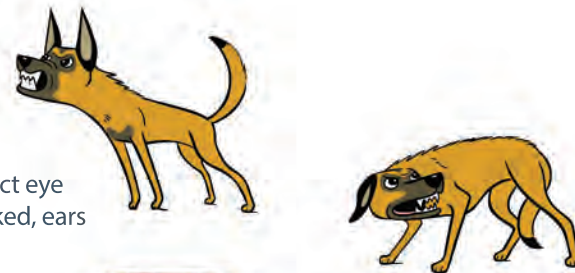


# THE SPECTRUM OF FEAR, ANXIETY & STRESS

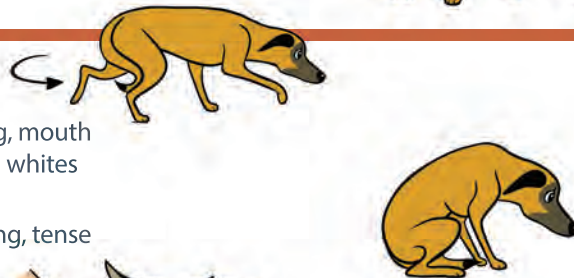
## RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive Aggression - lunging forward, ears forward, tail up, hair may be up on the shoulders, rump, and tail, showing only the front teeth, lip pucker - lips pulled forward, tongue tight and thin, pupils possibly dilated or constricted.
- Defensive Aggression - hair may be up on the back and rump, dilated pupils, direct eye contact, showing all teeth including molars, body crouched and retreating, tail tucked, ears back.



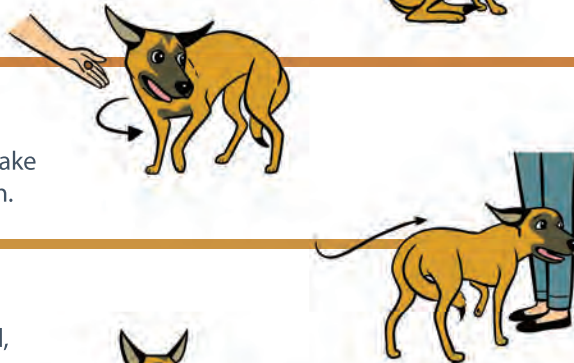
## RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight - ears back, tail tucked, actively trying to escape - slinking away or running, mouth closed or excessive panting - tongue tight instead of loose out of mouth, showing whites of eyes, brow furrowed, pupils dilated.
- Freeze/Fret - tonic immobility, pupils dilated, increased respiratory rate, trembling, tense closed mouth, ears back, tail tucked, body hunched.



## YELLOW: MODERATE SIGNS (FAS 3)

- Similar to FAS 2 but turning head away, may refuse treats for brief moments or take treats roughly, may be hesitant to interact but not completely avoiding interaction.



## YELLOW: MODERATE SIGNS (FAS 2)

- Ears slightly back or to the side, tail down but not necessarily completely tucked, furrowed brow, slow movements or unable to settle, fidgeting, attention seeking to owner, panting with a tighter mouth, moderate pupil dilation.



## GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Tail up higher, looking directly, mouth closed, eyes more intense, more pupil dilation, brow tense, hair may be just slightly up on the back and tail, may be expectant and excited or highly aroused.



## GREEN: ALERT/EXCITED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but lips loose, ears perked forward, slight pupil dilation.



## GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up slightly, mouth open slightly but loose lips, ears perked forward, slight pupil dilation.

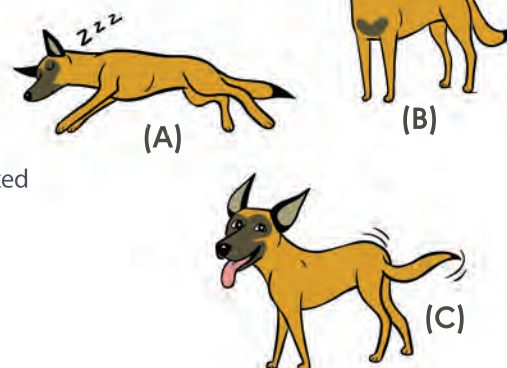


## GREEN: RELAXED (FAS 0)

**A:** Sleeping.

**B:** Neutral - ears in neutral position, not perked forward, brow soft, eyes soft, mouth closed but lips relaxed, body loose, tail carriage neutral, pupils normal dilation.

**C:** Friendly greeting - slow back and forth tail and butt wag, ears just slightly back, relaxed brow and eyes, may have mouth slightly open with relaxed lips and loose tongue.



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# THE SPECTRUM OF FEAR, ANXIETY & STRESS

## RED: SEVERE SIGNS - FIGHT/AGGRESSION (FAS 5)

- Offensive aggression - pupils constricted or dilated, cat leaning forward, ears forward, moving forward, whiskers forward, tail is an inverted L (first inch of tail is horizontal with ground then the tail drops down), rump raised higher than front (on tip toes), staring, may be growling.
- Defensive aggression - ears back, pupils dilated, hunkered down, tail tight or tucked or tail thrashing, whiskers back, hissing, lips pulled back, staring, furrowed brow, could be swatting.



## RED: SEVERE SIGNS - FLIGHT/FREEZE/FRET (FAS 4)

- Flight - actively trying to escape, pupils dilated, ears back, whiskers back, tail down and bottle brushed, fleeing, turning to look at stimulus.
- Freeze/Fret - tonic immobility, dilated pupils, body flattened and tense, tail tucked, increased respiratory rate, ears back, staring, whiskers back.



