Judit Mokos
Borbála Paksi
Ádám Miklósi
Zsolt Demetrovics
Enikő Kubinyi

Is it good for you to have a dog during a crisis?

The effect of having a pet fades away in the time of long-term crisis

This is Lena. My sister thinks Lena helps her mood.

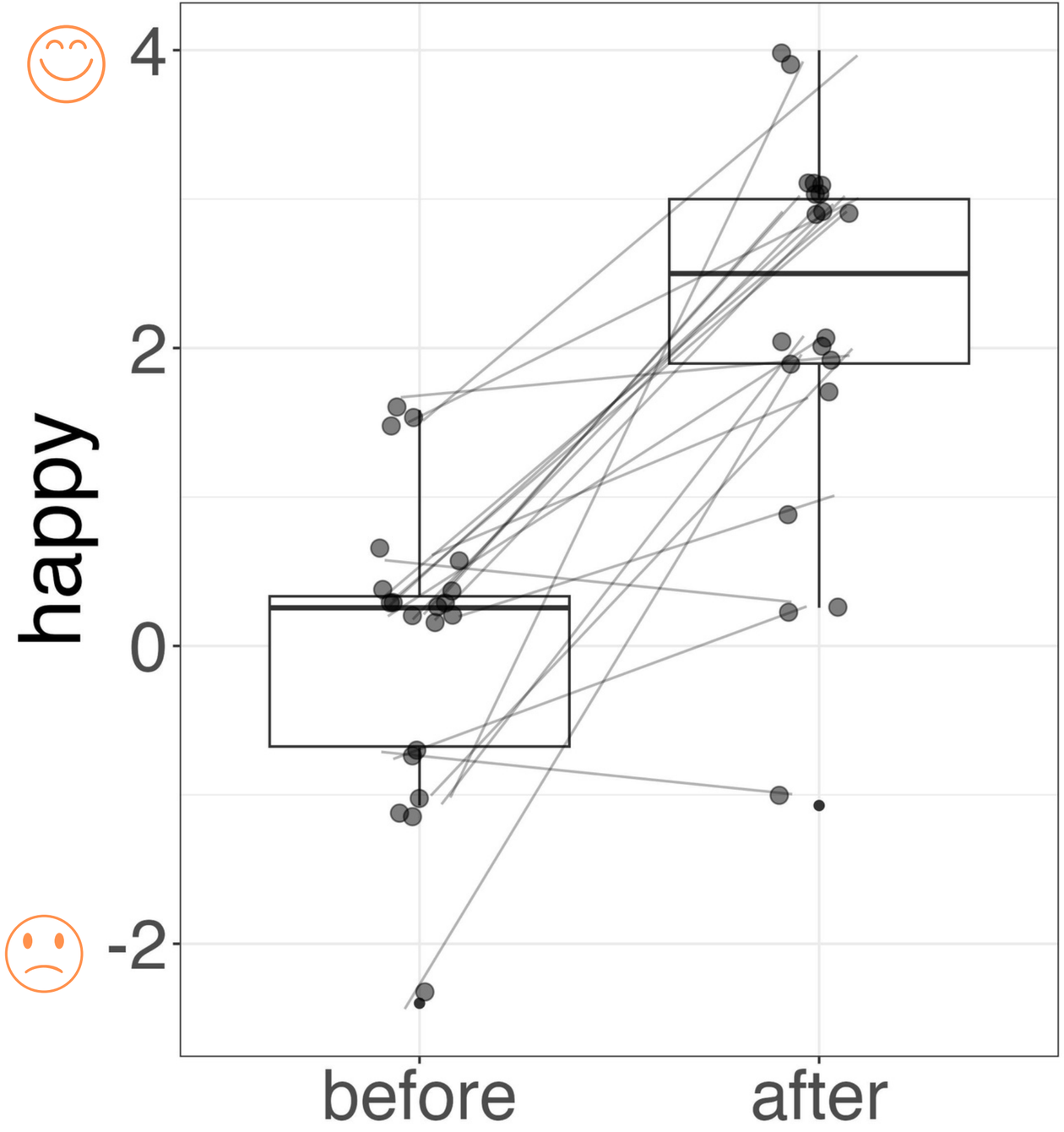
getting a dog makes you happy

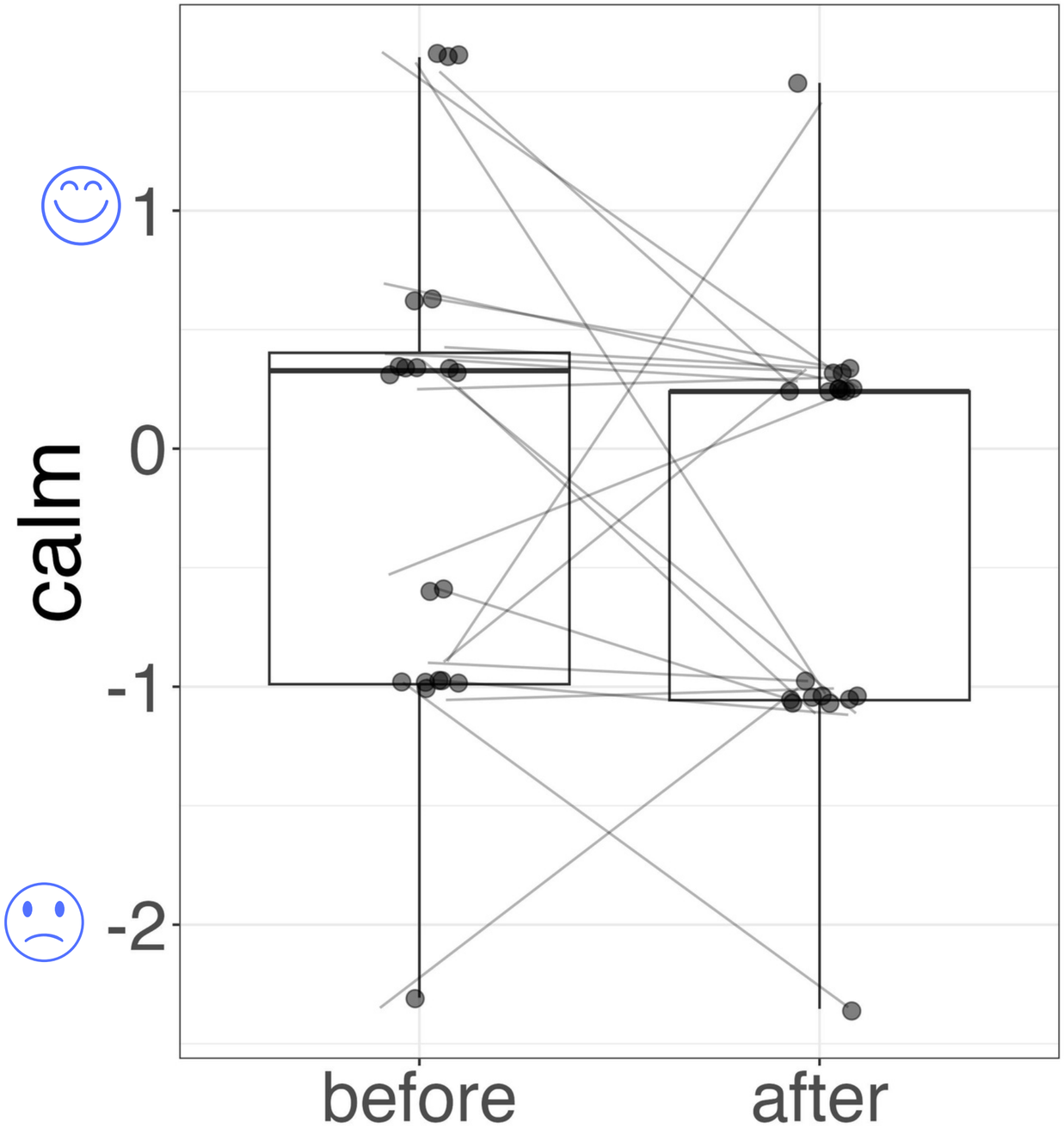
getting a dog makes you happy

