Kitty Stress-o-Meter

Just like us, stress in cats may affect their health - with urinary issues being one of the more noticeable.
Answer the questions below and add up the score to see if your cat could be at risk.
In the case of non-applicable questions please score zero.

1. Where does she live

- 2 Only Indoors
- 2 Only Outdoors
- 0 Access to Indoors and Outdoors

2. In the case of multi-cat households

- 2 All cats use the same feeding bowls
- 0 Each cat has its own feeding bowl or there are multiple feeding bowls around the house

3. In the case of multi-cat households

- 2 All cats use the same litter tray
- 0 There are multiple litter trays around the house

4. If an indoor & outdoor cat, we have

- 1 one permanent access point
- 0 one access point per cat
- 2 Cats are allowed access on demand

5. What kind of access do they have to water

- 2 Waterbowl
- 0 Water fountain
- 1 Tap

6. Is your cat

- 2 underweight
- 0 at ideal weight
- 1 carrying a little extra weight
- 2 carrying a lot of extra weight

7. How much activity time / playtime / interaction does your cat get a day

- 3 Not Much
- 1 Up to an hour
- 2 More than one hour

8. Do you find your cat urinating / defecating / spraying in inappropriate places

- 4 Yes
- 0 No

9. Does your cat have access to designated elevated areas

- 0 Yes
- 3 No

10. Does your cat have a scratching post

- 0 Yes
- 3 No

11. Do you have neighbouring cats invading your territory

- 3 Yes
- 0 No

12. Does your cat hide from household activity or keep to itself

- 3 Yes
- 0 No

13. Has there been changes in her home environment in the last 6 months

- 4 Change in household dynamics - new additions, departures. Consider both pets and people including household staff.
- 4 Major disruptions such as building or moving
- 4 New pet in the neighbourhood

14. If you have other pets

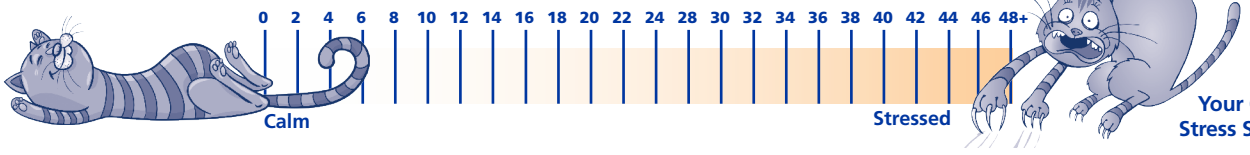
- 2 Do they avoid each other
- 0 Are they in each others company all the time
- 3 Does one prevent the other from having access to necessities like litter trays / access points / bowls

15. Rate how often you observe any these behaviours in your cat:

Hiding, escaping, running away, hissing, growling, calling, swatting, biting, attacking, puffs up fur or tail

- 0 never
- 1 rarely
- 4 sometimes
- 10 often

Add it up



Your Cat's Stress Score

RECOMMENDED BY VETERINARIANS WORLDWIDE

Food with the right ingredients can help.

Ask your vet about Hill's Prescription Diet c/d Urinary Stress