

Lincoln Canine Adaptability Scale (L-CARS)



Lincoln Canine Adaptability Resilience Scale

Enter your details here

Dog's Name

Dog's Type

Dog's Age (in years)

Dog's Sex

Neuter Status

Your Questionnaire Results

Below are your results

Factor 1

low

0.62

Factor 2

low

0.53

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

1. Adaptability/Behavioural Flexibility (11 items) - this reflects the dog's ability to bounce back from adversity/ exposure to stressors and the ability to handle and adapt to change
2. Perseverance (4 items) - this reflects the dog's capacity to tolerate/withstand disruptions, with the ability to maintain composure during challenges

	Normal range
Factor 1 (Adaptability/ Behavioural flexibility)	0.72 - 0.92
Factor 2 (Perseverance)	0.64 - 0.98

If your dog scores higher than the top range, it has exceptional resilience, but if it scores lower you may want to seek professional help to strengthen your dog's capacity as it indicates that your dog may have less resilience than is normal.

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.

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.

Linked to: <https://www.mdpi.com/2076-2615/13/5/859>

<https://ipstore.lincoln.ac.uk/product/lincoln-canine-adaptability-scale-l-cars>