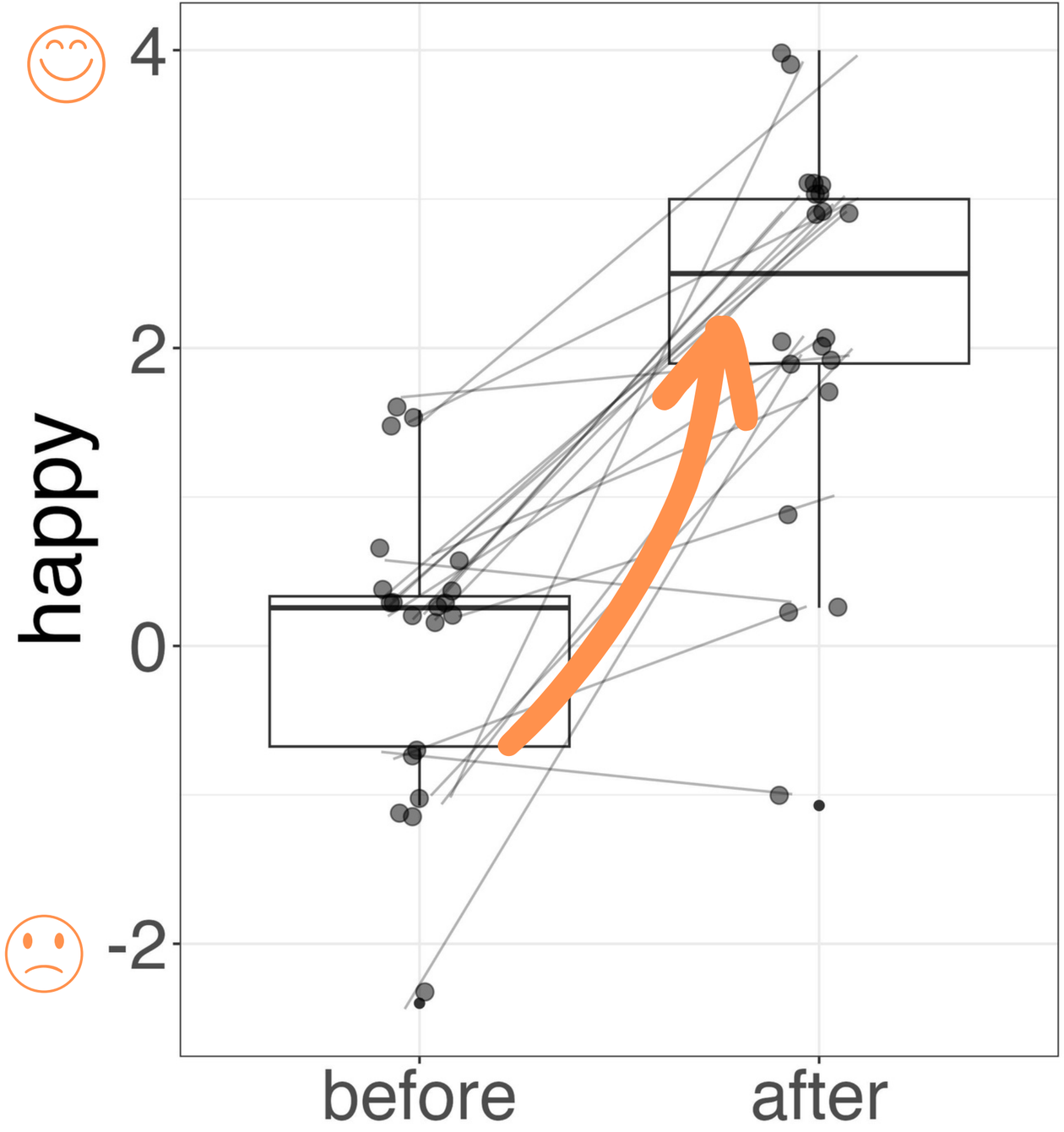
having a dog makes you anxious

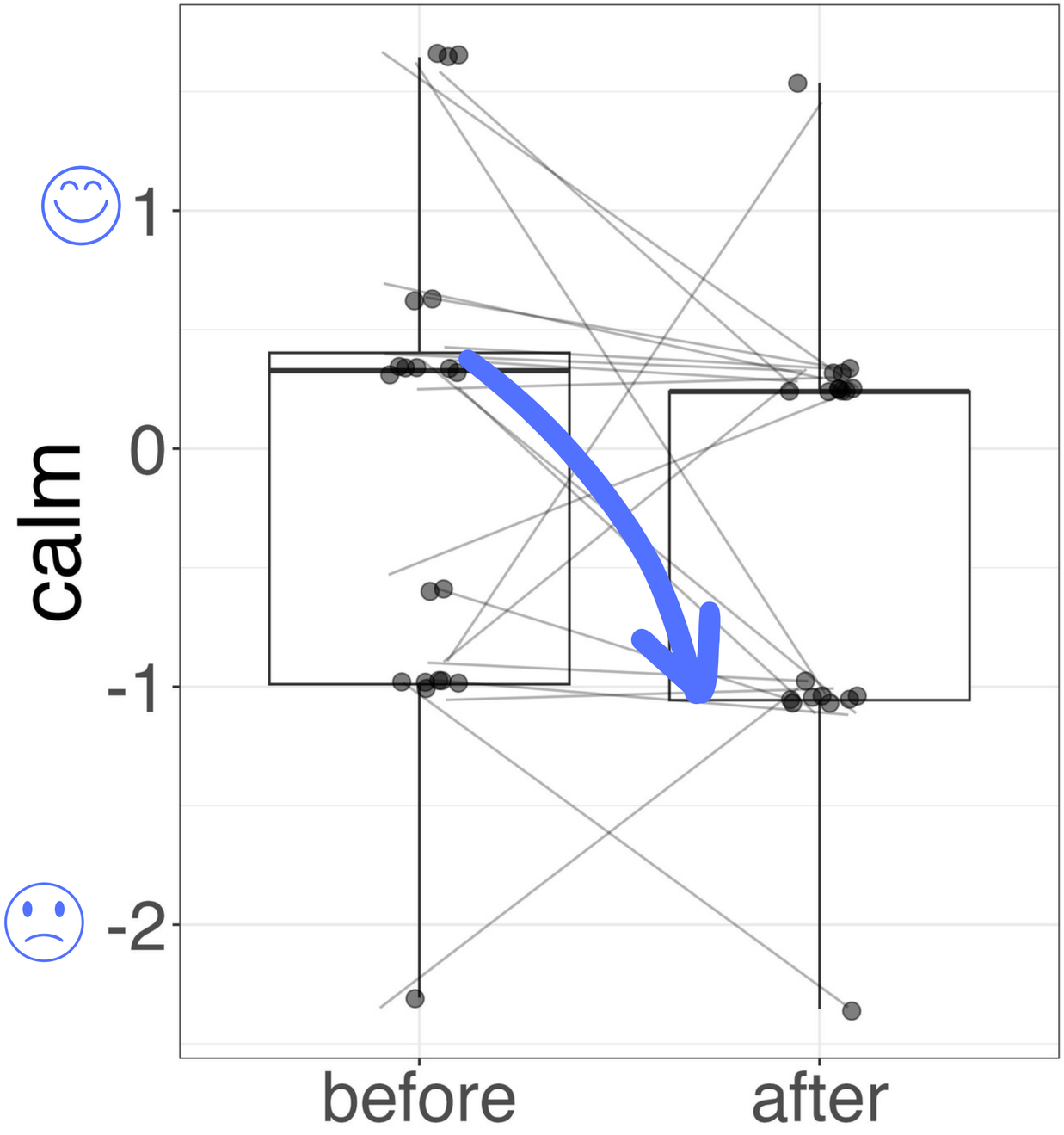
emotions

psychological wellbeing

