



CAB ABSTRACTS **HOT TOPIC:**

Benefits of the human-animal bond

It is increasingly recognized that companion animals can bring physical and mental health benefits to their owners. Studies suggest that pet ownership may lower stress levels, help to fight depression, boost exercise and reduce the risk of heart attacks and strokes. A strong human-animal bond is also beneficial for the companion animal; owners are more likely to take their pets for routine examinations and notice physical and behavioural changes indicative of disease.

CAB Abstracts database covers the world literature on the human-animal bond and the implications for companion animal welfare and human well-being. Coverage spans veterinary, animal science, bioethics, human health and multidisciplinary publications – particularly valuable for ‘One Health’ topics, such as the human-animal bond.

CAB Abstracts comprehensively covers hot topics that matter

CAB Abstracts sources the world literature to provide the complete picture on the benefits of the human-animal bond, including information on:

- **Human health:** benefits reported include fewer allergies in children, bodyweight management and improved cardiovascular health.
An examination of the possible physical activity and short-term health benefits associated with dog walking.
Human-Animal Interaction Bulletin 2018

Pet ownership and survival in the elderly hypertensive population.
Journal of Hypertension 2017
- **Animal health and welfare:** promotion of responsible pet ownership has improved animal health and welfare.
Behavioral and physiological reactions in dogs to a veterinary examination: owner-dog interactions improve canine well-being.
Physiology & Behavior 2017

A happier rat pack: the impacts of tickling pet store rats on human-animal interactions and rat welfare.
Applied Animal Behaviour Science 2018
- **Mental well-being:** interactions with pets can improve mood, help to fight anxiety and relieve stress. The use of animal assisted therapy (AAT) is on the rise.
Self-disclosure with dogs: dog owners' and non-dog owners' willingness to disclose emotional topics.
Anthrozoös, 2016

Patient benefit of dog-assisted interventions in health care: a systematic review.
BMC Complementary and Alternative Medicine 2017
- **‘One Welfare’:** A new term ‘One Welfare’ is emerging, extending the ‘One Health’ concept beyond physical health, recognising that animal welfare and human well-being are intrinsically connected.
One welfare: a framework to improve animal welfare and human well-being.
CABI 2018

Application of Fraser’s “practical” ethic in veterinary practice, and its compatibility with a “One Welfare” framework.
Animals 2018

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