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Using Research on Self-Regulation to Understand and Tackle the Challenges that Owners Face
Helping their (Overweight) Dogs Lose Weight

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Abstract

The present research sought to (i) understand the challenges that dog owners encounter in helping their pet lose weight, and (ii) develop and test an intervention designed to help dog owners to deal with these challenges. A series of focus groups ($N = 79$ dog owners, veterinarians, and industry experts) informed the content of an intervention designed to prompt owners to form if-then

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