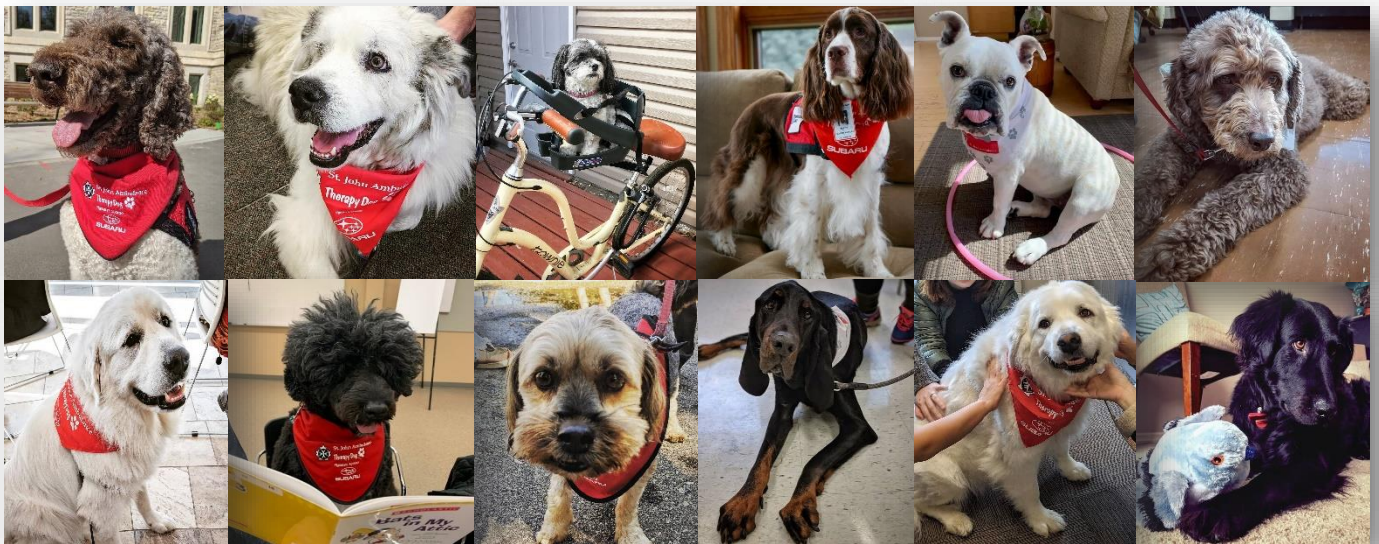


Connecting Amidst COVID-19: A Role for USask PAWS Your Stress Therapy Dogs

Evaluation Report 2020

Prepared by Linzi Williamson (Co-Investigator)



Team members

Dr. Colleen Dell (Project Lead), Dr. Linzi Williamson (Co-Investigator), Dr. Holly McKenzie (Co-Investigator), Maryellen Gibson, Ben Carey, Maria Cruz, Stephanie Peachy (St. John Ambulance program representative), and Jane Smith (St. John Ambulance program therapy dog handler)

Acknowledgements

Thank you to SHRF for their support and financial contributions to this project, the therapy dog handlers and dogs for their support, engagement, and provision of content, and participants for taking the time to provide important feedback. Also, thank you to the entire team for their courage to try something new.

Table of Contents

Introduction.....	3
Program Operations and Outputs	3
Program Evaluation Activities	4
First Questionnaire	5
Questionnaire 1 Results	5
Second Questionnaire	6
Questionnaire 2 Results	7
Social Media Analytics	8
Contextualizing the Evaluation Results	11
Conclusions and Recommendations	11
Inspiration and Next Steps based on our Findings	12
Appendix A: YouTube and Facebook Pandemic Messaging Videos	13
Appendix B: Program Activities and Outputs Infographic	18
Appendix C: Questionnaire 1 Questions and Responses	19
Appendix D: Questionnaire 1 Infographic	38
Appendix E: Questionnaire 2 Questions and Responses	39
Appendix F: Questionnaire 2 Infographic.....	44
Appendix G: Facebook Video Comments.....	45

Introduction

In the Spring of 2020, responses to the COVID-19 pandemic involving animals began trending online. Companion dogs, like Pluto the schnauzer (<https://www.facebook.com/PlutoLiving/>), shared tips on healthy social isolation. Simultaneously, the USask community was encouraged to follow social distancing protocol by working from home and avoiding all on-campus activity. In response, The USask PAWS Your Stress Therapy Dog program developed an online activity designed primarily for USask students to continue to connect and receive comfort and support from St. John Ambulance therapy dogs in the absence of on campus visits, as well as gain credible information on mental health self-care tips during a pandemic. This activity was modelled after the Carleton University therapy dog program (<https://carleton.ca/wellness/dogs/>).

The aim of this activity was to extend the goal of the USask PAWS Your Stress Therapy Dog program into a virtual space as a unique COVID-19 rapid response. Generally, the USask therapy dog program provides love, comfort, and support to students who visit in-person with St. John Ambulance therapy dogs. Additionally, it was recognized that due to the COVID-19 pandemic USask students may require mental health supports more than ever, particularly with the challenges of isolation. At the same time, students were experiencing the pandemic in an age when social media is a key source of knowledge exchange. Our team's proposed activity was designed to facilitate the sharing of evidence-based mental health information and to increase knowledge among the USask student population. This activity was also developed for the wider Saskatchewan population, as students were not the only ones affected by social distancing guidelines and potentially in need of pandemic-specific mental health information. The overall goal of the activity was two-fold:

- 1) virtually extend the sense of USask Therapy Dog community connection (love/comfort and support) by enabling students, and all Saskatchewanians, to visit with the therapy dogs online
- 2) share evidence-informed information about pandemic-specific mental health self-care tips for optimal health

Program Operations and Outputs

We offered Facebook live events and pre-recorded videos featuring the therapy dogs and handlers in their everyday activities (e.g., doing a trick) or engaging in a special activity (e.g., reading a story to the dog), each with a linkage to a pandemic mental health self-care tip. Being online, these visits were meant to extend beyond our regular on-campus, in-person student visiting population and be far reaching to residents across the province of Saskatchewan. Please see Appendix A for details regarding the videos.

The Facebook live therapy dog events were on average 15 minutes, mirroring the typical length of an in-person therapy dog visit. Students were invited from our existing PAWS Your Stress advertising platforms (e.g., Facebook, Instagram, USask social media pages, etc.). Efforts were also dedicated to advertising the visits to Saskatchewanians, including using paid Facebook advertisements, emails sent to Volunteer Services, emails sent to social networks, press releases, and news articles published by various groups (e.g., Saskatchewan Health Authority). The events were designed to open with the handler introducing the dog and their activity that day, and then

linking to an evidence-informed mental health self-care tip (e.g., <https://cmha.ca/news/covid-19-and-mental-health>). The project facilitator (Ben Carey) and co-applicant (Holly McKenzie) co-developed the tips highlighted in the program videos.

For each video, participants were encouraged to post questions and feedback in the Facebook comments section. The live events were recorded and saved on the PAWS Your Stress Therapy Dogs Facebook page, webpage (therapydogs.ca), YouTube, and Instagram accounts. Following the broadcast, project facilitator (Ben Carey) reviewed the comments and connected with the therapy dog handlers with any specific feedback for them. The recordings were cross-promoted on popular, related Facebook pages, including St. John Ambulance SK (7.2k followers) and Dell's Anna-Belle and Subie's Adventures (1.9K followers), with hashtags (e.g., #OnlineTherapyDogs), and via handlers' Instagram, Twitter and Facebook accounts. Facebook advertisements were also developed. All participants were encouraged to share the posts on their personal social media platforms.

The USask Therapy Dog program has 40 therapy dog and handler teams, of which 24 participated in this online activity. The Facebook live events were first offered on April 22 and ended July 31, 2020. Storybooks were first shared on April 15 and ended July 31, 2020.

Program outputs included the following¹:

- 10 story book reading videos (English or French)
- 29 Facebook live and pre-recorded videos containing pandemic-specific mental health self-care tips
- 1 podcast episode with Be Well at USask (aired May 22, 2020)
- 1 infographic co-designed and promoted with CCSA and MHCC titled *Coping with stress, anxiety, and substance use during COVID-19: How animals can help* (launched June 18, 2020)
- 1 infographic highlighting the results of our first online questionnaire
- 1 infographic highlighting the results of our second online questionnaire
- 1 infographic outlining the program activities and outputs (Appendix B)

Program Evaluation Activities

A combined process and outcome evaluation was undertaken to determine whether the activity contributed to the expected mobilization of knowledge. Quantitative and qualitative data were collected from the target population, USask students, as well as participating Saskatchewanians, using the following methods – two online surveys and social media analytics.

The two main outcomes we sought to measure were:

- (1) The experience of connection (love, comfort, support) for USask students and Saskatchewanians through online therapy dog visits
- (2) Increased awareness about and practice of evidence-informed, pandemic-specific mental health self care among USask students and Saskatchewanians

¹ There were 9 additional book readings and 23 videos created between April-July 2020 that did not present pandemic-specific mental health tips. As such, these were not included in subsequent analyses and considered when presenting conclusions and program recommendations.

The primary indicators and outputs for measuring both goal outcomes included:

- indicate if USask student or Saskatchewanian;
- number of event views on social media platforms (live and recorded);
- Experience of connection, love, comfort, and support for participants from the therapy dogs.
- Increased awareness/knowledge for participants of mental health self-care tips from the online therapy dog videos.
- Practice/application of learned mental health self-care tips by participants that they learned from the therapy dog team videos.
- Number, type, and quality of on-line engagement (comments, questions);
- Viewership of the library of videos on the dedicated therapy dog website (date, time, number of views).

First Questionnaire

Questionnaire 1 (Appendix C) assessed participant opinion and experiences with the PAWS Your Stress Online Therapy Dogs and was developed by the evaluation lead (Linzi Williamson) and uploaded to Survey Monkey, then reviewed by and piloted with the PAWS Your Stress operations team. The questionnaire was launched on June 8 and closed June 19, 2020.

Participants could access the questionnaire link via regular Facebook, Instagram posts/stories and through the therapydogs.ca home webpage. People were encouraged to share the questionnaire link with their social networks. Pilot testing determined that the questionnaire took a maximum of 5-10 minutes to complete. As compensation for completing the questionnaire, participants were invited to enter a draw for a custom pillow from The Pillow Shoppe in Toronto, Ontario with their own pet or favourite therapy dog printed on it.

Questionnaire 1 results. A total of 94 individuals completed the questionnaire. Survey respondents were primarily women (92.2%), pet owners (87.7%), aged 18-25 (22.6%) who had previously visited with the USask PAWS Your Stress Therapy Dogs on campus (55.8%). Facebook (89.4%) was the most common platform used by survey respondents to access therapy dog videos, followed by Instagram (36.2%). Live (62.8%) and saved (59.6%) videos on Facebook were most watched by survey respondents. Most people watched between 1 and 5 videos (56%). Most individuals reported that they watched the videos because they like dogs (72.3%) and learning about therapy dogs (50%).

When asked what they liked about the videos they had watched, survey respondents indicated they liked the dogs and handlers themselves, as well as the training tips, activities, positive content, cognitive/emotional benefits, and learning about the dogs. While most individuals thought the videos needed no improvement and were good as is, some suggested that the technology issues (e.g., sound and video quality) be addressed, while some desired different content (e.g., question & answer session, audience participation, less focus on handlers talking, more focus on the dogs, etc.).

Compared to visiting the therapy dogs in person, most participants were very (25.6%) or somewhat (56.4%) satisfied watching the dogs online. Physically touching and interacting with the dogs was the primary aspect missing when watching them online compared to visiting in-

person. However, there were many aspects gained by watching the therapy dogs online, such as learning more about the dogs and increased accessibility (i.e., can access anytime).

Findings from this questionnaire that support the two main outcomes we sought to measure include the following:

(1) The experience of connection (love, comfort, support) for USask students and Saskatchewanians through online therapy dog visits

- The majority of participants strongly or somewhat agreed that they felt comforted by (90.4%), loved by (62.5%), connected to (85.9%), supported by (82.8%) the therapy dogs.
- Compared to other sources of connection, love, comfort, and support in their lives, most participants experienced these feelings *a little bit more* (39.4%) or *about the same* (29.6%) from watching the therapy dogs online.
- In order to feel more connection, love, comfort, and/or support from the therapy dogs online, participants suggested providing more information about the dogs and having the dogs engage more/different activities.

(2) Increased awareness about and practice of evidence-informed, pandemic-specific mental health self care among USask students and Saskatchewanians

- Most participants (67.6%) reported learning about pandemic-specific mental health self-care tips from the handlers and therapy dogs online.
- The majority of participants strongly or somewhat agreed that they were more aware about (83.3%) and were using (85.4%) the pandemic-specific mental health self-care tips from the therapy dog online videos.
- Participants indicated that the mental health self-care tips were easy for them to apply because they felt inspired by the video content, thought they were good reminders. The tips were also simple, clearly explained, affordable, and/or attainable. While many individuals noted that they needed to figure out for themselves how to increase their motivation and the likelihood that they would apply the self-care tips, some suggested that the tips needed to be communicated differently (e.g., more enthusiasm, tailored to specific populations, etc.) and that even more/different tips should be offered.

An infographic (Appendix D) was developed to highlight the questionnaire results and was made available on www.therapydogs.ca.