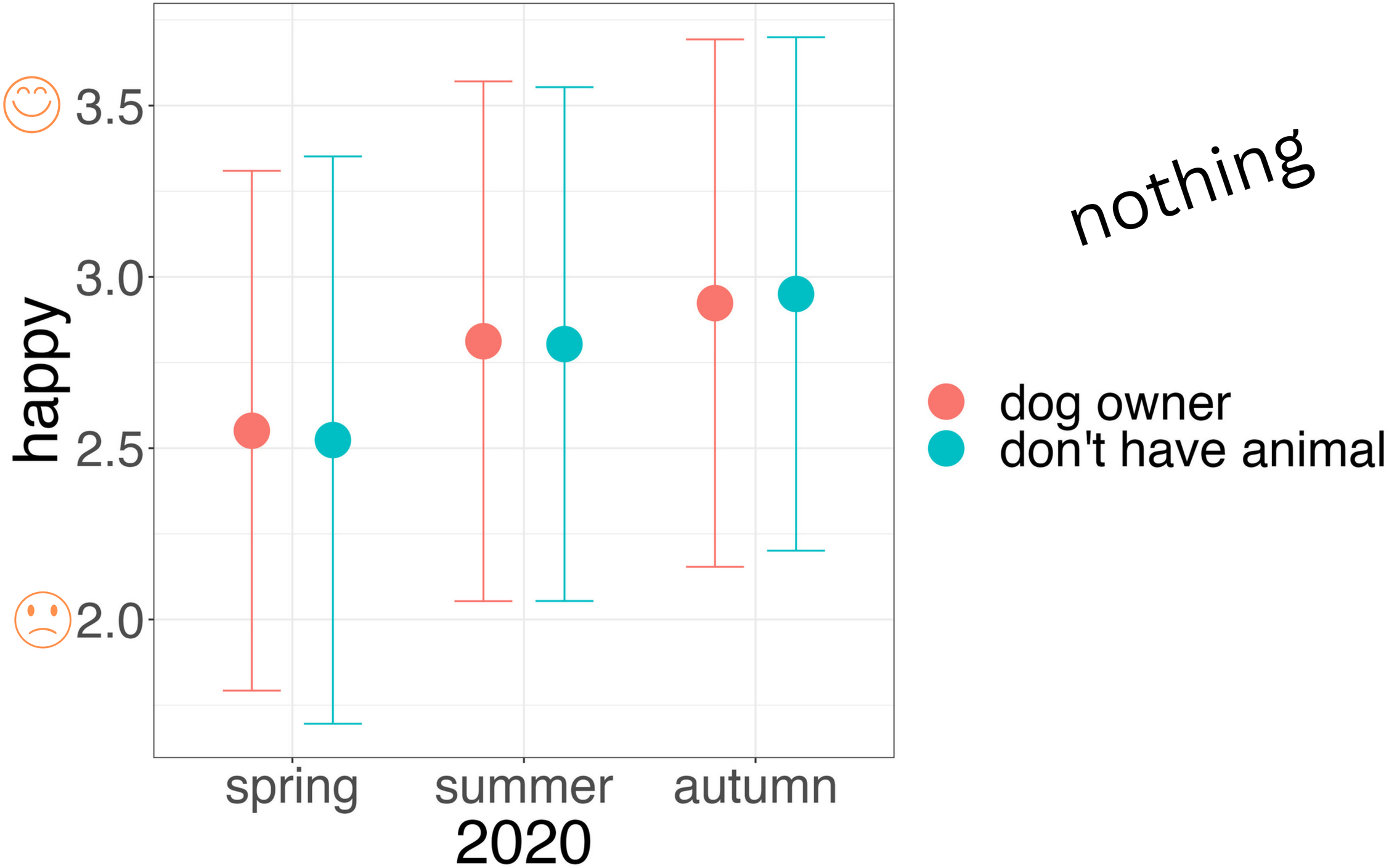

happy
4
2
0
-2
before
after

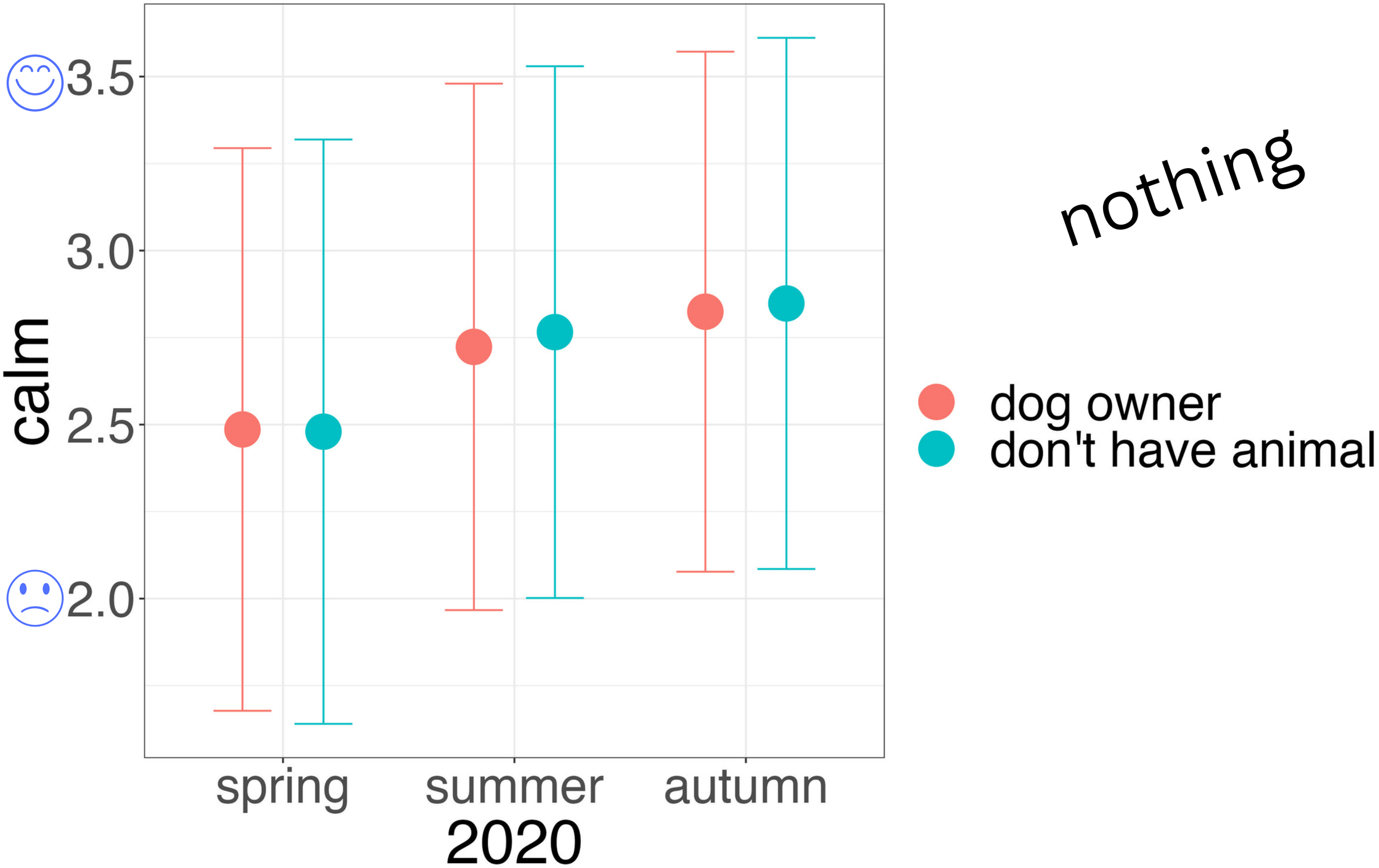

calm
1
0
-1
-2