## YELLOW: MODERATE SIGNS (FAS 2-3)

- Ears further to the side, more pupil dilation but not completely dilated, increase in respiratory rate, brow furrowed, looking at stimulus instead of looking away, tail tight to body, possible tip of tail moving some, whiskers back, body crouched and leaning away.



## GREEN: MILD/SUBTLE SIGNS (FAS 1)

- Avoids eye contact, turns head away without moving away, partially dilated pupils, head held just slightly down, slight brow furrowing, whiskers slightly back, ears partially to the side, body shifted slightly away, tail closer to body with possibly some slight flicking.



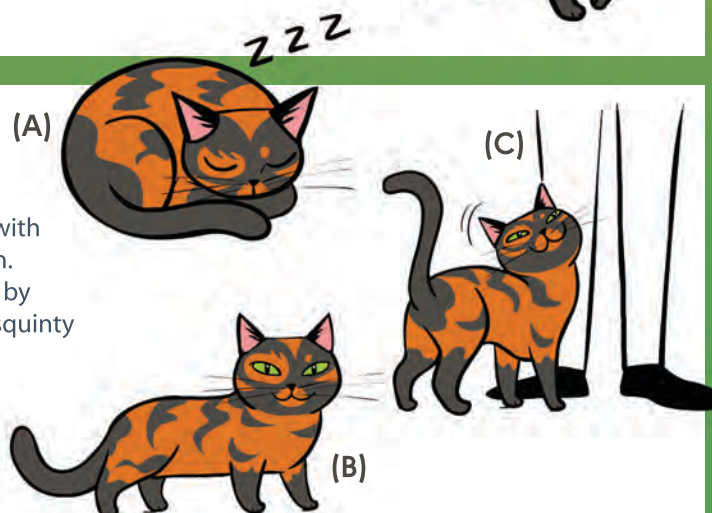
## GREEN: PERKED/INTERESTED/ANXIOUS? (FAS 0-1)

- Looking directly but not intensely, tail up and winding, mouth closed with loose lips, ears perked forward, whiskers forward, slight pupil dilation.



## GREEN: RELAXED (FAS 0)

- A: Sleeping
- B: Neutral - ears in neutral position, brow soft, eyes soft, mouth closed with relaxed lips, body loose, tail carriage U-shaped, pupils normal dilation.
- C: Friendly greeting - tail up and winding, may elevate rear end slightly by standing on toes, ears neutral, forward, or slightly back, might have squinty eyes, brow relaxed, might cheek mark or rub on person or object.



# FAS Scale

## Stop

- Little to no interest in treats, toys, and/or attention
- Fight, freeze, or flight response
- Sedation + pharmaceutical/nutraceutical PVP

## Caution

- Moderate interest/disinterest in treats, toys, and/or attention
- Fidgeting, difficulty settling
- Pharmaceutical/nutraceutical PVP

## Go

- Readily accepts treats, toys, and/or attention
- Relaxed or mild signs of FAS
- Nutraceutical PVP



## High FAS

**Level 5** Severe signs of FAS with aggression such as growling, lunging, barking, hissing, snarling, and/or snapping. Intolerant of procedures.

**Level 4** Severe signs of FAS without aggression, such as immobility, fidgeting, escape behavior, dilated pupils, excessive panting (dog), increased respiratory rate, trembling, tense closed mouth, ears back, tailed tuck or thrashing (cat). May or may not be accepting any types of reinforcers. Not interested in interacting with team members and may be showing active avoidance (moving away).

## Moderate FAS

**Level 3** Displays more than 2 moderate signs of FAS occurring more than 4 times in a minute. May refuse reinforcements for brief moments. Might take treats roughly at times. May also be hesitant to interact with team members but not actively avoiding team members.

**Level 2** Displays 1 to 2 moderate signs of FAS, such as ears slightly back or to the side, tail down, furrowed brow, slow movements or overly attention seeking, and/or panting with a tighter mouth (dog), occurring 4 or less times a minute. Readily accepts reinforcement (treats, toys, and attention). Still soliciting social interactions with team members.

## Low FAS

**Level 1** Displays 1 or 2 mild signs of FAS, such as lip licking, avoids eye contact, turns head away without moving away, lifts paw, or partially dilated pupils, and/or panting but commissures of lips are relaxed, occurring less than 4 times a minute. Interested in reinforcers (treats, play, attention) and chooses to interact with the team members

**Level 0** No signs of FAS. Pet displays relaxed body language and solicits social interactions with team members.



# FAS Assessment

**Lobby:** Assess the pet's behavior upon entering the veterinary hospital.

0    1    2    3    4    5

**Weight/Scale:** Assess the pet's behavior while obtaining a weight.

0    1    2    3    4    5

**Exam Room:** Assess the pet's behavior when entering the exam room.

0    1    2    3    4    5

**Carrier:** Assess the pet's behavior when the carrier door is opened

0    1    2    3    4    5

**Examination:** Assess the pet's behavior while being examined.

0    1    2    3    4    5

**Procedures:** Assess the pet's behavior during procedures

(vaccination, venipuncture, nail trim, etc).

0    1    2    3    4    5

**Treatment Room:** Assess the pet's behavior in the treatment room.

0    1    2    3    4    5

**Boarding/Hospitalization:** Assess the pet's behavior in the kennel area.

0    1    2    3    4    5

