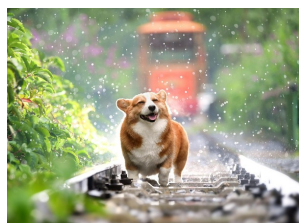


## Lincoln Canine Adaptability Scale (L-CARS)

Category

Assessment Tools



**Lincoln Canine Adaptability Resilience Scale**

Enter your details here

Dog's Name:

Dog's Type:

Dog's Age:

(In years)

Dog's Sex:

Neuter/Spica:

**Your Questionnaire Results**

Below are your results

**Factor 1**  
Low  
0.52

**Factor 2**  
Low  
0.53

The calculator generates two scores relating to different aspects of resilience:

**Factor 1: Adaptability/Behavioural Flexibility (11 items)**. This reflects the dog's ability to bounce back from adversity, respond to stressors and the ability to handle and adapt to change.

**Factor 2: Perseverance (8 items)**. This reflects the dog's capacity to tolerate resistant disruptions, with the ability to maintain composure during challenges.

Factor	Interpretation	Normal range
Factor 1 (Adaptability/Behavioural Flexibility)	0.52	0.52 - 0.98
Factor 2 (Perseverance)	0.53	0.44 - 0.98

If your dog scores higher than the top range, it has exceptional resilience. Out of 10 scores there, this may mean to seek professional help to strengthen your dog's capacity as it indicates that your dog may have less resilience than is normal.

Learn more



Resilience is often described as the ability to 'bounce back' following adversity and dogs vary in their ability to cope with stress. This is the first canine 'resilience' scale. It consists of two components: one describes "Adaptability/behavioural flexibility" and the other "Perseverance", which are also described in the human literature on resilience. These traits have predictive validity for a range of problem behaviours and should give you greater insight into your dog.

### Commercial Use:

This assessment tool is freely available for personal use. If you require commercial use please send enquiries to [contracts@lincoln.ac.uk](mailto:contracts@lincoln.ac.uk).

**Academic Profile:** <https://staff.lincoln.ac.uk/dmills>

**Consultancy:** Consultancy services offered through the Animal Behaviour Clinic a professional service to industry and a referral only clinic for pets and animals of all species with behaviour and training problems located at the University of Lincoln's City Centre campus.

### References:

Mackay, E. L., Zulch, H., & Mills, D. S. (2023). Trait-Level Resilience in Pet Dogs—Development of the Lincoln Canine Adaptability Resilience Scale (L-CARS). *Animals*, 13(5), 859.

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