Second Questionnaire

Questionnaire 2 (Appendix E) assessed participant needs and preferences regarding program implementation and was developed in a similar manner to Questionnaire 1, launched on July 10, and closed July 27, 2020. The focus for this questionnaire was to gain the opinions of the USask community to also help inform future programming. The questionnaire link was therefore made available to the USask community in multiple ways: several PAWS bulletin advertisements; USask email listservs (i.e., snowball sampling); posts on the USask Arts & Science Facebook page; posts and stories on the PAWS Your Stress Facebook, and Instagram pages (which were subsequently shared to personal pages); and, a permanent link on the therapydogs.ca website homepage. Pilot testing determined that the questionnaire took a maximum of 5 minutes to complete. As compensation for completing the questionnaire, participants were invited to enter a

draw for a custom pillow from The Pillow Shoppe in Toronto, Ontario with their own pet or favourite therapy dog printed on it.

Questionnaire 2 results. A total of 372 individuals completed the questionnaire. Participants were primarily women (82.4%), pet owners (71.7%), students (53.2%), aged 21-25 (25.6%) who were not currently accessing the USask PAWS Your Stress Therapy Dog Program online content (79.6%), but would access the program online at some point in the future (70.6%).

The primary reasons participants wanted to visit the therapy dogs online were:

- To reduce stress (48.4%)
- To learn about the therapy dogs' lives (37.4%)
- To learn about therapy dog training (34.9%)
- Because they missed the therapy dogs (28.8%)

Participants primarily preferred the following for the program:

- **Platforms to access online content:** Instagram (36.8%), therapydogs.ca (36.6%), Facebook (36.3%), and YouTube (29.0%)
- **Modes of online engagement:** saved videos (53.2%), posted photos (46.8%), Instagram or Facebook stories (39.0%), live videos (31.7%)
- **Video length:** 3-5 minutes (47.5%), 1-2 minutes (35.8%)
- **Online meetings (if offered):** 11-20 minutes (47.9%), less than 10 minutes (33.1%)
- **Content access times:** weekday evenings (38.4%), weekday afternoons (32.8%)
- **Therapy dog team activities:** therapy dogs playing (54.3%), learning about therapy dogs (e.g., personality, adoption story, etc.) (51.6%), tricks (43.5%), resting/hanging out (38.2%), learning about therapy dogs in general (38.2%), training (37.1%)

Findings from this questionnaire that support the two main outcomes we sought to measure include the following:

(2) *The experience of connection (love, comfort, support) for USask students and Saskatchewanians through online therapy dog visits*

- Participants primarily visited the therapy dogs online to reduce stress (48.4%), to learn about the therapy dogs' lives (37.4%), and because they missed the therapy dogs (28.8%).

(2) *Increased awareness about and practice of evidence-informed, pandemic-specific mental health self care among USask students and Saskatchewanians*

- There was no specific data collected in our second questionnaire pertaining to this outcome. However, 15.6% (58) respondents indicated that they wanted to visit the therapy dogs online “to learn how to stay healthy during the COVID-19 pandemic”.

An infographic (Appendix F) was developed to highlight the needs assessment results and was made available on www.therapydogs.ca.

Social Media Analytics

Social media analytics were conducted (e.g., average, count, minimum, maximum) using data collected through Facebook, Instagram, and Google Analytics on the pandemic-specific videos. We were interested in the level of engagement with each social media page as well as the content. Please note that Instagram provides limited data to analyze based on its structure and due to low engagement with Twitter and Flipgrid analyses were not conducted for these platforms.

Pandemic-specific mental health self-care tips presented in the Facebook live and storybook reading videos, developed by Holly McKenzie and Ben Carey through evidence-based resources², included:

- Keep celebrating
- Exercise
- Maintain a health diet
- Connect with others
- Have fun
- Use your imagination
- Taking time and caring for yourself
- Find creative ways to learn and be active
- Get outside and get fresh air
- Show those you love that you care
- Maintain good hygiene
- Making informed commitments
- Learn something new
- Take a break
- Keep a routine
- Pick up old hobbies you enjoy
- Create your own vacation
- Socialize safely

Findings from social media analytics of posted pandemic-specific videos that support our intended outputs include:

- **Total number of video library views on therapydogs.ca (as well as date and time):**
 - The total number of video views from therapydogs.ca is 116. The highest recorded days were 14 views April 20, 20 views April 29, 10 views May 27, and 14 views June 23.
- **Total number of live and pre-recorded video views on social media platforms:**
 - 39 videos with pandemic-specific mental health self-care tips, of which 28 were Facebook lives, 11 were pre-recorded, and 10 were storybook readings with the therapy dogs and handlers. Twenty-nine of the videos showcased the dogs and handlers engaged in various activities (e.g., training, grooming, relaxing, playing, safely socializing, exercising, eating healthy food, engaging in a hobby, etc.).

² World Health Organization. (2020, March 18). *Mental health and psychosocial considerations during the COVID-19 outbreak*. Retrieved from <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf> on April 15, 2020

Psychiatric Times (2020 March 30) The COVID-19 Pandemic and Emotional Wellbeing: Tips for Healthy Routines and Rhythms During Unpredictable Times. *Psychiatric Times*. Retrieved from <https://www.psychiatrictimes.com/coronavirus/covid-19-pandemic-and-emotional-wellbeing-tips-healthy-routines-and-rhythms-during-unpredictable> on April 16, 2020

Public Health Agency of Canada (March 31, 2020). *Taking care of your mental health (COVID-19)*. Retrieved from <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/taking-care-mental-health.html> 2020.

⁴CAMH (2020, April 6). Mental health and the COVID-19 Pandemic. Retrieved from <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping> on April 17, 2020 Mental Health Commission of Canada (2020) Mental Health First Aid COVID-19 Self-Care & Resilience Guide. Retrieved from https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf on April 18, 2020

- **Total number, type, and quality of on-line engagement:**

- Across all the pandemic-specific videos, there were 587 comments from viewers.
- Videos with the most comments were Anna-Belle Skateboarding and Anna-Belle, Kisbey, and E-Jay surfing. Videos with the least/no comments were Stephanie & Dude reading, Womble & Wendy reading, Womble & Wendy reading in French, Kendi & Debbie reading.
- Types of comments included: questions/comments regarding general and therapy-specific dog training; questions/comments about the dog, including connections with the dog and sharing special memories; compliments for the handler and expressions of gratitude for making the video; greetings for the therapy dog team; non-specific compliments and expressions of gratitude; and, comments about how the videos made viewers feel. Please see Appendix G for the full list of Facebook comments aggregated by video.
- Facebook Page Likes: Increased from 199 on April 13 to 705 on July 31, 2020; average of 7 new page likes per day
- Facebook Page Followers: Increased from 209 on April 13 to 789 on July 31, 2020
- Facebook Daily Engaged Users³: average of 76 people per day
- Facebook Daily Total Page Reach⁴: average of 1016 people per day
- Facebook Daily Total Impressions⁵: average of 1518 impressions per day
- Facebook Daily Reach of Page Posts⁶: average of 1012 people per day
- Facebook Daily Total Organic 30 sec Views⁷: average of 52 times per day
- Facebook Daily Total Video Views⁸: average of 411 more than 3 sec video views per day
- Facebook Daily Total Clicked Views⁹: average of 18 clicked views per day
- Facebook Daily Video Repeats¹⁰: average of 67 repeats per day
- Facebook Daily Total 30-Second Views¹¹: average of 77 views of at least 30 seconds per day
- Facebook Stories Unique Engagement July 23-July 27¹²: 77 total engagements
- Facebook boosted posts: 4 (Mia & Dan, S'More & Blizzard; Anna-Belle; S'More & Tina)
- Facebook posts time of day: average 1:00PM, earliest 9:00AM, latest 7:26PM
- Flipgrid: 21 videos in total, 6 pandemic-specific, 1183 views, 33.9 hours of viewing

³ The number of people who engaged with your Page. Engagement includes any click or story created.

⁴ The number of people who had any content from your Page or about your Page enter their screen. This includes posts, check-ins, ads, social information from people who interact with your Page and more.

⁵ The number of times any content from your Page or about your Page entered a person's screen. This includes posts, stories, check-ins, ads, social information from people who interact with your Page and more.

⁶ The number of people who had any of your Page's posts enter their screen. Posts include statuses, photos, links, videos and more.

⁷ Number of times the video has been viewed for at least 30s by organic reach.

⁸ Total number of times videos have been viewed for more than 3 seconds.

⁹ Number of times a video has been viewed after the user clicked play.

¹⁰ Number of times the video has been seen outside the first play.

¹¹ Total number of times page's videos was viewed for at least 30 seconds.

¹² Insights are only available for story items added within the last 28 days.

Table - Social Media-based Data for YouTube, Instagram, and Facebook

YOUTUBE			
Indicator	Average	Minimum	Maximum
Video views	35	3 (Dan & Mia Photoshoot)	203 (Kisbey & Colleen read)
INSTAGRAM			
Indicator	Average	Minimum	Maximum
Video views	130	72 (Almond is back)	308 (Anna-Belle does hokey pokey)
Video likes	44	Unknown *most videos only have views or likes, not both	116 (Almond's virtual visit)
FACEBOOK¹³			
Indicator	Average	Minimum	Maximum
Estimated reach	1410 people	292 (Womble & Wendy read)	3000 (non-boosted; Almond backyard) 8100 (boosted post; Anna-Belle skateboarding)
Minutes viewed	648 minutes	37 (Womble & Wendy read)	1354 (non-boosted; Anna-Belle hokey pokey) 3317 (boosted post; Anne-Belle skateboarding)
Peak live viewers	15 viewers	7 (Jane & Murphy)	32 (non-boosted first video with Tonya & Zaphod)
1-minute video views	89 views	3 (Womble & Wendy read)	214 (non-boosted; Anna-Belle hokey pokey) 516 (boosted post' S'More & Blizzard)
10-sec video views	385 views	36 (Womble & Wendy read)	520 (non-boosted: first video with Tonya & Zaphod) 2630 (boosted: Dan & Mia)
3-sec video views	862 views	96 (Womble & Wendy read)	1389 (non-boosted: first video with Tonya & Zaphod) 5866 (boosted: Anna-Belle skateboarding)
Unique 3-sec views	593 views	76 (Womble & Wendy read)	1100 (non-boosted: first video with Tonya & Zaphod) 4500 (boosted: Anna-Belle skateboarding)
Average watch time	0:29 seconds	0:06 seconds (Frank reading)	0:58 (non-boosted Winston & Lori talk)
Reactions (likes, loves, etc.)	49 reactions	8 (Frank reading)	126 (non-boosted Anna-Belle hokey pokey) 187 (boosted: Anna-Belle skateboarding)
Comments	23 comments	0 (Womble & Wendy read AND Stephanie & Dude read)	69 (non-boosted, Anna-Belle hokey pokey) 187 (boosted; Anna-Belle skateboarding)
Shares	3 shares	0 (Almond reads, Laddie is back, Shep & Darren, Wendy & Womble read, Laddie & Doreen)	11 (boosted, Anna-Belle skateboarding + non-boosted, first video with Tonya & Zaphod and Holly & Opal read)

¹³ Facebook provided the most comprehensive data regarding video uptake.

Contextualizing the Evaluation Results

To help us better understand the need for our online program, as well as possible external influences on program uptake, we documented various Canadian- and Saskatchewan-based events that took place, news articles posted, and program announcements released between the start and end of our Spring/Summer program. Here are some highlights:

- From April 20 to 24, 2020, stories were published about the launch of our program from Global News, Saskatoon Star Phoenix, CTV Saskatoon, Yahoo News, and USask News.
- Subsequently, Scott Moe, Premier of Saskatchewan, re-tweeted the CTV Saskatoon article about the program and the Carleton Therapy Dogs program shared the CBC News story on us.
- Between April-July, members of the research team invited friends via social media and email listservs to like the PAWS Your Stress social media pages. Facebook paid promotions, or “boosts” were also regularly utilized.
- In May, the Saskatchewan Health Research Foundation (SHRF) published an article highlighting our partnership with them, and the BeWell at USask podcast episode featuring team members was posted. The Saskatchewan Indigenous Mentorship Network also featured the program in their monthly newsletter.
- In June, the Saskatchewan Health Authority published a story about our program and shared it on their Facebook and Twitter pages. The USask College of Arts & Science and University of Regina Student Union also highlighted the program on their social media pages. Several other organizations shared the program and links via newsletters (e.g., Human-Animal Interaction, Prairie CRISM, etc.).
- Following the June release of the infographic “Coping with stress, anxiety, and substance use during COVID-19: How animals can help”, the Canadian Centre on Substance Use and Addiction and Mental Health Commission of Canada featured our program.
- Throughout the course of our Spring/Summer program, the Government of Saskatchewan and USask provided regular media releases on the latest COVID-19 updates, including the number of new cases and recoveries, as well as the most up-to-date guidelines for preventing spread of the virus (e.g., social distancing guidelines, handwashing, mask wearing, etc.)

Conclusions and Recommendations

It is clear from the questionnaire and social media analytic results that people enjoy and want to connect with the therapy dogs online while social distancing mandates are in place. While there is no substitute for touching and interacting with the dogs in-person, making the dogs available online increases overall accessibility. People like seeing the dogs, learning about them, and gaining cognitive/emotional benefits (e.g., stress reduction). Many people reported feelings of comfort, love, connection, and support from the therapy dogs.

Moving forward with the program, most people would like to learn more about the dogs’ lives and therapy dog training in general. Some people also suggested more audience participation as well as less focus on the Handlers talking and more focus on the dogs. They would also like the video and sound quality to be addressed. Instagram, Facebook, YouTube, and therapydogs.ca are the preferred platforms for accessing therapy dog videos and photos. Videos should be brief (between 1-5 minutes), and if online meetings are offered via Zoom, they should be a maximum

of 20-minute sessions. Facebook boosts should also be utilized as these greatly increased video views. There is also no need to include pandemic-specific mental health information in the videos as people were most interested in simply seeing and connecting with the therapy dogs.

