

OBJECTIVES

Literature review on separation-related problems (SRPs) in dogs.

To identify and analyze the main risk factors involved in the development of SRPs.

To describe the clinical manifestations and diagnostic approaches for SRPs.

Evaluate current treatment strategies

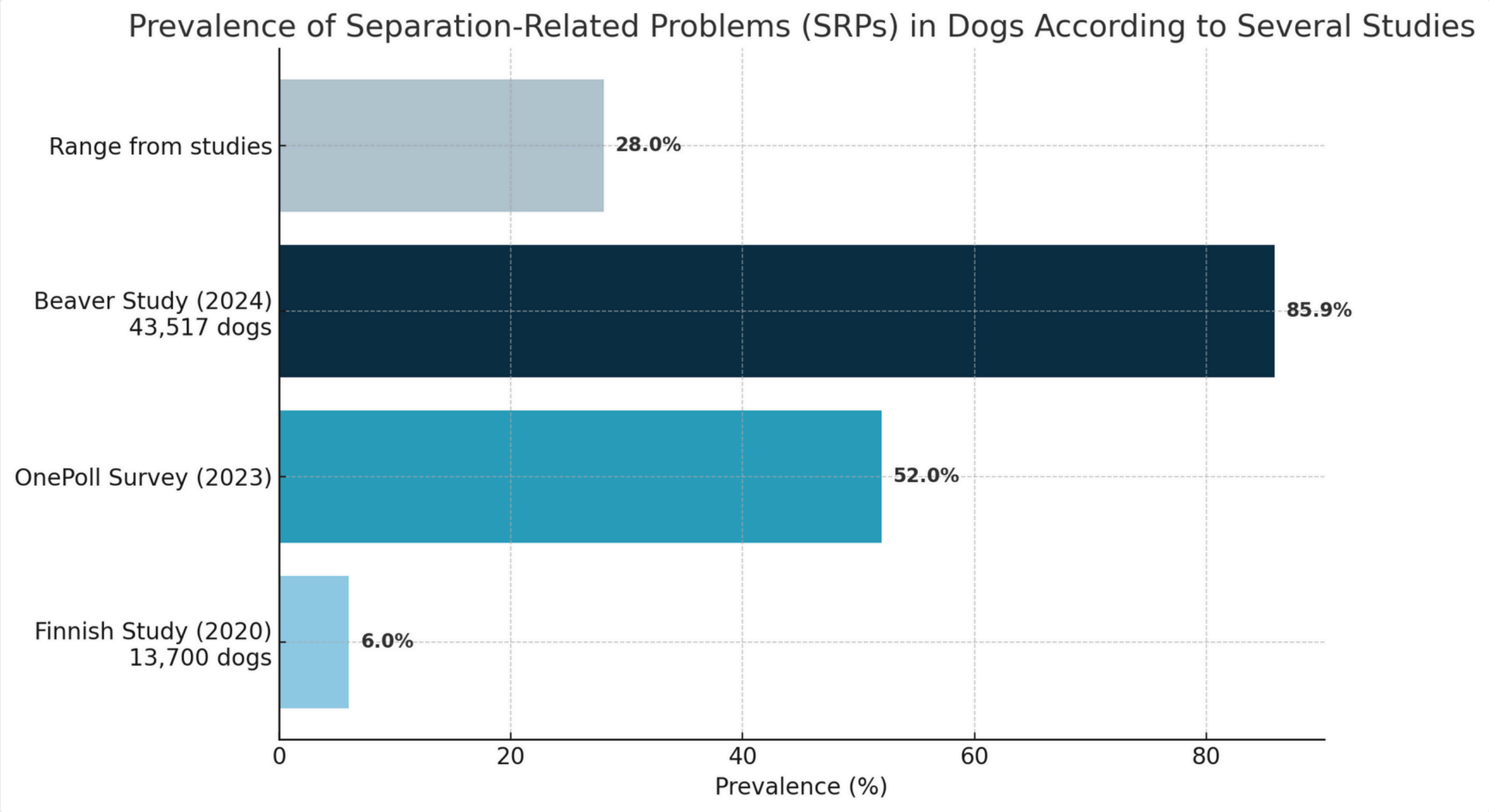
METHODOLOGY

Databases: PubMed, ScienceDirect, Google Scholar
Key words: *separation anxiety, dog behaviour, treatment anxiety, clomipramina, attachment*
Exclusion: Non-rigorous methodology, studies centered in other species and publications before 1990






CAUSES AND PREDISPOSING FACTORS

Category	Specific Factor or Cause
Owner–Dog Bonding	Insecure or ambivalent attachment
	Primary or secondary hyperattachment
Past Experiences	Trauma during isolation
	Shelter or rescue origin
Environmental Changes	Early separation from mother (<8 weeks)
	House moves, schedule changes, post-pandemic routines
Individual Traits of the Dog	Anxious, impulsive, or hyperactive temperament
	Genetic predisposition
Owner-Related Factors	Age at adoption
	Owner’s attachment style (anxious or avoidant)
Lack of Enrichment	Lack of emotional management knowledge
	Insufficient physical or mental stimulation
Training Deficits	No participation in obedience or socialization classes

PREVALENCE



CLINICAL SIGNS

 Eliminating Inappropriately Random urination ad detection	 Self-Injurious Behavior Excessive licking, self-rnutilation	 Physiological Hypersalivation, vomiting, diarrhea
 Destructive Doors, windows, orates	 Vocalization Barking, howling, whining	

These behaviors typically occur shortly after the owner leaves and are absent when the dog is not alone.

DIAGNOSIS

1. Clinical Evaluation Detailed behavioral history Signs linked to owner absence Rule out medical/behavioral causes	2. Video Recording Captures unnoticed behaviors Tracks treatment progress Helps differentiate from boredom, noise phobia, or illness
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Symptom / Behavior	SRP	Medical condition	Generalized anxiety	Boredom / Under-stimulation	Learned behavior
Inappropriate elimination	✓	✓	⚠	✗	✗
Excessive vocalization	✓	⚠	✓	✗	✓
Destructive behavior	✓	✗	⚠	✓	✓
Hyper-attachment / Attention-seeking	✓	✗	✓	✗	✓
Anxiety before owner's departure	✓	✗	⚠	✗	✗

✓ = Common/Frequent ⚠ = Possible ✗ = Rare / Not typical

MULTIMODAL TREATMENT

Behavioral Modification

- Gradual desensitization
- Counterconditioning
- Predictable routines
- Safe zone or comfort area

Environmental Enrichment & others

- Interactive toys, regular exercise routines
- Dog-appeasing pheromones (DAP), PEMP devices (e.g., Calmer Canine)

Pharmacological Support

- Clomipramine, Fluoxetine, Trazodone, etc.
- Combination of fast-acting and long-acting medications

CONCLUSIONS

Separation-related problems are **common behavioral disorders** in dogs, caused by a **combination** of fear, frustration, insecure attachment, and past trauma. Effective treatment requires a **multimodal approach**, combining behavior modification, medication when needed, and environmental enrichment. While drugs like fluoxetine and clomipramine are helpful, not all dogs respond. **More long-term research** and prevention strategies focusing on early socialization and owner awareness are needed. Highlight the importance of an accurate diagnosis.

