EFFECT OF A WORKPLACE CANINE COMPANION:
Analysis of a survey evaluation of employees

OBJECTIVE
To evaluate the physiological and psychological effects of the presence of a daily canine companion in a group of approximately 30 employees.

METHODS
We administered a survey that aimed to identify changes due to the presence of a canine companion in daily exercise/movement from desk or chair, employee relationships, effect on company image, and levels of stress, creativity, and mood in employees.

RESULTS
Of the 30 employees polled, 21 completed the survey. The survey found that the presence of a canine companion increased overall daily exercise/movement from desk or chair. Nearly 90% of respondents answered that they stood up additional times throughout the day, and 6 employees responded that they took the canine companion outside to walk on a regular basis.

The survey found that the canine companion had a positive impact on employee relationships. Nearly 82% of respondents agreed or strongly agreed that the presence of a canine companion increased the strength of their work relationships, with only 6% disagreeing.

The survey results also show that the canine companion had an effect on the company image. Approximately 91% of respondents agreed or strongly agreed that the canine companion increased the company’s “cool” or “trendsetting” factor. Another 95% agreed or strongly agreed that being allowed a canine companion was an advantage over other workplaces that allowed a canine companion.

Survey results show that a canine companion had a positive effect on employees’ stress levels. Almost 90% of respondents agreed that having a daily companion helped them deal with stress. Nearly 63% of respondents answered that a daily companion made them feel less intimidated about work tasks, projects, or meetings. Respondents all agreed or strongly agreed that the canine companion elevated their mood.

Finally, there is some evidence that a canine companion helped employees form creative solutions for work issues. Just under 35% of respondents agreed or strongly agreed that the presence of a canine companion helped form creative solutions, whereas approximately 30% either disagreed or strongly disagreed.

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