Inspiration and Next Steps based on our Findings

The process and outcomes of undertaking this project has contributed to several significant related activities, including:

- repurposing this report for publication in a Special Issue of the Open Access journal *Animals*;
- advertising the content made for this project with Saskatoon hospitals through specially developed life size therapy dog signage and posters;
- transitioning from Facebook live events to ZOOM sessions with the USask community and ZOOM webinars with the Saskatchewan community more generally;
- transitioning to non-COVID specific Facebook live events and photo posts on Facebook and Instagram; and,
- informing a Health Canada Service Dog project and a Correctional Service Canada Animal Assisted Therapy project on working with dogs to connect with participants virtual.

Appendix A: Facebook, Instagram, & YouTube Videos

Date	Time Posted	Location(s)	Dog	Length	Type	Pandemic Mental Health Message
15-Apr		YouTube ¹⁴	Anna-Belle reads	5:41	Storybook	None
15-Apr		YouTube & Instagram	Lola reads	4:28	Storybook	None
16-Apr		YouTube	Frank reads	5:39	Storybook	None
19-Apr		YouTube & Instagram	Ruby reads	10:46	Storybook	None
22-Apr	1:00PM	Facebook, Instagram, & YouTube	Tonya and Zaphod First Virtual Visit	13:43	FB live	Taking some time for yourself and destressing
23-Apr	9:00AM	Facebook, Instagram, & YouTube	Annabelle does Hokey Pokey	13:55	FB live	Find creative ways to learn and be active
24-Apr	12:55PM	Facebook & YouTube	Holly & Opal read	6:23	Storybook	Get outside, get fresh air, meet bugs
27-Apr	3:05PM	Facebook, Instagram, & YouTube	Jane & Murphy Tour	31:31	FB vid	Showing those you love that you care
27-Apr	7:26PM	Facebook, Instagram, & YouTube	Jane & Murphy read	19:30	Storybook	Reading to connect us
28-Apr	1:00PM	Facebook, Instagram, & YouTube	Almond's virtual visit	12:48	FB vid	Getting outside safely
29-Apr	3:59PM	Facebook, Instagram, & YouTube	S'more and Blizzard taste test	15:06	FB vid	Keeping a healthy diet
30-Apr	1:07PM	Facebook, Instagram, & YouTube	Wendy & Womble live	13:56	FB vid	Taking care of yourself and hygiene

¹⁴ YouTube does not provide the time the video was posted.

01-May	1:29PM	Facebook, Instagram, & YouTube	Mia and Dan play hide and seek	15:30	FB vid	Finding creative ways to exercise
01-May	5:06PM	Facebook & YouTube	Kisbey and Colleen read	9:01	Storybook	Making smart commitments during COVID-specifically with regards to adopting pets
04-May	1:08PM	Facebook & YouTube	Laddie & Doreen live	22:24	FB vid	Learn something new
05-May	1:03PM	Facebook, Instagram, & YouTube	Winston & Lori talk	21:20	FB vid	Learn something new
06-May	2:00PM	Facebook, Instagram, & YouTube	Ernie's virtual visit	22:46	FB vid	Taking a break from everything and learning
07-May	1:29PM	Facebook, Instagram, & YouTube	Milo & Clara	11:57	FB vid	Learn something new
07-May	3:57PM	Facebook, Instagram, & YouTube	S'more & Blizzard commentary	9:55	FB vid	None
08-May		YouTube	Womble reads	8:35	Storybook	None
11-May	2:01PM	Facebook, Instagram, & YouTube	Chevy & Rob	14:44	FB vid	Get outside and keep to routine
12-May	1:00PM	Facebook, Instagram, & YouTube	Womble & Ophelia	13:24	FB vid	Getting outside and moving
02-May		YouTube	Almond reads	8:14	Storybook	None
13-May	1:00PM	Facebook, Instagram, & YouTube	Almond backyard visit	15:36	FB vid	Getting outside, moving and taking a break
14-May	11:29AM	Facebook, Instagram, & YouTube	Annabelle skateboarding	16:23	FB vid	Picking up old hobbies that you enjoy
15-May	2:11PM	Facebook, Instagram, & YouTube	S'more & Tina	10:07	FB vid	Self care and taking care of yourself

19-May	11:15AM	Facebook & YouTube	Stephanie and Dude read	7:44	Storybook	Learn new things
19-May	1:00PM	Facebook, Instagram, & YouTube	Tonya and Zaphod relaxing break	13:38	FB vid	Taking a break and getting outside
20-May	4:14PM	Facebook, Instagram, & YouTube	Winston at groomers	18:40	FB vid	Taking care of yourself and hygiene
21-May	1:15PM	Facebook, Instagram, & YouTube	Laddie does tricks	17:07	FB vid	Learn something new
22-May	3:31PM	Facebook	Womble & Wendy read	8:36	Storybook	Eating healthy during the pandemic
25-May	1:07PM	Facebook, Instagram, & YouTube	Shep and Darren	13:03	FB vid	Learn something new
26-May	11:30AM	Facebook, Instagram, & YouTube	Annabelle & team surfboard	16:09	FB vid	Taking breaks, creating your own vacation
27-May	1:00PM	Facebook, Instagram, & YouTube	Womble is back	14:31	FB vid	Getting active
29-May	6:34PM	Facebook	Almond reads	8:14	Storybook	Keeping promises
29-May		YouTube	Lucy reads	3:11	Storybook	None
02-Jun	1:00PM	Facebook, Instagram, & YouTube	Laddie is back	10:14	FB vid	Learn something new
05-Jun		YouTube	Shaye & Guinness	0:36	FB vid	None
05-Jun	1:01PM	Facebook, Instagram, & YouTube	Jane and Murphy	18:22	FB vid	Staying active
6-Jun		YouTube	Winston & Forton	2:21	Vid	None
7-Jun		YouTube	Dakota at the park	1:57	Vid	None
8-Jun		YouTube	Jager playing soccer	4:16	Vid	None
9-Jun		YouTube	Kisbey catching frisbee	1:50	Vid	None

09-Jun	1:00PM	Facebook, Instagram, & YouTube	Ophelia & Womble	10:20	FB vid	Keeping healthy routines
10-Jun		YouTube	Guinness fetches	0:52	Vid	None
10-Jun	1:07PM	Facebook, Instagram, & YouTube	Almond and friends	13:42	FB vid	Being social safely
11-Jun		YouTube	Arlo & Sadie	1:28	Vid	None
11-Jun	3:00PM	Facebook, Instagram, & YouTube	Winston dog training	27:00	FB vid	Learn something new
12-Jun		YouTube	Chalky says hi	4:25	Vid	None
13-Jun		YouTube	Ruby & Reina exercise	2:21	Vid	None
15-Jun	5:51PM	Facebook	Ophelia and Wendi read	6:32	Storybook	Eating healthy during the pandemic
17-Jun	5:19PM	Facebook, Instagram, & YouTube	Ruby exercises	1:03	FB vid	None
18-Jun		YouTube	Zola says hi	0:47	Vid	None
19-Jun	4:26PM	Facebook, Instagram, & YouTube	Womble French reading	5:58	Storybook	Eating healthy during the pandemic
19-Jun		YouTube	Almond outdoors	3:07	Vid	None
24-Jun	6:57PM	Facebook, Instagram, & YouTube	Dan & Mia photoshoot	15:07	FB vid	None
24-Jun	1:01PM	Facebook, Instagram, & YouTube	Jane & Murphy with friends	26:12	FB vid	Being social safely
26-Jun	3:16PM	YouTube & Instagram	Dude reading	6:20	Storybook	None
30-Jun		YouTube	TD Ellie	1:35	Vid	None
02-Jul	1:39PM	Facebook & Instagram	Waffle shows off fetch skills	16:02	FB vid	None

03-Jul	4:16PM	YouTube & Instagram	Kendi reads	3:20	Storybook	None
04-Jul	4:15PM	Facebook & Instagram	Ejay & Annabelle sprinkler	0:40	FB vid	None
05-Jul	9:15AM	Facebook	Ejay plays	0:33	FB vid	None
06-Jul	12:59PM	Facebook & Instagram	Winston & Lori at the beach	13:13	FB vid	Playing on the beach
07-Jul	4:46PM	Facebook, Instagram, & YouTube	Chalky & Anne	4:26	FB vid	None
09-Jul	4:46PM	Facebook, Instagram, & YouTube	Jager	4:17	FB vid	None
14-Jul	1:35PM	Facebook & Instagram	Frank reading	5:40	Storybook	Reading to connect us
15-Jul	12:33PM	Facebook & Instagram	Ellie fetching morning paper	1:35	FB vid	None
16-Jul	7:24PM	Facebook	Ejay and Reina play	9:18	FB vid	None
22-Jul	2:04PM	Facebook & Instagram	Almond is back	3:08	FB vid	None

Appendix B: Project Activities and Outputs Infographic

CONNECTING AMIDST COVID-19: A ROLE FOR USASK PAWS YOUR STRESS THERAPY DOGS

A SUMMARY OF ACTIVITIES & OUTPUTS FROM APRIL TO JULY 2020



WHAT WE SET OUT TO DO

- EXTENDED THE PROGRAM INTO A VIRTUAL SPACE
- OFFERED PEOPLE A CHANCE TO CONNECT WITH THE DOGS WHILE SOCIAL DISTANCING
- SHARED PANDEMIC-SPECIFIC EVIDENCE-BASED MENTAL HEALTH INFORMATION

WHAT WE OFFERED

- WEEKLY FACEBOOK LIVE EVENTS & RECORDED VIDEOS WITH THERAPY DOG & HANDLER TEAMS
- VIDEOS POSTED ON FACEBOOK, INSTAGRAM, YOUTUBE, FLIPGRID, AND THERAPYDOGS.CA
- TEAMS ENGAGED IN ACTIVITIES (E.G., TRICKS, READING A STORY TO THE DOG, ETC.) AND SHARED PANDEMIC-SPECIFIC MENTAL HEALTH TIPS





WHAT WE PRODUCED

- 39 PANDEMIC-SPECIFIC MENTAL HEALTH VIDEOS
- 28 FACEBOOK LIVE VIDEOS & 11 PRE-RECORDED
- 10 STORYBOOK READING VIDEOS (ENGLISH & FRENCH)
- 1 PODCAST EPISODE WITH BE WELL AT USASK (MAY 2020)
- 1 INFOGRAPHIC "COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19: HOW ANIMALS CAN HELP"

HOW WE EVALUATED OUR WORK

- ONLINE QUESTIONNAIRE IN JUNE - COMMUNITY FEEDBACK
- ONLINE QUESTIONNAIRE IN JULY - COMMUNITY FEEDBACK
- SOCIAL MEDIA ANALYTICS - CONTENT UPTAKE





WHAT WE WILL DO NEXT

- OFFER REAL-TIME ONLINE ZOOM SESSIONS FOR THE USASK COMMUNITY
- CREATE MORE PHOTOS AND VIDEOS TO SHARE ONLINE
- SHOWCASE THE THERAPY DOG TEAMS ENGAGED IN MORE ACTIVITIES



FOR MORE INFORMATION PLEASE VISIT WWW.THERAPYDOGS.CA



Appendix C: Questionnaire 1 Questions and Responses

N = 94 – value changes per question due to branching logic and non-responses

On which online platforms do you watch the Paws Your Stress Therapy Dog videos? (check all that apply) *N = 94*

Facebook	84(89.4%)
Instagram	34(36.2%)
Therapydogs.ca	17(18.1%)
YouTube	16(17.0%)
Flipgrid	9(9.6%)
Twitter	4(4.3%)

Which of our online therapy dog videos have you watched? (check all that apply) *N = 94*

Therapy dogs visit live on Facebook	59(62.8%)
Therapy dog visits saved videos on Facebook	56(59.6%)
Therapy dog visits saved videos on Instagram	17(18.1%)
Therapy dog visits saved videos on YouTube	16(17.0%)
Storybook readings on therapydogs.ca	14(14.9%)
Therapy dog visits saved videos on therapydogs.ca	11(11.7%)
Pre-recorded messages from the therapy dogs on Flipgrid	9(9.6%)
Pre-recorded messages from the therapy dogs on YouTube	6(6.4%)
Storybook readings on YouTube	8(8.5%)
Therapy dog visits saved videos on Twitter	1(1.1%)

Approximately, how many of our therapy dog videos have you watched? *N = 94*

1-5	53(56%)
6-10	13(14%)
All of them	6(6%)
11-15+	3(3%)

What did you like about our therapy dog videos that you have watched? *N = 76*

Preliminary themes – what do you like?	Relevant Quotes
Training tips	<p>I like the training tips and the walks in the forest/park</p> <p>I just found the page and have a special interest as we adopted a puppy in December with the hopes of training him to be a therapy dog.</p> <p>I like seeing the dogs do tricks and being given treats</p> <p>I like seeing what the dogs are good at! Tricks, training etc</p> <p>The training tips and health tips</p> <p>The intro that tells a bit about the dog and their handler. If they are doing training it is interesting.</p> <p>I liked learning about the dogs training and getting to know their personalities.</p>

