

# Behavioral Interventions for Anxiety in Companion Animals: Strategies for Improvement

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## **Abstract**

Anxiety in companion animals is a prevalent issue that can significantly impact their well-being and quality of life, as well as the bond between pets and their owners. Behavioral interventions have emerged as effective strategies to manage anxiety-related disorders in pets. This article explores various behavioral interventions for anxiety in companion animals, including their underlying principles, specific techniques, and the role of environmental modifications. By understanding and applying these interventions, pet owners and veterinary professionals can improve the mental health of companion animals.

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