before
after

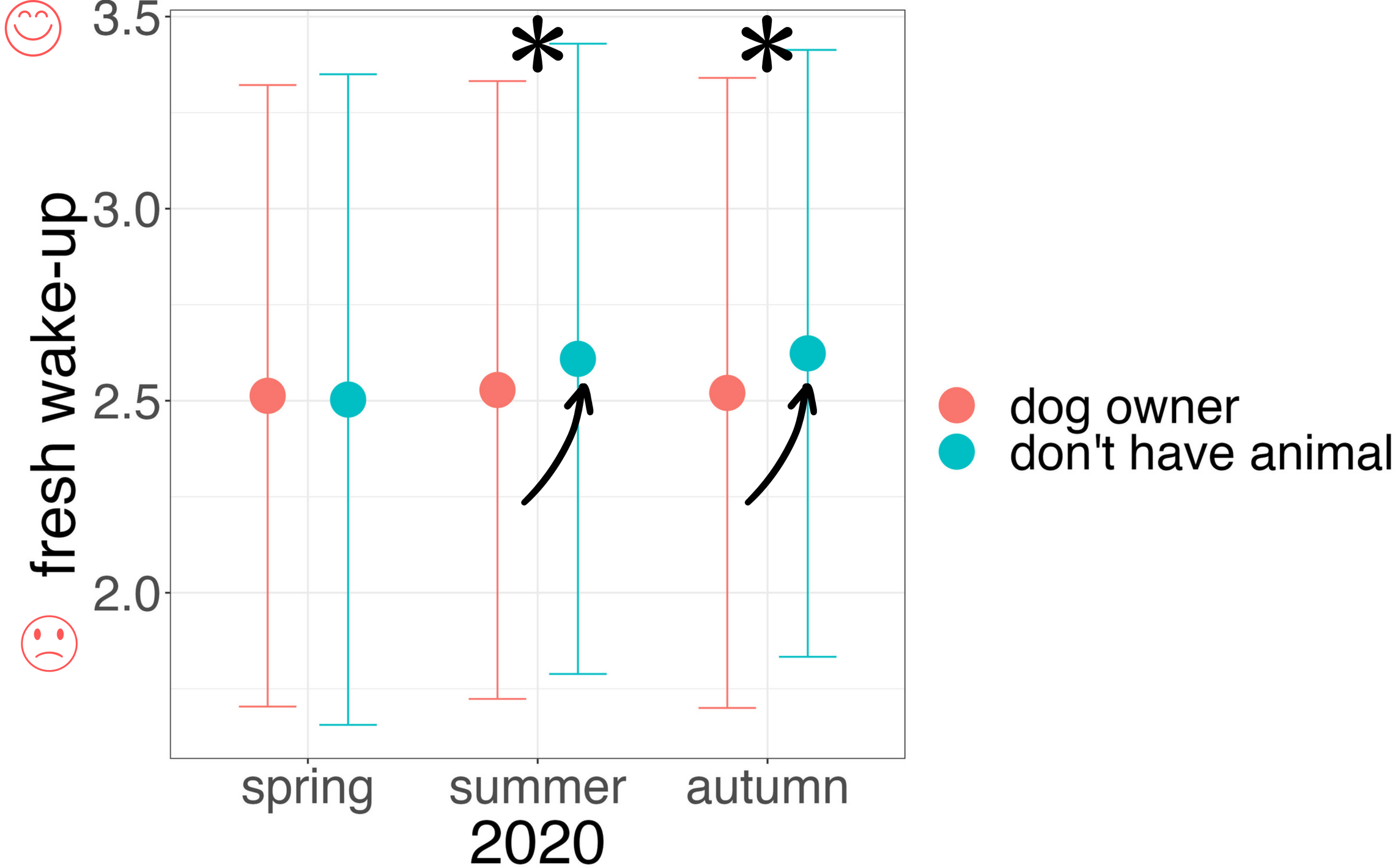

happy
4
2
0
-2
before
after

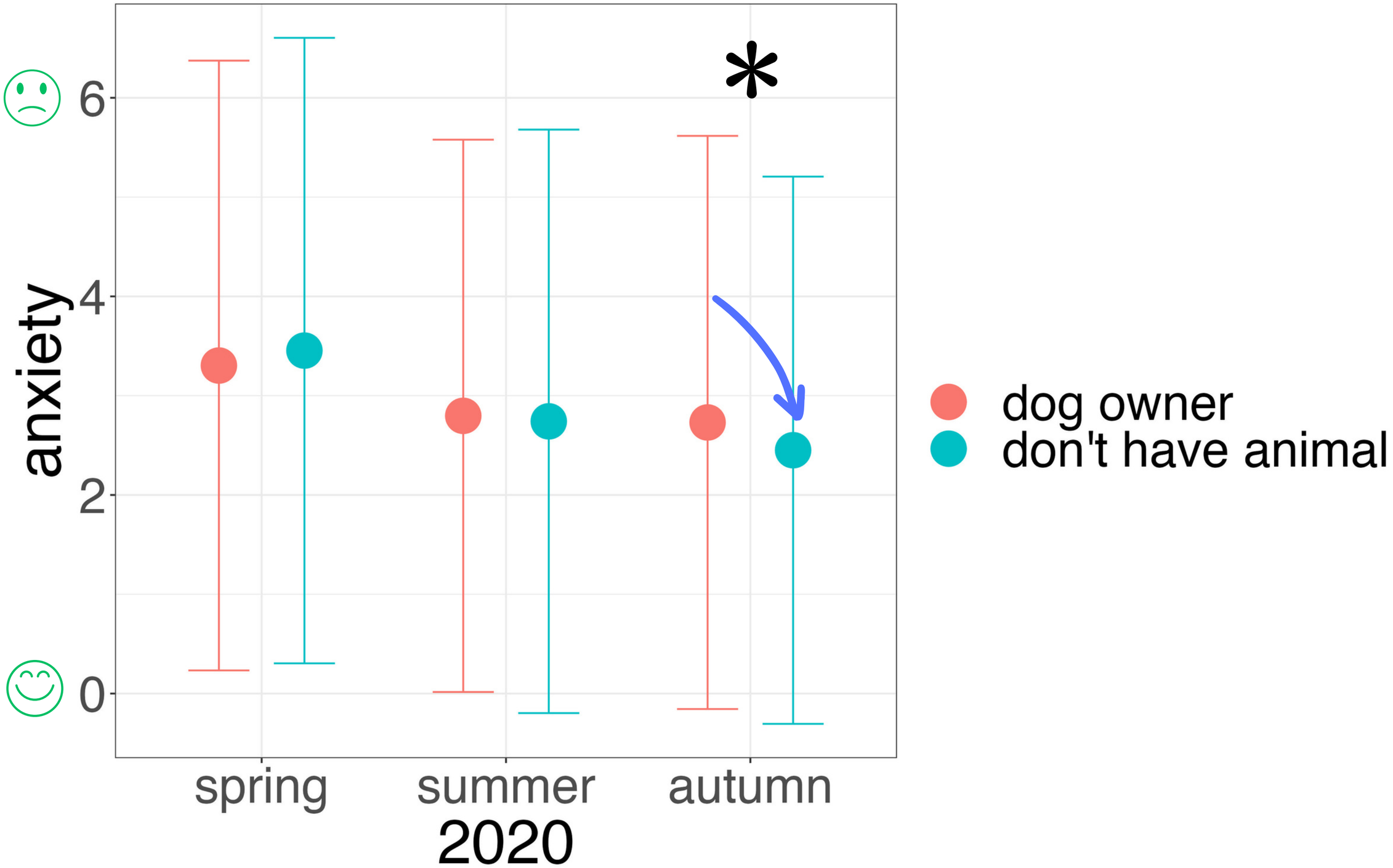

calm
1
0
-1
-2
before
after

dealing with the crisis


happy
3.5
3.0
2.5
2.0
spring
summer
autumn
2020
dog owner
don't have animal
nothing