	<p>I liked learning about the trading and just getting to meet some of the dogs. I have also recommended the site to people with young kids who might enjoy the story.</p>
Activities	<p>I like the training tips and the walks in the forest/park The dogs and them doing active things I liked the stories and seeing the dogs. I love observing the connection the dog or dogs have with their handler/owner. The stories told are interesting and the exercises for the therapy dogs. Watching the dogs play and interact with their humans. I miss seeing them on campus! I love how content the dogs look! They always go for walks and enjoy the fresh air. They seem to have a wonderful life! I like when the dog is in full/clear view and good quality videos - I like less when the handler is more the focus or playing games with the dog. It is relaxing just to watch a dog "chill" or if the video quality is good if a dog is doing an activity. But the dog must be in good focus. Natural surroundings The dogs and interactions with them. Anna-Belle skateboarding was beautiful. Relaxation outside before bed video. I like the videos with Zaphod where Tonya talks about their routine I liked learning about the trading and just getting to meet some of the dogs. I have also recommended the site to people with young kids who might enjoy the story. I like when people can ask questions and when they share stories about the dogs. The big fluffy dogs are my favourite. Love the fun things people do with their dogs as well. The opportunity to see everyday moments for the dogs with their family, and learn more about the different dogs personalities.</p>
Positive content	<p>• wholesome dog content • relaxing/cheerful videos in a dark/frightening time in our world It is a bit calming and positive watching the puppies I love how content the dogs look! They always go for walks and enjoy the fresh air. They seem to have a wonderful life! light hearted and fun The creativity that goes into making the videos so entertaining and lighthearted! Entertaining and informing The positivity and fun</p>
Cognitive/emotional benefits	<p>It is a bit calming and positive watching the puppies Relaxing they make me laugh and put a smile on my face! A good de-stress to take one's mind off the day's events I liked learning about random dog facts, and just seeing dogs is a nice way to break up the work day. I can't always watch for much more than ten minutes before I have to return my focus to work. It makes me really happy seeing all the dogs. With the whole COVID-19 pandemic, these videos have really helped to put a smile on my face.</p>

	<p>They're short, which make for nice breaks when working.</p> <p>They always put a smile on my face!</p> <p>It's basically just having a good time. That's what I really like about the videos (and the in-person sessions)</p> <p>It's nice to see what everyone has been up to during covid</p> <p>Calming relaxing</p> <p>They are very creative and positive. It helps with my stress and anxiety. I also like how some of them just does regular things with their dogs.</p> <p>Made me laugh and feel happy</p> <p>Just interested that's all</p> <p>Love the interaction</p> <p>They are fun to watch.</p> <p>They are very calming and relaxing to watch</p> <p>They are light hearted and keep your mind off everything going on. The dogs are cute obviously</p> <p>How happy I feel when I'm watching the dogs</p> <p>Makes me happy!</p> <p>They are engaging and just cute they bring a smile to your face</p> <p>I love the distraction they offer. They're fun.</p> <p>The videos warms me since I have come so far when I saw one of the dogs in the ER after I had a life threatening event</p>
The dogs (and handlers)	<p>The dogs and them doing active things</p> <p>Getting to see the dogs and learn more about them!</p> <p>I enjoy the personality of the handlers and dogs</p> <p>I liked the stories and seeing the dogs.</p> <p>I love observing the connection the dog or dogs have with their handler/owner. The stories told are interesting and the exercises for the therapy dogs.</p> <p>Obviously the dogs lol</p> <p>I like when the dog is in full/clear view and good quality videos - I like less when the handler is more the focus or playing games with the dog. It is relaxing just to watch a dog "chill" or if the video quality is good if a dog is doing an activity. But the dog must be in good focus.</p> <p>They are so cute to watch! I love seeing a ll the fur babies and miss therapy dogs at university.</p> <p>seeing the dogs in their home environments</p> <p>The handlers and the dogs Dogs age What they do</p> <p>Just fun to watch well behaved dogs.</p> <p>Real people & dogs</p> <p>Watching the dogs interact</p> <p>The dogs and handlers.</p> <p>They are so cute!</p> <p>I just love to see what the handlers do with their dogs. I enjoy the humor some gave incorporated into their videos.</p> <p>Just love watching how smart the dogs are</p> <p>Just the dog being there</p> <p>Seeing the dogs in their home environment</p> <p>They are very creative and positive. It helps with my stress and anxiety. I also like how some of them just does regular things with their dogs.</p> <p>I love watching the handlers interact with their dogs. I love watching the talents and behaviours the dogs demonstrate!</p>

	<p>The variety of the dogs and handlers. And recognizing the dogs and handlers I've met in person.</p> <p>Seeing the dogs in action just being dogs</p> <p>They are light hearted and keep your mind off everything going on. The dogs are cute obviously</p> <p>I like to see the Casual interaction between humans and canines. I know many of these dogs and love to see them outside of their therapy situations</p> <p>the enthusiasm of the handlers</p> <p>I liked learning about the trading and just getting to meet some of the dogs. I have also recommended the site to people with young kids who might enjoy the story.</p> <p>Like to watch the happy dogs</p> <p>The bond between owner and dog and the calmness of the dogs.</p> <p>Sometimes they act like normal dogs haha. It's new to them also. Handlers are always so calm I like that</p> <p>They are engaging and just cute they bring a smile to your face</p> <p>I like when people can ask questions and when they share stories about the dogs. The big fluffy dogs are my favourite.</p> <p>Love the fun things people do with their dogs as well.</p> <p>I like seeing dogs doing anything.</p> <p>Dogs! The live videos show the dogs in their home environments where they are free to be themselves, off leash, where they do unexpected things. Like dogs do.</p> <p>Seeing the dogs in their environment outside of visiting</p> <p>The dogs</p>
Learning about the dogs	<p>Getting to see the dogs and learn more about them!</p> <p>I like to see that even though they are extremely well trained sometimes they choose to be like my dogs and not listen right away. Makes them more "real".</p> <p>I liked learning about random dog facts, and just seeing dogs is a nice way to break up the work day. I can't always watch for much more than ten minutes before I have to return my focus to work.</p> <p>Meeting the companion animals, their daily lives of what they do & like.</p> <p>The intro that tells a bit about the dog and their handler. If they are doing training it is interesting.</p> <p>The handlers and the dogs Dogs age What they do</p> <p>I liked learning about the dogs training and getting to know their personalities.</p> <p>The opportunity to see everyday moments for tge dogs with their family, and learn more about the different dogs personalities.</p> <p>I like getting to know the dogs and seeing what they like to do.</p>
Other	<p>the quality wasn't the greatest on some of them. It may have been my own internet connection.</p> <p>They're short, which make for nice breaks when working.</p> <p>It's basically just having a good time. That's what I really like about the videos (and the in-person sessions)</p> <p>Loved all the videos, as each one was different.</p>

	<p>They are very creative and positive. It helps with my stress and anxiety. I also like how some of them just does regular things with their dogs.</p> <p>I love watching the handlers interact with their dogs. I love watching the talents and behaviours the dogs demonstrate!</p> <p>The variety of the dogs and handlers. And recognizing the dogs and handlers I've met in person.</p> <p>The creativity that goes into making the videos so entertaining and lighthearted!</p> <p>They are fun, I know the handlers, the dogs are unpredictable everything</p> <p>They're all different and don't seem repetitive</p>
--	---

What suggestions do you have to make our therapy dog videos better? *N* = 76

Preliminary themes – what could we do better?	Relevant Quotes
Address tech issues e.g., sound and video quality	<p>Improve the audio specially in outdoor activities for recorded videos</p> <p>The better the video quality is appreciated.</p> <p>fix technical issues</p> <p>If someone else is handling the camera it makes it easier to capture the action but it is understandable that may not be possible every time.</p> <p>When outdoors the wind can make it difficult to hear what is being said. Must be closer to phone or whomever is recording</p> <p>Other than that Videos are Good</p> <p>Some videos are blurry.</p> <p>I forget if you have captions or not</p> <p>Sometimes the audio when they are outside is not clear but I doubt you can do much about that.</p> <p>Audio is sometimes slightly difficult but not a deterrent.</p> <p>Keep them coming.</p> <p>Sometimes the audio in outdoor settings is not clear but I doubt you can do much about that.</p> <p>Have more of them, better quality video footage</p> <p>Captions</p> <p>Make them easier to share to others like my mom in a pch</p>
Nothing to change	<p>keep doing what you're doing :) it'd be interesting to see other therapy animals too, if you have any..!</p> <p>N/a</p> <p>Keep giving us information about the dogs and their hobbies and what they do in a day!</p> <p>None really</p> <p>none</p> <p>None</p> <p>Nothing.</p> <p>nothing. they are great!</p> <p>None</p> <p>No suggestions</p> <p>None</p> <p>?</p> <p>Keep doing what you are doing, they are all different and good.</p> <p>N/A</p>

	<p>N/A</p> <p>None</p> <p>None. They are terrific.</p> <p>It is already great!</p> <p>Keep doing what you are doing</p> <p>None really. All entertaining and fun to watch.</p> <p>None</p> <p>Keep doing what you're doing</p> <p>I like them the way they are.</p> <p>No suggestions</p> <p>like it fine the way they are</p> <p>Keep doing what your doing!</p> <p>Audio is sometimes slightly difficult but not a deterrent.</p> <p>Keep them coming.</p> <p>I think they are great!</p> <p>Nothing</p> <p>No suggestions</p> <p>They are all improving with time.</p> <p>All good</p> <p>You have already done an amazing job.</p> <p>None</p> <p>None. You are doing a fantastic job</p> <p>Nothing! They're great. I love them.</p> <p>n/a</p>
Unsure	<p>Dont know</p> <p>Not sure I have any.</p> <p>Not sure</p>
More of the same – more videos, more of the same content, more dogs	<p>More of them</p> <p>Keep giving us information about the dogs and their hobbies and what they do in a day!</p> <p>Only to make more :)</p> <p>Post more! :)</p> <p>more dogs!</p> <p>Longer videos and more of the video to be focused on the dogs, rather than the owners talking</p> <p>More often?</p> <p>More dog focus overall. The mental health tips are good but not what I watch the videos for.</p> <p>Have more of them, better quality video footage</p> <p>Less talking more dogging</p> <p>More dogs</p> <p>Double the dogs!</p> <p>More videos from Zaphod and Tanya</p>
Different content	<p>keep doing what you're doing :) it'd be interesting to see other therapy animals too, if you have any..!</p> <p>I generally don't enjoy the videos where the dogs are resting although I did love an evening one when kisbey was beside his pool.</p> <p>Longer videos and more of the video to be focused on the dogs, rather than the owners talking</p> <p>I want to see someone taling their dog for a walk</p> <p>How can I incorporate your video into my daily life to reduce stress.</p>

	<p>Ways to use own pets like therapy, activities and information on how to apply things to our own lives (i.e., carving out time from your day to be mindful with pet)</p> <p>If you can get around privacy issues, it would be nice to see some dogs at work.</p> <p>In the fall a lot of students will be going back to school, and with that comes academic stress. It might be useful to incorporate academic material into the sessions sort of like the books. For example, maybe an essay writing tips session, or a degree planning session</p> <p>More dog focus overall. The mental health tips are good but not what I watch the videos for.</p> <p>I think just keep it fun. The positivity is so great. The humour used is a great bonus as well as when they go to experts I didn't know existed. More ways for the audience to get involved would be great. Like mini classes we can do with the dogs (work outs or something?). I'm sure it takes a lot of creativity</p> <p>more books like a chapter book each week a new chapter?</p> <p>Less talking more dogging</p> <p>I find some too long to watch so I just stop.</p>
Q & A, address posed questions, audience participation	<p>Answer questions from people more often</p> <p>Have them be more interactive, such as running a live Q and A</p> <p>I like the interaction of the live ones. So more questions or comments to their viewers for us to reply or respond to.</p> <p>Maybe if the people watching could participate (like talking to the therapy dog), it would be nice.</p> <p>I think just keep it fun. The positivity is so great. The humour used is a great bonus as well as when they go to experts I didn't know existed. More ways for the audience to get involved would be great. Like mini classes we can do with the dogs (work outs or something?). I'm sure it takes a lot of creativity</p>

Can you tell us a bit about why you have watched our online therapy dog videos? (check all that apply) *N* = 94

I like dogs	68(72.3%)
I like learning about therapy dogs	47(50.0%)
It appeared on my social media newsfeed	34(36.2%)
I needed comfort	24(25.5%)
I felt lonely	20(21.3%)
I was interested in the pandemic mental health tips	17(18.1%)
I needed support	16(17.0%)
Other: I miss my dogs who are back home I miss my dog. I miss seeing them on campus.	18(19.1%)

<p>I needed a smile. Dog videos make me smile therapy dogs help many people It's a fun activity. Entertainment in this isolation time. Felt a connection to them. Entertainment! Mostly as a fun distraction in my day</p> <p>I am possibly interested in having our dog join the therapy dog program My daughter worked for Colleen and through that I have become interested in what is going on in dog therapy Peer Health I am a therapy dog handler and don't know if I should be doing this survey! Keeping in contact with other handlers and dogs</p> <p>I know some of the therapy dogs. I am Subie's breeder</p> <p>It popped up on my newsfeed</p>	
--	--

Have you visited the Paws Your Stress Therapy dogs in-person on the Usask Campus before? $N = 77$

Yes	43(55.8%)
No	34(44.2%)

Compared to visiting the therapy dogs in person, how satisfied were you with watching the dogs online? $N = 39$

Somewhat satisfied	22(56.4%)
Very satisfied	10(25.6%)
Somewhat dissatisfied	4(10.3%)
Neither satisfied nor dissatisfied	3(7.7%)
Very dissatisfied	0

