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Title: Can you spare 15 minutes? The measurable positive impact of a 15-minute petting session on shelter dog well-being

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Highlights

- Shelter dog response to 15 minutes of petting by an unfamiliar volunteer was assessed
- Positive behavioral and physiological effects on shelter dogs were detectable
- While generally positive, dog response to the session was variable
- Dogs naturally fit into three groupings based on time spent in contact with volunteer

Abstract

It is well established that human interaction has positive effects on shelter dogs. This work set out to answer the question: “Does one 15-minute petting session make a difference for shelter dogs?” Fifty-five dogs were subject to one 15-minute petting session with one of five unfamiliar

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