*

- Primarily dogs; speculated that 7% to 28% of companion dogs experience some degree of separation-anxiety syndrome
- Possible in cats

#### *Mean Age and Range*

- Any age, most commonly in dogs greater than 6 months of age; number of cases may increase in dogs greater than 8 years of age

#### *Predominant Sex*

- None recorded

### SIGNS/OBSERVED CHANGES in the ANIMAL

- Destruction, vocalization (whining, howling, barking) and indoor elimination are reported most commonly; destruction often targets windows and doors and/or the person's possessions
- Other signs include behavioral depression, lack of appetite (anorexia), drooling, hiding, shaking, panting, pacing, attempts to prevent the person's departure, and self-trauma from lick lesions; occasionally diarrhea, while the person is gone
- Signs of strong pet-person attachment, usually excessive attention-seeking behaviors and following behaviors; excited and prolonged greeting behavior upon the person's return, regardless of the length of the absence
- In cats, elimination problems in the person's absence may be linked to separation-related anxiety
- Separation distress behavior(s) occurs regardless of the length of the person's absence and tend to occur within 30 minutes of the person's departure, but may occur on and off all day
- Specific triggers may be identified, such as the person getting keys, putting on outer garments, or packing the car
- May occur on every departure and absence or only with atypical departures (such as after-work, evening, or weekend departures); the reverse pattern also may be seen
- Physical examination usually is normal
- Injuries possible in escape attempts or while engaging in destructive activities
- Skin lesions from excessive licking
- Rare cases of dehydration from drooling or diarrhea due to stress

### CAUSES

- Specific causes are unknown
- Speculated causes include the following:
  - Improper socialization to the person's departure and absence
  - Lack of appropriate pet-person interactions
  - Prolonged contact with humans, without learning to be alone
  - Traumatic episodes during the person's absence
  - Decline in thinking, learning, and memory, frequently associated with aging (known as "cognitive decline")

### RISK FACTORS

- Suspected, but not proven, risk factors include adoption from humane shelters, periods of extended time with preferred person (such as during vacation or illness), boarding, lack of detachment when young
- Senior animals
- Possible correlation between separation anxiety and noise phobias (such as thunderstorm phobias)

## TREATMENT

## HEALTH CARE

### ***Changing the Pet's Perception of Pre-Departure Cues***

- Repeat pre-departure cues (such as picking up keys, walking to the door) without leaving
- Repeat 2 to 4 times daily, until the dog does not respond to cues with anxious behaviors (such as panting, pacing, following, or increased vigilance)
- Goal is to remove the dog's association with the cues and the person's departures, and to diminish the anxious response

### ***Counterconditioning (Response Substitution)***

- Teach the dog to "sit/stay" near the typical exit door
- Gradually increase the distance between the dog and the person toward the door
- The person slowly progresses toward the door, increasing the time away on each trial
- Eventually elements of departure, such as opening and closing the door, are added
- Finally, the person steps outside the door and returns

### ***Classical Counterconditioning***

- Leave the dog a delectable food treat or food-stuffed toy on departure
- Associate departure with something pleasant

### ***Changing Departure and Return Routine***

- Ignore the pet for 15 to 30 minutes prior to departure and upon return
- On return, attend to the dog only when it is calm and quiet; however, allow the dog outside to eliminate

### ***Independence Training***

- Teach the dog to be more independent of the person(s)
- All attention is at person's initiation—person begins and ends attention sessions, rather than the dog initiating attention
- No attention on pet demand
- Attention must be earned by the pet by performing a task, such as "sit"
- Decrease following behavior while the person is at home
- Teach the dog to stay in another location, away from the person