What aspects of connecting with the therapy dogs is missing when you watch them online? $N = 39$

Preliminary themes – what's missing online compared to in-person?	Relevant Quotes
Physical touch & interaction with the dogs	<p>It is missing of course the experience of touching them. But when I saw them in close up camera they are really cute that I want to pet them</p> <p>(I understand why this is not possible during the pandemic, of course!) Petting/hugging the dogs, mainly also being in a room full of people who are (at least for a few moments) happy and less stressed</p>

	<p>Not being able to physically interact with them</p> <p>Getting to pet them.</p> <p>just being able to pet them.</p> <p>The physical touch</p> <p>In person it better. No contact online. That's one of the points of therapy dogs is to able to interact with them when maybe you are unable to interact with people.</p> <p>Being able to interact with the dogs.</p> <p>No personal contact with the dogs. While onone videos are appreciated, the main de-stress I receive is from actually interacting with the dogs</p> <p>Just being able to physically pet,but there's not much we can do about that right now!</p> <p>Not being able to physically touch the dogs and play with them.</p> <p>Just feeling their fur</p> <p>Actually getting a chance to pet them and to watch the students come in and interact with them.</p> <p>petting them and making a connection, of course!</p> <p>Touching the dog</p> <p>Miss petting them</p> <p>Being able to pet the dogs.</p> <p>Petting them</p> <p>Playing with the dogs, petting them, them kissing me (especially my ears!!!!), rubbing their bellies and that sort of thing is something I really miss. However, I liked the video with the 2 large white dogs being given treats. It's nice to see their reactions to different things.</p> <p>Resources & physical connection</p> <p>The act of petting the dog and being able to interact with the dog and handler face to face.</p> <p>I miss being able to pet them</p> <p>Touching the dogs and the personal interaction with the dog</p> <p>I miss petting them. The face to face imteraction</p> <p>Touching the dogs. That's always a nice feeling.</p> <p>Being able to pet them</p> <p>Fur and drools/kisses</p> <p>The physical touch element just can't be replaced</p> <p>The touch for sure and also the interaction with the dog as you see each other face-to-face</p> <p>Being able to connect or share a moment with the therapy dogs one on one.</p> <p>The physical connection (obviously), but they still make me smile</p> <p>Touch</p> <p>It's the comfort of holding or petting them that can't be reached.</p> <p>Touching them. Having them acknowledge the person petting them by looking at the person, wagging their tail, etc.</p> <p>Touch</p> <p>Touching them and interacting with them is always a bonus in person.</p>
Connecting with other people	<p>(I understand why this is not possible during the pandemic, of course!) Petting/hugging the dogs, mainly also being in a room full of people who are (at least for a few moments) happy and less stressed</p>

	<p>Actually getting a chance to pet them and to watch the students come in and interact with them.</p> <p>I miss petting them. The face to face interaction</p>
Q&A, resources	<p>I miss the ability to ask questions and get replies right away</p> <p>Resources & physical connection</p>
Nothing is missing	Nothing.
Less focus on dogs (more focus on handlers?)	There is less of a focus on the dogs

What aspects of connecting with the therapy dogs is gained when you watch them online? *N* = 39

Preliminary themes – what's gained online compared to in-person?	Relevant Quotes
Learning more about dogs – training, home life, daily routines	<p>Is interesting to know more about their training and home activities. Also how these dogs develop their daily routine during this pandemic</p> <p>Learning more about them!</p> <p>Getting more of their history/story</p> <p>seeing them at home is a new aspect, can be viewed at any time</p> <p>Get to see them moving - not just being still meeting people</p> <p>I get to see the dogs in their own houses and see daily activities that they do.</p> <p>Getting to know the handler and the dog better.</p> <p>Seeing their home life and the connection with their handler and other pets at home.</p> <p>Seeing them in so many different settings and doing their favourite things. Help get to know their personalities more.</p> <p>I enjoy watching the interaction between the therapy dog and the Handler. It is instructive and heart-warming farming. It's also fun when the dog takes the lead and shows its personality</p> <p>I can see them whenever I want to, I got to meet a lot more dogs than when I see them on-campus, I get a better sense of their personality</p> <p>Seeing the dogs in different situations</p> <p>You get to know them better by seeing where they live, how they act in their home environment, what quirky habits they have.</p> <p>Greater understanding of the dog and handler</p>
Increased accessibility, Can access anytime	<p>Easy to access for everyone- you can watch it from a safe place at your home and you don't need the energy/motivation/etc. to leave your house and be social. If you're too depressed or anxious to leave the house, or are having a panic attack, you can still have access to the therapy dogs just by going on your phone</p> <p>You are able to connect with them despite being physically far away, and can go back and watch the videos if you are busy right when they are posted or live</p> <p>Less people to be around so more 1 on 1 with dogs</p> <p>I don't miss it like I did when it was on campus because I would have classes and etc.</p>

	<p>You are able to connect with them despite being physically far away, and can go back and watch the videos if you are busy right when they are posted or live</p> <p>I can watch when the time is convenient for me</p> <p>The videos are always available.</p> <p>You can watch them whenever</p> <p>seeing them at home is a new aspect, can be viewed at any time</p> <p>Able to connect with animals/handlers at own time</p> <p>Being able to connect from the comfort of my home and being able to access it at any time.</p> <p>I can see them as my schedule allows rather than having to be a particular place at a particular time.</p> <p>I can see them whenever I want to, I got to meet a lot more dogs than when I see them on-campus, I get a better sense of their personality</p> <p>You can re watch whenever you want!</p>
Human-animal bond always present, connection still remains, benefits still present	<p>Human animal bonds are there whether on line or in person</p> <p>You are able to connect with them despite being physically far away, and can go back and watch the videos if you are busy right when they are posted or live</p> <p>still see their happiness</p> <p>Easier to at least have the experience of utilizing some aspects of therapy dogs.</p> <p>Seeing how happy they are and how they don't judge</p> <p>You still get to see them</p> <p>Still able to see them</p>
No comments	<p>None</p> <p>N/a</p>
Cognitive/emotional benefits	<p>Makes me focus more.</p> <p>It de-stresses me when I see a cute therapy dog video. They are great at doing their jobs.</p> <p>Hope for a new day or another minute</p> <p>In a way, you'll see that you are not alone and there are other people there too. That is comforting.</p> <p>The reading is relaxing</p> <p>It is a happy addition to my day when I am able to watch one of the videos. It gives me a smile and a chance to disconnect from whatever else is happening in the day.</p>

I felt comforted by the therapy dogs online *N* = 63

Somewhat agree	28(44.4%)
Strongly agree	29(46.0%)
Neither agree nor disagree	6(9.5%)
Somewhat disagree	0
Strongly disagree	0

I felt loved by the therapy dogs online *N* = 64

Somewhat agree	21(32.8%)
Strongly agree	19(29.7%)
Neither agree nor disagree	19(29.7%)
Somewhat disagree	5(7.8%)
Strongly disagree	0

I felt connected to the therapy dogs online *N* = 64

Somewhat agree	31(48.4%)
Strongly agree	24(37.5%)
Neither agree nor disagree	6(9.4%)
Somewhat disagree	3(4.7%)
Strongly disagree	0

I felt supported by the therapy dogs online *N* = 64

Somewhat agree	31(48.4%)
Strongly agree	22(34.4%)
Neither agree nor disagree	8(12.5%)
Somewhat disagree	2(3.1%)
Strongly disagree	1(1.6%)

Compared to other sources of connection, love, comfort, and support in your life, how much did you experience these feelings generally from watching the therapy dogs online? *N* = 71

A little more	28(39.4%)
About the same	21(29.6%)
A little less	11(15.5%)
A lot more	9(12.7%)
A lot less	2(2.8%)

Is there anything that the therapy dogs online can do better to help make you feel more connection, love, comfort, and/or support? *N* = 43

Preliminary themes – what can dogs do to help people feel more connection, love, comfort, and support?	Relevant Quotes
Learn more about the dogs, different activities, different content	<p>It would be nice to know their birthdays and favourite toys</p> <p>Learn tricks suggested by viewers</p> <p>More photos posted on facebook/social media of the dogs would be great</p> <p>more closeups</p> <p>Tell more about the dog life story when born, how did you meet.</p> <p>Watch them play</p> <p>More close-ups.</p> <p>Not really, it is nice to see them when they are not officially working. We get to learn more about their personality.</p>

	Maybe more on camera close ups of just the dog, no speaking necessary, bot sure.
Provide resources on therapy animals	Perhaps providing some resources / information about therapy animals (and other help animals like guide animals and emotional support animals; many people I think aren't aware of the differences), what they can provide for different people, and where someone could learn more about the process (training therapy dogs and/or getting a helping dog)!
Unsure	Dont know Unsure Maybe more on camera close ups of just the dog, no speaking necessary, bot sure.
Nothing to change, I don't watch for love, comfort, etc., limits based on technology (this makes me wonder, do people feel as if the love, comfort etc only comes from physical touch? Can it never compare to other sources? Does it not compare to having your own pet?)	Not that I can think of but I appreciate everyone's efforts to make the videos - including the doggies No it is awesome Nope! They are great! I really like to see the interaction between the handler and dog No Nope. Doing great. Love you guys. No nope Just keep being the good dogs they are. Not really No No I didn't watch the therapy dogs because I needed comfort, but I love dogs and respect the role they play in helping others Not that I can think of. Keep doing what you're w I think they did great, I really watched out of interest more than to get comfort. Nothing nope they're just there Not really, it is nice to see them when they are not officially working. We get to learn more about their personality. I think there are limits to technology in that sense, but so far it's been the best it can be! No No Loved it all No they are great N/a No. It is due to the distance/difference that digital versus personal connection entails. no n/a
Want the physical touch, personal interaction	It's great to see them, but it's not the same as petting and interacting with them. Give us virtual hugs! It ww could talk to the dogs, it would be really nice.

Did you learn pandemic-specific mental health self-care tips from the handlers and therapy dogs online? $N = 71$

Yes	48(67.6%)
Unsure	12(16.9%)
No	11(15.5%)

I am more aware about evidence-informed, pandemic-specific mental health self-care after watching the online videos. $N = 48$

Somewhat agree	28(58.3%)
Strongly agree	12(25.0%)
Neither agree nor disagree	8(16.7%)
Somewhat disagree	0
Strongly disagree	0

I am using the pandemic-specific mental health self-care tips I learned from the online videos. $N = 48$

Somewhat agree	23(47.9%)
Strongly agree	18(37.5%)
Neither agree nor disagree	7(14.6%)
Somewhat disagree	0
Strongly disagree	0

What made the pandemic-specific mental health self-care tips easy for you to apply? $N = 40$

Preliminary themes – what makes pandemic tips easy to apply?	Relevant Quotes
Inspired by what I saw in videos, good reminders	<p>Watching nice landscapes and houses in Saskatoon encourage me to walk more around the neighborhood and meet other areas</p> <p>They were reminders to take breaks and to take care of yourself</p> <p>They provided reinforcement for strategies my family and I were trying to implement.</p> <p>I have a 3-year-old daughter that motivates me to go outside as she loves the outdoors. This is great for my mental health and I feel better when I get some fresh air.</p> <p>When they talk about things to do with your own dog</p> <p>That the dogs were participating. I have dogs too. I get in my own head too much. I forget my own needs are similar to my dogs.</p> <p>Having my own dog, having nice weather and access to resources to be able to purchase things and access transportation.</p> <p>I've been walking more with my son and my dog</p> <p>They are simple and an easy reminder</p> <p>It reminded me to get out more.</p> <p>As a dog companion person it is very much in line with what I am doing.</p> <p>get out and get some sun Keep a regular schedule</p>

	Just the encouragement and a piece of normalcy helped.
They are simple, clearly explained, affordable, attainable	<p>They were not complex, rather they were put in simple plain words and ideas</p> <p>They were easy. Didn't require a lot of time or money and could be done at home!</p> <p>Walking, I live on an acreage.</p> <p>Explained well.</p> <p>They are attainable</p> <p>They were simple, easy and effective</p> <p>The casual clear presentation</p> <p>They were exhibited in a good a way that made it easy to learn and integrate. They made the connection between exercise and mental health but not in an overbearing manner.</p> <p>The way things were explained in the videos</p> <p>The tips were generally things that were "simple" to do, didn't require \$, or a lot of time.</p> <p>It was things I could do myself. I did not need to go somewhere specific or buy equipment to do this.</p> <p>The tips are simple, well illustrated by the dog behaviours, and are common sense</p> <p>It was simple and clear</p> <p>Made sense, cost nothing, just have to do them</p> <p>Watching them in person in the videos and from being explained and shown by them by what they do daily.</p> <p>They were things I can do anywhere at any time</p> <p>They are simple and an easy reminder</p> <p>Love watching easy to understand!</p> <p>Knowing it coming from a credited and respectful source and articulated in a way that is easy to understand and apply in my own ways.</p> <p>I remembered them. But seeing the dogs doing them. The handlers care so it is not the government sharing in a very broad and impersonal way.</p> <p>The dogs made it seem like fun</p> <p>They are directed at real people. And their pets</p> <p>They are simple things that anyone can apply to their daily routine without any resources, equipment, or training.</p>
Don't know	<p>Unsure</p> <p>I am not sure since I struggled so much</p> <p>Not sure</p>
Suggestions for tips	I already enjoy going outside! it would be nice to include more tips on activities that can be done inside when the weather is bad.

