

Acupuncture Upon Intake as Means of Reducing Stress in Shelter Cats

Project title: Acupuncture Upon Intake as Means of Reducing Stress in Shelter Cats

Organization: University of Illinois

Project lead(s): Dr. Dikaia-Loukia Agapis

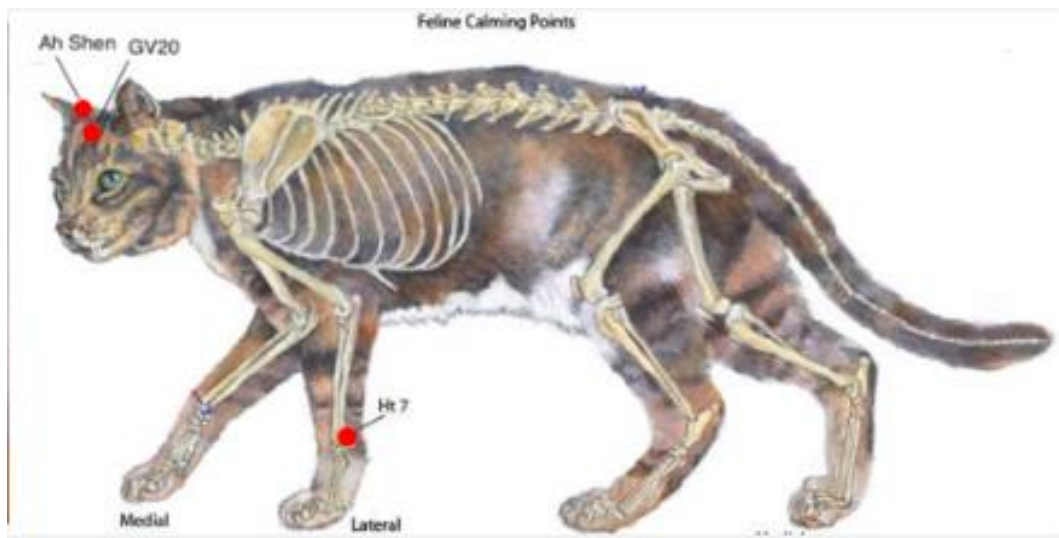
Project completed: 8/31/20

Grant amount: \$7,511.06

Project Type (Basic, Phase 1-4): Summer Scholar

Topics: Medicine, Surgery and Sterilization

Project Summary: This University of Illinois Summer Scholar study aimed to research novel techniques to reduce stress in relinquished shelter cats via a pilot study to observe their responses to acupuncture. The three points used for the study were *An Shen*, GV 20 (*Bai Hui*), and HT 7 (*Shen Men*), as seen in the diagram below.



A total of 88 cats participated. Preliminary results indicate that age and respiratory illness are important risk factors for the expression of fear/stress in shelter cats. Although no significant differences in rate of adoption or number of days to adoption were found in this sample, there is an indication that fearfulness in kittens may be reduced by acupuncture. Acupuncture in addition to medical treatment for respiratory disease may be an important way of reducing stress and improving welfare of kittens in shelters awaiting adoption.

Keywords: Shelter, Cats, Stress, Fearful, Behavior, Stress, Respiratory Illness, Acupuncture

Audience: Executive Leadership, Shelter/Rescue Staff & Volunteers, Public, Veterinary Team