

# EFFECTS OF STRESS ON CAT BEHAVIOR AND HEALTH

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## INTRODUCTION

Stress is an essential adaptive response, but it can seriously affect physical and emotional health. Factors such as environmental changes, conflicting relationships and lack of natural behaviors can trigger behavioral and health problems. Identifying and managing these situations is key to improving their well-being and coexistence with their guardians.

## OBJECTIVE

The main objective is to analyze the impact of stress on the behavior and welfare of domestic cats.

## HEALTH CONSEQUENCES

### Chronic stress

Immunosuppression, gastrointestinal problems, idiopathic cystitis, hepatic lipidosis, respiratory and dermatological diseases.

### Acute stress

Dilated pupils, aggressiveness, vomiting, diarrhea or tremors.

## BEHAVIORAL CONSEQUENCES

**Behavioral inhibition:** Hiding, stop playing or grooming, reduce exploration.

**Disruptive behaviors:** Inappropriate urination, excessive vocalizations, compulsive behaviors.

**Dangerous behaviors:** Aggressiveness towards other cats or people, redirected aggression.

## TREATMENT AND PREVENTION

Is based on meeting environmental, social and physical needs.



**A safe space**  
where they can  
take refuge and  
feel protected.



**Positive  
interaction with  
guardians** that is  
regular and  
predictable.

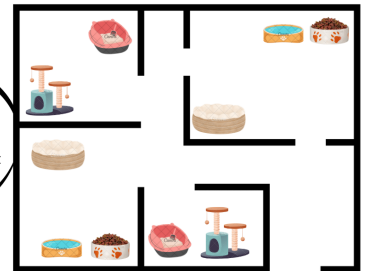


**Respect for the sense of smell,**  
avoiding strong odors and  
allowing scent marking.

**Environmental  
enrichment,** such as  
toys that mimic  
hunting and  
opportunities for  
exploration to  
simulate natural  
behavior.



**Multiple and separate  
resources** with feeders,  
drinkers, sandboxes and  
resting places in different  
locations to avoid  
competition.



Techniques such as gradual reintroduction in cases of conflict, synthetic pheromones to reduce anxiety, and complementary therapies can also be used.

## CONCLUSION

Preventing and managing stress in cats not only improves their well-being and behavior, but also strengthens the bond with their guardians. With an enriched environment, positive interactions and respect for their natural needs, behavioral and health problems can be reduced, ensuring harmonious coexistence and a better quality of life for all.

### Bibliography

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