What would make it more likely for you to apply the pandemic-specific mental health self-care tips? *N* = 45

Preliminary themes – what would make it more likely for you to apply the tips?	Relevant Quotes
The way they are communicated	<p>Enthusiasm in the people who communicates</p> <p>Putting them in videos that feature other info too!</p> <p>Simple, short, step by step instructions. Emphasize anything is better than nothing.</p>

	<p>The easier the better, simple things, make it easier for me to apply these tips.</p> <p>Feeling support and love and following examples</p> <p>It was more specific for different populations so specific for me</p> <p>There is a small message in each virtual visit 😊</p> <p>Reinforcement of their importance. Perhaps, in subsequent videos, getting the same dogs to reinforce how those specific tips help them or how they are already practicing or applying the tips.</p> <p>more dogs</p>
Need to figure out for myself	<p>That is what I need to figure out :)</p> <p>Watching more videos to familiarize myself with them</p> <p>I'm not sure. The feel I already have many self care activities in my life. BUT the night time routine video with Kisbey by his pool reminded me of the important of quiet routine and how beautiful the water sounded.</p> <p>More hours in the day.</p> <p>If I received wellness funding to implement some tailored strategies for me</p> <p>I try to apply them the best I can</p> <p>If I felt more alone or isolated and felt more a need. I'm not feeling too bad as keep busy daily.</p> <p>Getting my depression under control</p> <p>I think I was doing what I could already, the therapy dogs we a break in my day that often made me smile. I admire the work this team continues to do.</p> <p>I find that I am really busy and tired from working during a pandemic and so even though I know it may make me feel better in the long run, I don't have the energy to do them now.</p>
Motivation – external and internal	<p>Motivation. If friends were there to go for a walk with me and support me</p> <p>More motivation from myself.</p> <p>I just need the motivation. It's easy to become complacent.</p> <p>If they ask us to post pics of us doing the self care tips with a certain hashtag or in the comments</p>
Unsure	<p>I'm not sure. The feel I already have many self care activities in my life. BUT the night time routine video with Kisbey by his pool reminded me of the important of quiet routine and how beautiful the water sounded.</p> <p>Not sure</p> <p>No sure</p> <p>?</p> <p>I am not sure, I did find that some of the videos made me smile. It was my little break for the day.</p> <p>Not sure</p> <p>Not sure what this question means ?</p>
More tips, more information on tips, different tips	<p>To have more tips</p> <p>Showing ways of using tools or tips every day or in most situations.</p> <p>Perhaps more specific examples, links to things, etc</p> <p>Inexpensive, easy, fun</p> <p>If there were some quicker things to try on the go</p>

	Relevant to my day to day and maybe even more examples Regular visits.
I already apply them	I already am When I'm feeling down or stressed, I love to go outside for walks. I was already doing those things (exercising, getting outside) but it's good to share the tips.
Nothing	Nothing X Nothing really Nothing Nothing Nothing

****demographics were all optional, which explains change in response numbers. Participants may also have dropped out of the survey before they got to this section**

Are you currently a registered student, faculty, staff, or alumni at Usask? $N = 65$

Registered Student	17(26.2%)
Alumni	11(16.9%)
Staff	10(15.4%)
Faculty	3(4.6%)
Other: Parent of registered student, who seldom missed visiting with the dogs on campus No I'm not Former staff member none of the above No, Im a U of R student Spouse of staff U of R student through U of S location Was a student UofR alumni and URSU Employee Just interested Follow Anna-Belle on Facebook Daycare provider in my home None of the above Friend of Jane Smith and Murphy SJA therapy dog handler No None of the above No No No None I never went to university	24(36.9%)

Current Age $N = 62$

18-25	14(22.6%)
46-50	10(16.1%)
56-60	7(11.3%)
61-65	7(11.3%)
26-30	6(9.7%)
66-70	5(8.1%)
36-40	4(6.5%)
31-35	3(4.8%)
51-55	3(4.8%)
41-45	2(3.2%)

Gender Identity $N = 64$

Woman	59(92.2%)
Man	3(4.7%)
Non-binary	1(1.6%)
Other: Dude	1(1.6%)

City, Province/State, Country $N = 62$

SK, Canada	2(3.2%)
Saskatoon	40(64.5%)
Canora	1(1.6%)
Rosthern	1(1.6%)
Foam Lake	1(1.6%)
Glaslyn	1(1.6%)
Grandora	1(1.6%)
Martensville	1(1.6%)
Regina	1(1.6%)
Rosthern	1(1.6%)
Spiritwood	1(1.6%)
Warman	2(3.2%)
Alberta, Canada	2(3.2%)
Calgary	1(1.6%)
Drumheller	1(1.6%)
BC, Canada	1(1.6%)
Nova Scotia, Canada	1(1.6%)
Ontario, Canada	1(1.6%)
Ottawa	1(1.6%)
Wadena?	1(1.6%)
Ituna?	1(1.6%)

Do you currently have pet(s)? $N = 65$

Yes	57(87.7%)
No	8(12.3%)

Are you currently a therapy dog handler featured in one of our online visits, or a close friend or relative? $N = 65$

Yes, I am a therapy dog handler featured in an online video	7(10.8%) **May need to delete these individuals' responses
Yes, I am a close friend or relative of a therapy dog handler featured in an online video	11(16.9%) **could also present as a caveat in reports
No, I am neither of these	47(72.3%)

Appendix D: Questionnaire 1 Results Infographic



Appendix E: Questionnaire 2 Questions and Responses

TOTAL RESPONSES: N = 372 (response number changes due to branching options, non-responses, and multiple response option for some questions)

Are you currently accessing the USask PAWS Your Stress therapy dog program content (e.g., videos, updates, etc.) on-line?

Response	Frequency(Valid%)
No	296(79.6%)
Yes	76(20.4%)

Approximately, how frequently are you accessing the USask PAWS Your Stress on-line therapy dog program? n = 74 (2 no response)

Response	Frequency(Valid%)
Once a week	22(29.7%)
Every 2-3 weeks	18(24.3%)
Once a month or less	18(24.3%)
A few times a week	12(16.2%)
Daily	4(5.4%)

Would you access the USask Paws Your Stress Therapy Dog Program on-line at some point in the future?
n = 289 (83 no response)

Response	Frequency(Valid%)
Yes	204(70.6%)
No	85(29.4%)

Through which platform would you prefer to access the PAWS Your Stress on-line therapy dog program?
(please check all that apply): n = 372

Response	Frequency(Valid%)
Instagram	137(36.8%)
Facebook	135(36.3%)
Website (therapydogs.ca)	136(36.6%)
YouTube	108(29.0%)
Zoom	52(14.0%)
TikTok	35(9.4%)
Twitter	24(6.5%)
Flipgrid	0
Other: no preference email Microsoft teams None PAWS website Snapchat stories	11(3.0%)

Twitch	
Webex	

How would you like to engage with the PAWS Your Stress therapy dogs and handlers? (please check all that apply): n = 372

Response	Frequency(Valid%)
Saved videos	198(53.2%)
Posted photos	174(46.8%)
Stories	145(39.0%)
Live videos	118(31.7%)
Online group meeting	66(17.7%)
Online drop-in	59(15.9%)
Online on-on-one meeting	35(9.4%)
Other: Eventually in person again Live feed Phone call Email No substitute for in-person YouTube	6(1.6%)

How long should videos be? n = 257

Response	Frequency(Valid%)
3-5 minutes	122(47.5%)
1-2 minutes	92(35.8%)
6-10 minutes	33(12.8%)
More than 10 minutes	10(3.9%)

How long should on-line meetings be? n = 257

Response	Frequency(Valid%)
11-20 minutes	123(47.9%)
Less than 10 minutes	85(33.1%)
21-30 minutes	42(16.3%)
More than 30 minutes	7(2.7%)

Why do you want to visit with the therapy dogs on-line? (please select all that apply): n = 372

Response	Frequency(Valid%)
To reduce my stress	180(48.4%)
To learn about their lives in general	139(37.4%)
To learn about their therapy dog training	130(34.9%)
I miss them	107(28.8%)
To learn how to stay healthy during the COVID-19 pandemic	58(15.6%)
I am lonely	45(12.1%)

Other (themes): I miss my dogs Curious Enjoy animals in general Enjoy therapy dogs Healthy distraction Enrolling own dog in TD program I like dogs/cute puppies Want to support animal programs I am out of town Want to share with my students Increase happiness They are good boys and girls/nice/adorable Increase my access to them Engage with Handlers Feel connected To smile, laugh, have enjoyable moment	28(7.5%)
---	----------

What activities would you like the PAWS Your Stress therapy dogs and handlers to engage in? (please select all that apply): n = 372

Response	Frequency(Valid%)
Therapy dogs playing	202(54.3%)
Learning about the TDs (e.g., personality, adoption stories, etc.)	192(51.6%)
Tricks	162(43.5%)
Resting/hanging out	142(38.2%)
Learning about TDs in general	142(38.2%)
Training	138(37.1%)
Sharing self-care tips for mental health and well-being	126(33.9%)
Learning about therapy dog training, specifically	113(30.4%)
Parade of the TDs in the USask campus bowl	113(30.4%)
Sharing tips for students on studying, writing, stress management, etc.	86(23.1%)
Walking around	85(22.8%)
Play games with the therapy dogs and handlers online (e.g., board games)	77(20.7%)
Audience Q & A	67(18.0%)
Other: Doing funny things Games, so fun Just seeing the dogs do their thing brings me joy Occasional videos oriented toward children and educating them about TDs	4(1.1%)

When would you like to access the PAWS Your Stress Therapy Dogs on-line content (e.g., saved videos, photos) and real-time sessions (e.g., Zoom meetings, Facebook live)? (please select all that apply): n = 372

Response	Frequency(Valid%)
Weekday evenings	143(38.4%)
Weekday afternoons	122(32.8%)
Weekend afternoons	97(26.1%)
Weekday mornings	83(22.3%)
Weekend evenings	74(19.9%)
Weekend mornings	55(14.8%)

Are you currently a registered student, faculty, staff, or alumni at USask? (please select one): n = 321

Response	Frequency(Valid%)
Full-time student	160(49.8%)
Part-time student	11(3.4%)
Staff	83(25.9%)
Faculty	46(14.3%)
Alumni	12(3.7%)
Other: Unemployed due to COVID Family medicine resident Friend of staff SD research participant Retired faculty SHA = 2 High school student Tax payer Teacher	9(2.8%)

Age n = 305

Response	Frequency(Valid%)
21-25	78(25.6%)
31-40	60(19.7%)
26-30	47(15.4%)
51-60	37(12.1%)
16-20	36(11.8%)
41-50	29(9.5%)
Above 60	18(5.9%)

Gender identity n = 319

Response	Frequency(Valid%)
Woman	263(82.4%)

Man	49(15.4%)
Non-binary	3(0.9%)
Transgender woman	1(0.3%)

Do you currently have a pet(s)? n = 318

Response	Frequency(Valid%)
Yes	228(71.7%)
No	90(28.3%)

Appendix F: Questionnaire 2 Results Infographic

USASK PAWS YOUR STRESS THERAPY DOG

NEEDS ASSESSMENT RESULTS



OUR QUESTIONNAIRE

- Online questionnaire launched July 2020
- Asked needs and preferences of the USask community regarding our program
- Respondents could enter a draw for a custom pillow from The Pillow Shoppe with a picture of their own pet or favourite therapy dog printed on it.

QUESTIONNAIRE RESPONDENTS

- 372 individuals completed the questionnaire
- Primarily women (82.4%), pet owners (71.7%), students (53.2%), who wanted to access the program online at some point in the future (70.6%)
- Visited the therapy dogs online to reduce stress, learn about the therapy dogs' lives, learn about therapy dog training, and because they missed the therapy dogs

RESPONDENT PREFERENCES

Questionnaire respondents preferred the following:

- Content posted on Instagram, Facebook, YouTube, and therapydogs.ca
- Engagement through saved videos, posted photos, live videos, and Instagram & Facebook stories
- Saved and live videos to be max. 5 minutes long
- Zoom sessions to be max. 20 minutes long
- Connect with therapy dogs weekday afternoons and evenings
- Watch therapy dogs playing, hanging out/resting, and doing tricks
- Learn about the therapy dogs' lives (e.g., personality, adoption story, etc.)
- Learn more about therapy dogs



NEXT STEPS

- Create more photos and videos of the therapy dogs
- Expand online content to include more activities
- Pilot test online Zoom drop-in sessions



LEARN MORE AT [THERAPYDOGS.CA](https://therapydogs.ca) OR FIND PAWS YOUR STRESS ON FACEBOOK, INSTAGRAM, OR TWITTER

Appendix G: Social Media Video Comments

Tonya and Zaphod First Virtual Visit (22-Apr) – 1:00PM

- How do you train a therapy dog?
- How was the training to become a therapy dog and handler?
- What a gentle guy! ❤️
- How do you know if a dog is for therapy or not?
- Watching and hearing you in itself is calming. Thank you!
- Love, love, love ❤️ ❤️ ❤️
- Does Zaphod like to run or play in the yard?
- Hi Tonya and Zaphod!! ❤️ 🐕
- Hi Tonya and Zaphod!!
- Awweee cute
- I love dogs
- Looking good!
- How old is Zaphod?
- Hi Zaphod!
- Wonderful. Your voice was so relaxing and Zaphod inspired relaxation too through his utter enjoyment and calm from
- Your voice is so relaxing, it makes me miss our City Park yoga!
- How did Zaphod get his name?
- His eyes are so soulful and bright even on camera 🥰
- Hi Stanley! You are so cute too
- What does zaphod eat
- Tanya, that was lovely! I agree that hearing you was so calming as was safe odds attitude. Love that Stanley got in on the video! Many of our dogs have non therapy home dog friends and I hope to see many of them on these programs. Thank you.
- Stanley looks calm too, is he going to be a Therapy Dog?
- How did you know he would be a good therapy dog?

