

# FAS (Fear, Anxiety and Stress) Scale

## HIGH FAS

### LEVEL 5

Significant signs of FAS with aggression such as growling, lunging, barking, hissing, snarling, and/or snapping. Intolerant of procedures.

### LEVEL 4

Significant signs of FAS without aggression, such as immobility, fidgeting, escape behavior, dilated pupils, excessive panting (dog), increased respiratory rate, trembling, tense closed mouth, ears back, tail tucked or thrashing (cat). May or may not be accepting any types of reinforcers. Not interested in interacting with team members and may be showing active avoidance (moving away).

## MODERATE FAS

### LEVEL 3

Displays more than 2 moderate signs of FAS occurring more than 4 times in a minute. May refuse reinforcements for brief moments. Might take treats roughly at times. May also be hesitant to interact with team members but not actively avoiding team members.

### LEVEL 2

Displays 1 to 2 moderate signs of FAS, such as ears slightly back or to the side, tail down, furrowed brow, slow movements or overly attention seeking, and/or panting with a tighter mouth (dog), occurring 4 or less times a minute. Readily accepts reinforcement (treats, toys, and attention). Still soliciting social interactions with team members.

## LOW FAS

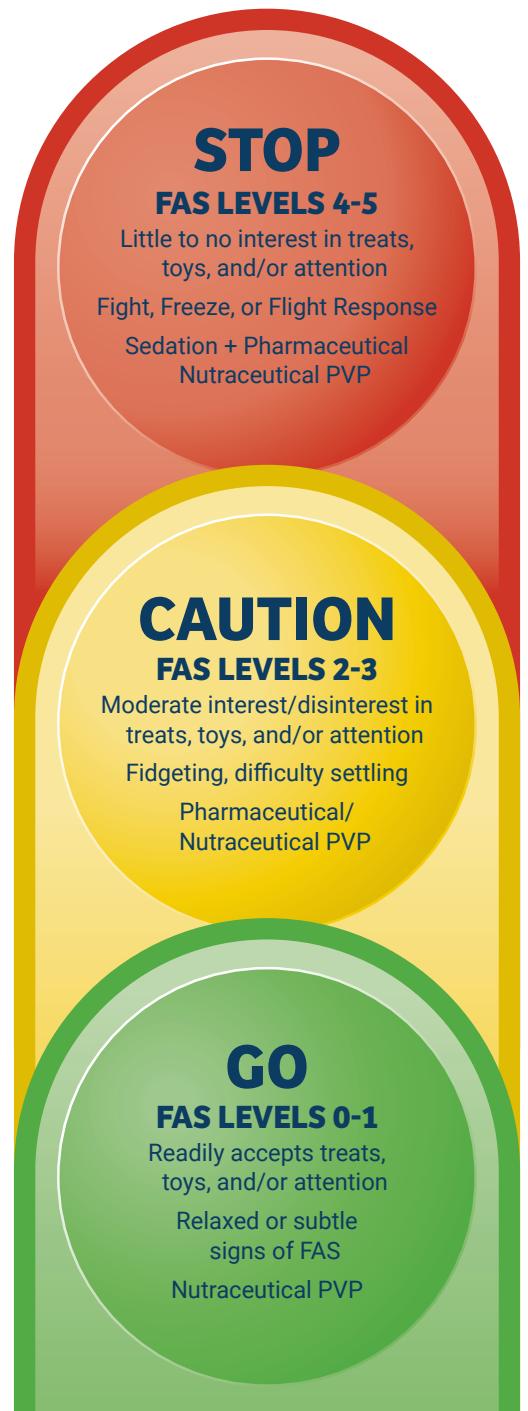
### LEVEL 1

Displays 1 or 2 subtle signs of FAS, such as lip licking, avoids eye contact, turns head away without moving away, lifts paw, or partially dilated pupils, and/or panting but commissures of lips are relaxed, occurring less than 4 times a minute. Interested in reinforcers (treats, play, attention) and chooses to interact with the team members.

### LEVEL 0

No signs of FAS. Pet displays relaxed body language and solicits social interactions with team members.

©2022 Fear Free. Written by Kenneth Martin, DVM, DACVB and Debbie Martin, LVT, VTS (Behavior).



# FAS Assessment

**Lobby:** Assess the pet's behavior upon entering the veterinary hospital.

0      1      2      3      4      5

**Weight/Scale:** Assess the pet's behavior while obtaining a weight.

0      1      2      3      4      5

**Exam Room:** Assess the pet's behavior when entering the exam room.

0      1      2      3      4      5

**Carrier:** Assess the pet's behavior when the carrier door is opened.

0      1      2      3      4      5

**Examination:** Assess the pet's behavior while being examined.

0      1      2      3      4      5

**Procedures:** Assess the pet's behavior during procedures (vaccination, venipuncture, nail trim, etc).

0      1      2      3      4      5

**Treatment Room:** Assess the pet's behavior in the treatment room.

0      1      2      3      4      5

**Boarding/Hospitalization:** Assess the pet's behavior in the kennel area.

0      1      2      3      4      5