### ***Graduated Planned Departures and Absences***

- Begun after dog does not respond to pre-departure cues with anxious behaviors
- Use short absences to teach the dog how to be left home alone
- Departures must be short enough not to elicit a separation distress response; initial departures must be very short, 1 to 5 minutes
- Goal—animal learns consistency of person's return and to experience departure and absence without anxiety
- Departures must be just like real departures (person must do all components of departure, including leaving in the car, if that is how they usually depart); person will leave a safety cue (such as leaving a radio or television on, ringing a bell) on planned departures only (must not be used on departures where length of absence is not controlled, such as work departures)
- Length of absence is slowly increased at 3 to 5 minute intervals, if no signs of distress were evident at the shorter interval; increase in interval must be variable; intersperse short (1 to 3 minute) with longer (5 to 20 minute) departures
- If destruction, elimination, or vocalization occurs, departure was too long
- If departures and absences are continued, even though distress behaviors are present, the dog will get worse
- Once the pet can be left for 2 to 3 hours on a planned departure, it often can be left all day
- Safety cue is slowly phased out over time, or can be used indefinitely

### ***Arrangements for the Pet During Retraining and Person's Absence***

- Allow no more destructive activity, if possible
- Mixing up or eliminating triggering departure cues may help diminish the anxious responses
- Doggy daycare arrangements or pet sitters
- Gradual conditioning to a crate; crates are not recommended, unless the dog is already crate-trained and comfortable being left in a crate

## ACTIVITY

- Regular, scheduled daily exercise and playtime are beneficial

## DIET

- No dietary changes are necessary, unless animal also has diarrhea

## MEDICATIONS

Medications presented in this section are intended to provide general information about possible treatment. The treatment for a particular condition may evolve as medical advances are made; therefore, the medications should not be considered as all inclusive.

- **Clomipramine**—a tricyclic antidepressant (TCA)—drug of first choice and only drug approved for use in the treatment of separation anxiety in dogs; approved for dogs older than 6 months of age; must be given daily, not on an "as needed" basis, as it may take 2 to 4 weeks before behavioral effect is evident

- Tricyclic antidepressants (TCAs), such as amitriptyline
- Selective serotonin reuptake inhibitors (SSRIs), such as fluoxetine
- Benzodiazepines, such as alprazolam
- D.A.P.® (Dog-Appeasing Pheromone); a synthetic analogue of the natural appeasing pheromones of the nursing bitch, which calm puppies; used to calm dogs in fearful, stressful, and anxiety situations (such as separation anxiety and noise phobias); available as a plug-in diffuser and collar

## **FOLLOW-UP CARE**

### **PATIENT MONITORING**

- Good client follow-up is necessary to monitor both the behavioral treatment plan and medication, if prescribed
- Weekly follow-up is best in the early stages to assess effectiveness of the treatment plan and compliance with instructions—once the dog has become more independent, has become less responsive to pre-departure cues, and is calmer on departures and returns, graduated planned departures may be implemented

### **PREVENTIONS AND AVOIDANCE**

- Teaching animals how to be left home alone, making animals independent

### **POSSIBLE COMPLICATIONS**

- Injuries during escape attempts and ongoing destruction and elimination disrupt the human-animal bond and may result in relinquishment of the pet to an animal shelter or animal control facility

### **EXPECTED COURSE AND PROGNOSIS**

- Separation anxiety often responds well to behavioral modification, with or without medication
- Some severe cases can be very resistant to treatment; other behavioral disorders occurring at the same time may make resolution more difficult
- Drug therapy alone is rarely curative for most behavioral disorders; realistically, drug therapy can be expected to decrease the anxiety associated with the person's departure, but the dog still must be taught how to be left alone during the person's absences

## **KEY POINTS**

- Have realistic expectations of the time course of treatment and the need for behavior modification, in order to have successful resolution of the problem
- Drug therapy alone is rarely curative for most behavioral disorders; realistically, drug therapy can be expected to decrease the anxiety associated with the person's departure, but the dog still must be taught how to be left alone during the person's absences
- Problem behavior may take weeks or months to resolve, depending on severity and duration of the problem