Annabelle does Hokey Pokey (23-Apr) – 9:00AM

- Can see she IS Loved 👍👍🥰🥰
- That is Awesome Anna-Belle ❤️ ❤️ 👍👍🥰
- Anna Belle is great at doing the Hokey Pokey
- She's so adorable!
- Love love!!! Way to go Annabelle!!
- Thats face 🥰
- Annabelle is THE poo! Colleen Dellis purty cool too. ❤️

- What a good start to the morning 😊
- Love Anna-Bell
- What an excellent hokey pokey Anna-belle!
- That gave me a good start this morning. Keep up the good work you two ❤️😎
- Oh Annabelle your such a smart little bull dog!! Have you taught your humans any tricks with all the time they are spending at home with you?!
- Thank you! You both put a smile on my face this morning!!
- What got you interested in the therapy dog program?
- Good job Anna-Belle!
- Anna-Belle...we share a birthday! No wonder I like you so much.
- Colleen, that was lovely. Are you going to join the dance?
- Good morning and thankyou !
- Wonderful
- well Done you two from your biggest fans
- Hi Dr Dell and Anna-Bell
- Are you going for walks every day?
- Good job
- Was Annabelle easier ti train than your husband, Colleen?
- Lucky you. Most women have difficulty in training their husbands!
- Good job Anna-belle!!
- What a good program
- Love this - the energy you both have is great 😊
- Do you use a specific treat/food for training? Or is it something she would normally get?
- Good morning. 😊
- Hi Colleen

Comments on shared videos

- Fantastic!! I lerned something to today Annabelle and my boston share the same birthday!
- I know there's zero chance my old dog will do this...but I wonder if I can get my horses to hokey pokey 🤔
- Colleen awww! That faith means a lot. I'm going to try! Step one: desensitize to an extra large hula hoop 🙄
- Great job Anna-Belle 😊
- Vanessa K Smith something to do on a wintry day...maybe the minis would do this??

Holly & Opal read (24-Apr) – 12:55PM

- Hi to both of you.

Comments on shared videos

- Thank you for sharing! Isn't she pretending to be a 'gentle giant' in this video? I didn't even take her for a run beforehand 😊

Jane & Murphy Tour (27-Apr) -- 3:05PM

- I love that you keep him company at night sometimes!
- I just love it that you switch bedrooms to sleep with Murphy!
- Hi Jane and Murphy
- Hi murphy
- so cute!
- Does he bark at people he likes?
- What is his favorite treat?
- Does Murphy know any tricks?
- My kids want to know how old Murphy is? They did know but now they forget hah
- Hi colleen
- We love cheese too 🧀
- Murphy does look very relaxed!!
- Murphy and Jane. ❤️❤️❤️🐾🐾
- Hi Jane and Murphy!
- Hi Jane and Murphy.
- Does Murphy ever bark or make noise??
- Hi Murphy and Jane!!!!
- Hi Murphy and Jane! Christine

Jane & Murphy read (27-Apr) -- 7:26PM

- Thanks for this reading Murphy and Jane. I've sent this vid to my grandson and daughter whom I haven't been able to see because of physical distancing. I'm sure he'll love it.
- Way to go Murphy and Jane.
- Enjoyed your tour with Murphy!

Almond's virtual visit (28-Apr) -- 1:00PM

- Lovely day to be outside. Thankyou to yourself and Almond for this
- I wish I could pet her soft looking ears!
- Sweet little "Peaches" or Almond ❤️
- Thanks Jeanette and Almond for the visit and the ride.. Miss Almond has a beautiful little face.
- She is Great and Now ready to go lol 😊

- She is loving it. 👍👍❤️
- Almond is a real Cutey ❤️❤️😘😘
- Hi Almond! Hi Jeanette! YGS misses you both!
- Hi Happy to listen in 👍👍😘😘
- Hello!! ❤️
- Hi Almond!
- Awesome job Almond
- Nice to see you and Almond!
- Great job almo!
- I think she is essential service.
- Well done girls
- That's funny my daughter says. we saw a dog that travelled on a motorcycle who had goggles.
- Such a beautiful day for bike riding!
- Hi Almond. What a beautiful day for a bike ride
- Almond is so cute
- Hi Jeanette and Almond!! 🙌
- Does almond let you know when she's ready to stop or will she ride all day?
- Well done Jeanette and Almond ❤️❤️
- What a good dog. So calm and well behaved.

Comments on shared videos:

- This was wonderful Janette! thank you for sharing! I would love Abbie to be a therapy dog and go visit folks but she is too crazy and rambunctious..very friendly but over the top:) Hopefully you can get back to your visiting soon!!

S'more and Blizzard taste test (29-Apr) -- 3:59PM

- Awe 🥰 the best giant marshmallow and guest star
- These are the bestest dogs!
- S'mores objects not getting any s'mores
- Is there something Smore doesn't eat 😊?
- That's what Doctor will do
- Have you fed s'mores any s'mores before?
- Ah they lied down
- Love the taste test! Good job S'more and Blizzard. Tina, you are a good provider. Any more cookies?
- they are veggie lovers
- Do you walk them two together?
- Were these dogs on obedience classes? They are so good!!
- Murphy can hear the dogs. He is whining to say hi
- If Blizzard gets FOMO does that apply to when s'more goes for therapy visits?
- I miss seeing S'more on campus soooo much!!!
- I'm so excited to see the taste challenge with the hungry clouds

- Hi Tina, S'more and Blizzard!!
- Hi Tina and S'more
- Is there anything S'more will not eat?
- Are their names reflective of their favorite food? Hahaha

Comments on shared videos

- We had a golden retriever, only thing he wouldn't eat was lemon. He would just make a funny face at it!

Wendy & Womble live (30-Apr) -- 1:07PM

- Wonderful demonstration Wendi! Best upstaging by Ophelia. Womble looks great.
- I love how Womble is loving his brushing. His brush reminds me of a wool carder.
- Hi Womble and Ophelia! ❤️😘😘
- Can womble show mine that brushing is not the end of the world haha
- Both very Nice Digs 👍👍❤️❤️❤️❤️🐕🐕🐕🐕
- Hi guys - proud auntie here!
- Omg so cute!
- Internet not working for me 😞
- Missing you 😘
- Do Wombles ears taste good Opelia?
- Who's a good boy?
- Ophelia would make a great therapy dog 😊
- 😊👍
- ❤️😘
- Does Womble get recognized more places now since his big Hollywood debut with the USask Therapy Dog video?
- Hi Wendi and Womble
- What a good boy!

Mia and Dan play hide and seek (01-May)

- Does Mia ever bark?
- She was a pleasure to watch on the video. Good job!

Kisbey and Colleen read (01-May) -- 5:06PM

- Colleen and Kisbey thank you for the best story I've heard in years. It's almost bedtime. Bless both of you. Your biggest fan

Laddie & Doreen live (04-May) -- 1:08PM

- He is so good on his stool now!!! How awesome
- Laddie, you are awesome
- Aw! Adorable.
- We loved Laddie's story about learning to climb onto the stool - are you teaching him lots of new tricks?
- Thank you for sharing your talent and your home with us 🐾❤️🐾
- Great rhythm Laddie!
- Hi Doreen & Laddie! Good job!! ❤️🐾
- she looks so happy
- So cute
- Nice pup 🍌🍌🍌🐶
- Did you do all your own training with Laddie, Doreen, or did you take him somewhere specific for obedience?
- ❤️❤️ Hi Doreen and Laddie - so nice to see you both!!
- Wonderful Doreen
- Hi Laddie and Doreen
- I want more treats please 😊
- Does Laddie shed a lot?
- Hi Laddie!!!!
- Good job Laddie and Doreen!!

Winston & Lori talk (05-May) -- 1:03PM

- Is Winnie friendly around other dogs.?
- What a lovely demo. Such a character. Thanks for the vicarious petting Lori. Hi Winston!
- Great job Lori and Winston. ❤️❤️
- Winston goes into business for himself. ❤️
- Well done Lori and Winston.
- Does he like water and swimming since he is a Portuguese Water Dog?
- Where's his favorite place to go when he is working?::)
- Aww!!! Thanks for the visit 🤗🤗🤗
- Ears perked right up with Yes 🍌🍌🍌
- Nice dog 🍌🍌🍌❤️❤️
- So cutee
- Winnie!

- Hi Winston!! You look slightly less Floofy today than the photo that was posted 🤔
- Hi Winston. Looking great
- What's the funniest thing Winnie has done?
- Make sure you follow Winston on Instagram - what is the username?
- Does he mind when you leave the house without him?
- Me too Winnie, me too

Comments on shared videos:

- Cute dog

Ernie's virtual visit (06-May) -- 2:00PM







- Awww hi Ernie!
- Fantastic job your dedication to Ernie's life and career is absolutely amazing well done 🐾❤️🐾
- Well done you both paws my stress this afternoon 😊👉👉
- So happy I can watch these back since I missed the live today!
- Does Ernie like the vacuum?
- Love his stretches
- Thanks for telling the story 😊
- Sorry if you mentioned this already - did you adopt Ernie in Saskatoon? He looks so much like my dog that I adopted here!
- Ernie knows Chinese
- Yay everyone! She found them
- Was that wall like that when you moved in or did you paint it?
- My dog Mojo has the same toy, hahaha!
- You're a good boxer teri.
- So cute!
- I do!
- Love the knock out
- Ernie looks like he enjoys life
- Such a big sneeze!
- Wow
- Hi Ernie and Teri
- Love Ernie!
- Hi Teri and Ernie

Milo & Clara (07-May) -- 1:29PM





- Milo is so good!
- That's Hi Mila and Clara
- Milo and Clara
- Thanks Clara and Milo!

- He seems so calm!
- What's his favourite activity to do for exercises? Swim, run?
- Milo's life sounds pretty good!
- How long does it take for you to teach him something new?
- Milo is a good dog!
- He is such a smart boy!
- What's his favourite treat as a reward?
- Awe, I love his thinking ears
- Hi Milo!!!! Miss you at work!

Chevy & Rob (11-May) -- 2:01PM

- We fostered a dog that looks a lot like Chevy 
- Missed how old Chevy was ??
- Enjoying these videos But spoils it when can't hear a lot of it. 
- Can't hear a lot of what is said
- Hum keep losing the sound ??
- Maggie wants a treat too.
- Dose he enjoy a bath
- Benjamin James Gagnon!!!
- Sadly could not hear how old Chevy was 
- I believe Chevy will be 10 in July!
- Was really wondering as I have been thinking of getting our Dog Diesel involved in the program and he is almost 6  Thanks. We fostered a pup that is being trained as a Service Dog that looked a lot like Chevy 
- Does Chevy have more than one handler?
- Chevy is so cute! He looks so young and full of energy 
- Smart Chevy trying to get extra treats
- I love how instantly excited he gets for fetch
- Hi Rob and Chevy
- The wind might be making us lose Audio at times but

Womble & Ophelia (12-May) -- 1:00PM

- Sorry I missed the live session. But enjoyed the walk with all of you!
- Yay hello Wendy and Womble 
- I've had 3 ticks on me but none of Diesel yet 
- Are you in the US? If so what state are you in?
- I like the was Ophelia greets the cat.
- Which dog park do you guys think is best in Saskatoon?
- Yes most of the parks are Great 
- Missed the start so watching over 
- He's so cute!!

- They are so sweet. A fun walk! Any ticks yet? Thanks.
- Hi Wendy. Do the dogs ever notice birds or bird sounds?
- How are you making out with yours Colleen 🤔🤔??
- Do they like to swim?
- They look wonderful. Look like they have their summer cuts!!
- We were out along the river yesterday and Diesel chewed on the grass lots 🤔🤔🤔
- The colors in the woods are so incredibly subtle and beautiful. Both dogs show up well.. It's probably hard to get good pictures of the two of them with their extreme color range.
- Gambit, Rogue and Cardi say hi and wish they could be on the walk
- So great to get outside!! Enjoy!!
- Hi Wendi and Womble

Almond backyard visit (13-May) -- 1:00PM

- Ah Almond! You are such a sweetheart.
- Awesome 🍌 has
- Hi Almond!
- Such a Cutie 🥰🥰🥰🥰
- She loves it 👍👍🥰🥰🥰
- Thanks for Sharing ❤️❤️❤️
- Hi!!
- Oh so sweet...
- Does Almond like to spend lots of time outside?
- Womble says hi Almond!
- Looks so much like my Maggy..
- Hi Almond and Jeanette
- Hey pal!