3.5
3.0
2.5
2.0
calm
spring
summer
autumn
2020
dog owner
don't have animal
nothing


fresh wake-up
3.5
3.0
2.5
2.0
*
*
spring
summer
autumn
2020
dog owner
don't have animal

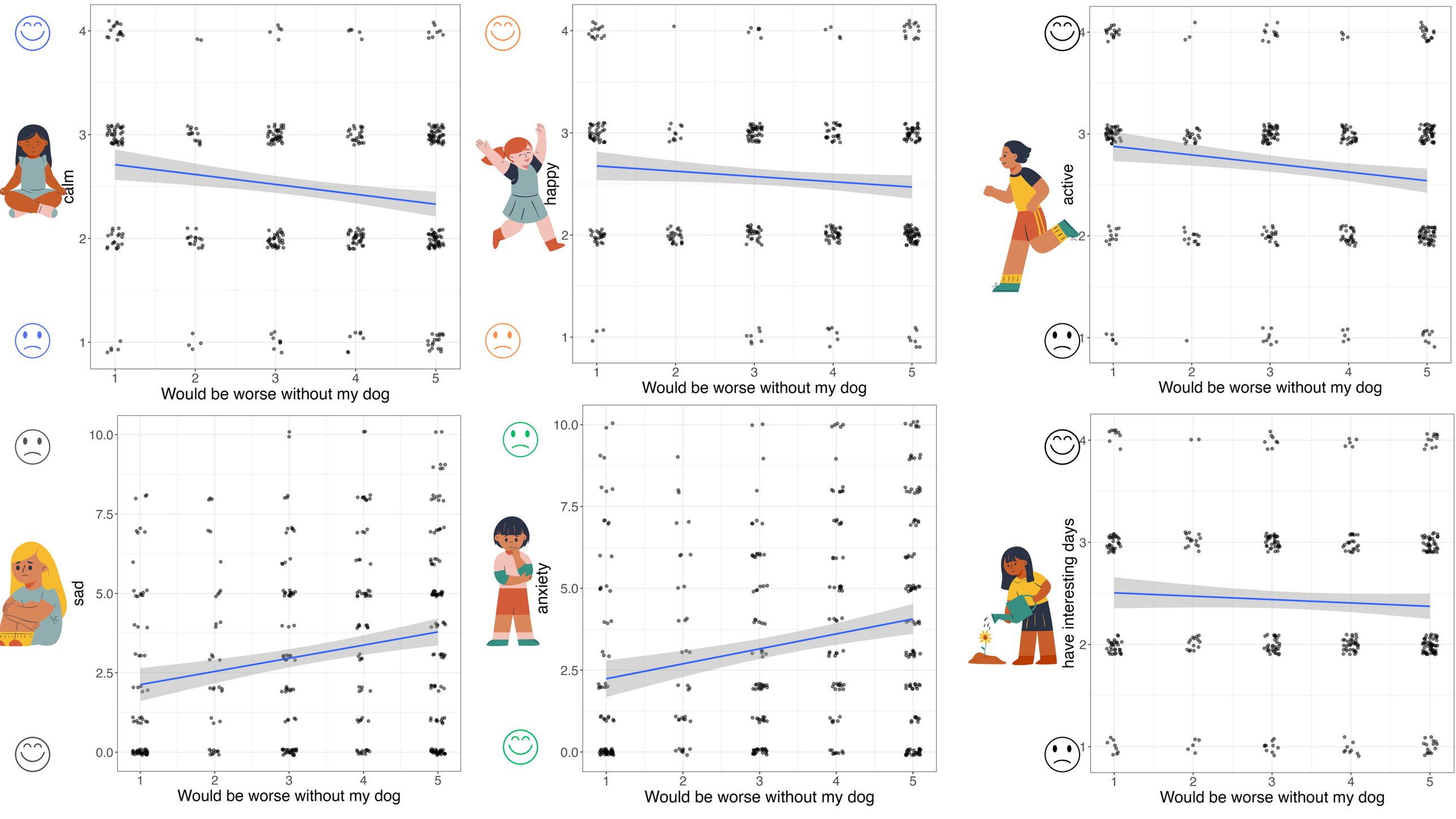

*
6
4
2
0
anxiety
spring
summer
autumn
2020
dog owner
don't have animal

many thanks for your attention!

mokjud@gmail.com
@vackorfa

This is Gizmo,
she makes my mom anxious every day.

starting of the crisis


calm
Would be worse without my dog
happy
Would be worse without my dog
active
Would be worse without my dog
sad
Would be worse without my dog
anxiety
Would be worse without my dog
have interesting days
Would be worse without my dog