

# Canine Frustration Questionnaire



(CFQ as developed by the University of Lincoln)

For each of the statements below, please place a cross in the box which most accurately describes your level of agreement with how your dog behaves in general in this situation. Please consider whether your dog's behaviour is of similar intensity and occurs as frequently as described. For example, if in item 2 your dog always becomes a little excited when it is about to go for a walk, you would mainly agree with the statement. If your dog has never encountered the situation and you are unable to predict the behaviour, please use the not applicable option.

Name of dog

For each of the statements below, please select the box which most accurately describes your dog's behaviour. If your dog has never encountered the situation or you are unable to predict the behaviour, please choose Not applicable.

## 1. My dog appears unsettled when there are delays in his/her routine (e.g. if walked or fed later than usual)

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 2. My dog does not like being left out of activities with other dogs

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 3. My dog is protective of his/her territory (house, garden, car)

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 4. When on lead my dog will persist in lunging/pulling towards something he/she would like to chase (e.g. a cat, rabbit, bird, toy)

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



**5. My dog finds it easy to relax and settle when unable to access something he/she wants**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**6. My dog engages in a repetitive behaviour (e.g. tail chasing, pacing, circling) when unable to access something he/she wants**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**7. My dog will attempt to escape if I try to confine him/her (e.g. in a room, crate or kennel)**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**8. My dog becomes aggressive (i.e. growl, snap or bite) if I try to remove an item he/she has (e.g. favourite toy or food)**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**9. My dog appears to cope well when denied access to things he/she is occasionally allowed (e.g. access to the sofa/bed or provision of table scraps)**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



**10. I find it easy to interrupt/distract my dog from doing things he/she wants to do**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**11. My dog has difficulty in responding to cues/commands (e.g. sit, lie down, stay) if there is something else he/she wants to do or access**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**12. My dog becomes frustrated in a large range of situations**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**13. My dog shows increases in certain behaviours (e.g. lip licking, yawning, mounting, full body shake off) if he/she cannot immediately access something they want**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**14. There are days when my dog seems to become more easily frustrated than others for no apparent reason**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



**15. When my dog is not kept busy, he/she can repeatedly lick, chew or nibble their own body parts (e.g. paws, flanks/sides)**

Severity:

1	2	3	4	5
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**16. My dog gets upset if shut away from visitors (e.g. vocalises or scratches/digs at the door)**

Severity:

1	2	3	4	5
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**17. My dog shows continued efforts (e.g. lunging, pulling towards) to approach a dog/person they wish to greet, when being restrained from doing so (e.g. when on lead)**

Severity:

1	2	3	4	5
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**18. My dog appears to become frustrated frequently (e.g. at least once daily)**

Severity:

1	2	3	4	5
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**19. My dog becomes very excited/restless (e.g. pacing, whining, barking, jumping up) when waiting to take part in an enjoyable activity**

Severity:

1	2	3	4	5
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree



**20. My dog appears agitated and unsettled when he/she wants something another dog has (e.g. a toy or food item)**

Severity:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**21. My dog appears annoyed/upset if given less than he/she was expecting (e.g. wants table scrap and gets a pat on the head; given less food/a lower quality of food than expecting)**

Severity:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree

**TOTAL SCORE:**