Annabelle skateboarding (14-May) -- 11:29AM

- Good job Anna-Belle! 🐾🐾🐾
- Good job Anna- Belle!!
- Good job Annabelle
- #replay
- Both of them are so adorable! Good skateboarders
- That was so much fun! So lovely to see Anna-Belle back on the.
- ...back on the board! E-Jay did really well too! Thanks for doing this, it definitely did paws my stress. 💜

- Hello Anna-Belle from Ottawa! You are adorable.
- How big is anna-belle's wardrobe??
- Hi Anna-Belle and Colleen
- Hi Anna-Belle and Colleen !
- Hi Colleen and Anna-Belle!
- Did you make all the costumes Colleen ???
- Hi Anna-Belle and Colleen 😊❤️❤️
- Hello my dynamic duo 😊
- How many lessons has E -Jay had ???
- She doesn't mind her outfits?
- Hi Colleen and anabelle
- atta girl ditch the headdress! way too femmy
- Hi Anna-Belle and Colleen
- Hey E-Jay Good Morning ❤️❤️👍👍
- She did this at Calder for kids I ll never forget that and I'm sure none of them forget either
- I love watching her skateboard. That's amazing. And her outfits! The Best! 👍❤️😄
- That's adorable!
- Stress is sure pawsed while watching this. Too fun. Love it.
- Bravo Colleen! And Anna Belle of course....
- That was awesome!
- E-Jay you're going to be a pro in no time 😊
- And she lol love you Annabelle
- True super heroes
- She's so clever ❤️
- Just like a pro 😊
- That makes me happy
- I have never seen a boxer skateboard, it is usually bulldogs.
- Okay can Colleen teach me to skateboard since she is so good at instructing everyone else 😄
- She is Jealous 😏😏😏
- Hi E-Jay!! 😊
- Hi E-Jay
- Hi E-Jay!!!!
- Thank you Anna-Belle, my daycare kids loved your skate boarding abilities. ! ❤️❤️❤️❤️
- You and her getting exercise 😊😊😊😊👍👍
- She is Loving it 👍👍👍😊😊😊😊
- awesome, nice push action!
- Good Job Annabelle!
- awesome job!!
- She is such a Cutie ❤️❤️😊
- Way to go Anna-Belle 😊
- Yah Anna-Belle
- Incredible

- Yes Bunny Hugs 🥰🥰🥰🥰🥰
- For lesson 10 she did awesome
- For Lesseom
- She's so good at jumping on while it's moving 😂
- That is fantastic !
- Awesome 🥰
- Thanks for this ❤️
- I had no idea she was a therapy dog for so long!!

Comments on shared videos:

- Colleen, Anna-Belle, and E-Jay all did great! Plus excellent camera work! Very fun to watch and definitely put a big smile on my face!
- My daycare kids loved the costumes and the awesome skate boarding.
- 🥰🥰 this video made my day! After a terrible week this made me smile!
- The sweetest dog on earth! ❤️
- Good Job, love the video.
- I needed this paws your stress after my attempt at my exam this morning I 💣 bombed 💣 So you guys lifted my spirits. Thank you
- Anna-Belle, you are totally rad!
- great job knew you could do it
- That is so awesome! 🥰
- Good job Anna-Belle

S'more & Tina (15-May) -- 2:11PM

- Thank you for the tips and the laughs & smiles! Have a great day!
- Totally delightful!! 😊
- Snore wins for the funniest video 😂
- This is hilarious! I love it so much.
- This is amazing 😂😂
- S'more has a hump back
- Hilarious! 😂
- How long does it take to make yourself beautiful?
- To funny
- how long does it take in the bathroom to do all that?
- oh he's a player i see
- who's the hot date?
- S'more has the smoky eye down!
- Priceless

- Are they filling your house with flook now that it's getting warm?
- 🤔🤔🤔🤔🤔
- I can't breathe. I am not even listening - this is too funny
- Maybe he doesn't want to get ready for a date today..
- Does S'more want to go out all the time since the weather is nice
- So creative!
- So funny!
- Hi S'more

Stephanie and Dude read (19-May) -- 11:15AM

No comments

Tonya and Zaphod relaxing break (19-May) -- 1:00PM

- Tonya you have a paws your stress buddy! So beautiful.
- What a gentle soul! He hardly even tries to eat the bugs, just watches them.
- Hi Zaphod!!! Our dog Opal also loves to watch the bugs and birds.
- We enjoyed watching Zaphod. A very calming visit.
- Zaphod is listening to the birds! Such a good life!
- Sooo relaxing!! What a lovely boy. 💜💜💜
- Hi Tonya and Zaphod!

Comments on shared videos

- This is almost as relaxing as a restorative class with Tonya. Thanks for sharing!

Winston at groomers (20-May) -- 4:14PM

- Pwds are very proud of their flag tails
- He's going to look so handsome with his fresh haircut! 🤩
- Omg. He's so cute. So soft and fluffy!! Thanks. 🙌❤️🙌
- Hi Winnie!!!! Calder staff miss you so so much! We can't wait to see you again
- Hard to believe the patience standing there for grooming 🙌🙌🙌🤔🤔
- Looking so good buddy! Gambit and rogue are a mess haha
- Winston look like he enjoys whatever he is doing.
- And Churchill groomers does such a good job
- Hi Winnie and Lori! ❤️
- You look BEAUTIFUL Winnie!
- Hi Winnie from Womble!

- Where are his eyes? 😊
- Hi Winston
- where are you

Laddie does tricks (21-May) -- 1:15PM

- Laddie's so cute sitting on his little stool 😊
- What a cutie
- Has Laddie ever jump over the stool? Or any other jumps?
- Laddie is amazing! He definitely needs a circus themed stool
- More treats PLEASE 😊😊😊😊
- Thanks for Sharing 😊👍😊🐕🐕
- Doreen and Laddie have such great messages ❤️ awesome to see you both!
- Laddie is so attentive to you Doreen. So sweet to see.

Womble & Wendy read (22-May) -- 3:31PM

No comments

Shep and Darren (25-May) -- 1:07PM

- What kind of dog is Shep?:)
- What kind of treats do u use
- Hi Shepherd and Darren
- Shep opps 😊😊😊😊
- I love seeing how excited Shep is! I'm used to seeing him sleeping 😊
- Shep, are you excited for summer to start?!
- Hi Shep. Do you like having the buttons to talk to your humans and us?
- Do you like being a therapy dog, Shep?
- Does Shep enjoy meeting other therapy dogs when he goes to work?
- What is Shep's favourite part of visiting people?
- Hi Shep and Darren

Annabelle & team surfboard (26-May) -- 11:30AM

- Anna-Belle is waiting! Surfs you're!! - I mean Surfs Up!
- Yay E-Jay!!! Good job, looking good!
- Hehehe - they're all in holiday mode. I'm loving this
- My dogs are watching too... responding to your voice Colleen

- This is sooo sweet!
- Soooo awesome!!
- Good morning!
- Yippee Kisbey 🥰
- I think Annabelle wants to wear a hat too lol
- We cheering you both on 🙌
- Thankyou
- I like how Anna-Belle just walks under Ejay
- Such a great stay-cation Colleen. Well done!
- Anna-Belle with E-Jay on the surfboard looks like something straight out of a Disney movie
- Looks like you could get Anna-Belle and E-Jay to do tricks weaving with each other on the board! Haha
- You went all out with the Hawaii theme! I love it.
- EJay is getting so much better at wearing hats!
- Haha, so are mine Kim!! They're like where is this nice lady?!
- Great trip to the Islands!
- Aloha from Womble
- Womble wants to know if there will be a luau after?

Comments on shared videos:

- I always want to see a dog surf. 🙌
- Cookie time
- Omg ❤️❤️❤️
- Oh that brings back memories. We had a blue vw bus just like that from 1974- until 1994. Brought both kids home from the hospital in that thing. After they were born. Camped all over Canada and had many adventures in it !! Finally sold it to a young kid who took it to bc !! After our Heater just wouldn't work anymore !! Our kids wish we still had it !!

Womble is back (27-May) -- 1:00PM

- Wonderful
- What are Wombles favourite treats?
- This is so fun to watch!
- That works
- Jump for joy!
- Gambit, rogue and cardi say hi!
- Oops!
- So much seeing you all for real
- What a fun time You're all having. Miss
- How long have you all been doing agility training??
- Womble is being a very good role model for Ophelia 😊
- Womble is quite the jumper!
- Wooo! Good job Womble

- Ophelia is being so patient! 😊
- 🤔
- Looks great now! I'm so glad the weather stayed decent for you.

Almond reads (29-May) -- 6:34PM

- The best thing ever is the book reading I'm such a fan 🙌😊🙌
- 🙌 I hope.

Laddie is back (02-Jun) -- 1:00PM

- Ha ha Nope I'm Not wearing that hat lol 😊
- I get it Laddie, I don't like hats either
- Good fetch, Laddie!

Shaye & Guinness (05-Jun)

Could not find the video

Jane and Murphy (05-Jun) -- 1:01PM

- Keeli says hello. I like Murphy
- Miss you Murphy. Jane too!

Ed & Womble (09-Jun) -- 1:00PM

- Does Ophelia like to sleep on her back? She is very cute!
- starting early with this routine helps.
- Sorry we missed you live Womble and Ophelia
- It is a process of desensitization done gradually without fear.
- Super well done
- When;s ed open up his Saloon?
- Did you start doing this routine with them when they were really young? I am amazed with how well they handle it!
- Thanks for your answer!
- Good boy Good Girl
- Amazingly cooperative!

Almond and friends (10-Jun) -- 1:07PM

- Awesome, it's nice to see what's happening at your house!
- You are doing an awesome job social distancing. Will we get to see other friends
- Awesome way to go Almond & J
- Rocky is such a cute fur ball
- Glad to see the doggos are socially distancing! Cuteness overload!
- What breeder did he come from? You should have said you were getting a portie!
- They're all so adorable! 🥰
- Hello, this is a great day for a walk
- Gwen, you and Tika look serious!
- Awesome 🥰🥰 Enjoyed watching this virtual visit.
- Has Almond taught Rocky any bad or good habits?
- What a puppy party
- Omg what kind of puppy
- Poor almond
- Well done!!
- How exciting
- Hahaha
- Awesome that Almond has Grandma and Tika for added excitement. Did they have to gradually adjust or was it love at first sight?
- What has been the most rewarding part of being in the therapy program?
- Little peanut and J looking awesome!
- Rocky is definitely also a star 🥰
- Almond is such a patient big sister, have they had any trouble getting used to each other?
- How long have you had him
- Rocky is adorable too!!

Winston dog training (11-Jun) -- 3:00PM

- Edie and I took our dogs to learn some agility work today. It is nice to see you work.
- Winnie just always looks like he's having the best time.
- He really seems to enjoy his training! He's such a happy dog 😊
- As Winston's teacher Elaine, what do you think is Winnie's best trick/event?
- That is interesting, I have not seen that training that way before.
- What are you giving him as a treat? Does he have a favourite?
- Hi Lori and Winston!

- Hello Winston and Lori !
- Which works better .. food or clicker"??
- Can you tell me what the point of touching the spot on the wall is?
- Where do you train ?
- Oh my I know Elaine !?She used to have a Black German Shepherd when we trained Maggie and Duellley at the SKOC 😊
- Winston looks like he is having so much fun.
- Good job Winston!!
- Great job. Fun to watch

Ophelia and Wendi read (15-Jun) -- 5:51PM

- Ophelia is pretty much an official therapy dog!
- Oh no i missed story time 😞

Ruby exercises (17-Jun)

- Ruby is amazing, the loss of her leg does not seem to slow her down. Ruby is amazing, the loss of her leg does not seem to slow her down.
- What an Awesome Dog 🙌🙌😊😊😊😊😊😊😊😊
- Great Job Ruby!
- Nice training!
- Wow
- Good girl Ruby 🙌
- love you Ruby!
- Good job Ruby!

Womble French reading (19-Jun)

No comment

Dan & Mia stroll (23-Jun)

- The camera looks upside down
- What a cute pic
- Good now
- So cuteee
- Good now

- Yes I hear you
- Hi Mia!
- Hi Mia

Jane & Murphy with friends (24-Jun) -- 1:01PM

- Well done Murphy and Cooper.
- They do Love the treats 🍌🍌🍌🍌🍌
- Can we get the recipe for the Pumpkin Biscottis ?? 🍌🍌
- Is Cooper a therapy dog too?
- Yes Thank You
- Hello Murphy and Jane
- Hello Murphy!
- Both these dogs are beautiful
- Womble says hi Murphy!
- Yes. Ben will put it up in the next days

TD Ellie (30-Jun)

Could not find the video

Waffle shows off fetch skills (02-Jul)

- She is absolutely beautiful..Love her colouring..
- What a sweetie
- I have successfully trained cars with a clicker... including how to sit on command! Great work Waffle! She's beautiful
- That should be trained CATS!
- The somersault was awesome!

Kendi & Debbie (03-Jul)

No comments

Ejay & Annabelle sprinkler (04-Jul)

- Crank it up lol . Gotta see this

- Waiting to see how the sprinkler story unfolds!
- This is adorable
- Love the anticipation 🥰

Ejay plays (05-Jul)

- Lol Are you turning it off and on? Or is that how it works?
- Adorable!!

Comments when shared videos

- Wait....boxers can't swim?! 🤔🤔
- Bahaha I luv his bounce!
- My Boxer never swam either. He enjoyed the sprinkler and wading though.. 😊
- summer in true Boxer fashion...lol

Winston & Lori at the beach (06-Jul) -- 12:59PM

- How I wish Our Boxer's loved to get at least one foot wet !! 🙄
- Winston is eyeing up the seadoo to ride. 😄
- You can do it Winnie! You're a water dog!
- Hi Winston and Daisy and Lori!
- Hello
- Hi Winston and Daisy
- Do they ever jump off the dock into the water?
- Ophelia wants that squeaky toy!
- Good job Daisy!

Chalky & Anne (07-Jul)

- we miss you Chalky & Anne!

Jager (09-Jul)

No comments

Frank reading (14-Jul) -- 1:35PM

- Umm. Who wouldn't want to be Franks friend??

Ellie fetching morning paper (15-Jul)

- Awesome Ellie 👍😄😄

Ejay and Reina play (16-Jul)

- Now that was an Energy Burn 🤔🤔👍👍👍👍❤️❤️
- Look how fast you guys are 🐾 Signed ready to play Gracie

Almond is back (22-Jul)

- Hi Almond
- Hi Almond and Jeanette