EFFECT OF A WORKPLACE CANINE COMPANION:

Analysis of a survey evaluation of employees

OBJECTIVE
To evaluate the physiological and psychological effects of the presence of a daily canine companion in a group of approximately 30 employees.

METHODS
We administered a survey that aimed to identify changes due to the presence of a canine companion in daily exercise/movement from desk or chair, employee relationships, affect on company image, and levels of stress, creativity, and mood in employees.

RESULTS
Of the 30 employees polled, 21 completed the survey. The survey found that the presence of a canine companion increased overall daily exercise/movement from desk or chair. Nearly 91% of respondents answered that they stood up additional times throughout the day, and 6 employees responded that they took the canine companion outside to walk on a regular basis.

The survey found that the canine companion had a positive impact on employee relationships. Nearly 82% of respondents either agreed or strongly agreed that the presence of a canine companion increased the strength of their work relationships, with only 7% disagreeing.

The survey results also show that the canine companion had an effect on the company image. Approximately 91% of respondents agreed or strongly agreed that the canine companion increased the company’s “cool” or “bendsetting factor”. Another 95% agreed or strongly agreed that being allowed a canine companion was an advantage over other workplaces that did not allow them.

Survey results show that a canine companion had a positive effect on employee’s stress levels. Almost 56% of respondents claimed a canine companion helped them feel less stressed. Nearly 53% of respondents agreed or strongly agreed that the presence of a canine companion made them feel less intimidated about work, email, or meetings. Respondents all agreed or strongly agreed that the canine companion elevated their mood.

Finally, there is some evidence that a canine companion helped employees form creative solutions for work issues. Just under 35% of respondents either agreed or strongly agreed that the presence of a canine companion helped them feel less stressed, whereas approximately 15% either disagreed or strongly disagreed.

COOL FACTOR
Research Evidence
An article from NBC News reported that in 2015, 8% of American workplaces allowed employees to bring pets to work, an increase by 5% since 2010. This 8% includes companies that allow pets in small part or office. The article also includes an increase in the number of organizations that allow pets at work, reflecting an evolving attitude towards the American worker’s overall wellbeing, and a re-evaluation of the workplace as a capital.

66% agreed that Tobias' presence was an advantage over companies that do not allow dogs

90% agreed that Tobias increased the company’s “cool” or “bendsetting” factor

95% agreed that Tobias’ presence helped them feel less stressed about work, tasks, projects, or meetings

52% strongly agreed

5% Felt Neutral

5% Strongly Agreed

24% Agreed

43% Disagreed

REFERENCES
- An article from NBC News reported that in 2015, 8% of American workplaces allowed employees to bring pets to work, an increase by 5% since 2010. This 8% includes companies that allow pets in small part or office. The article also includes an increase in the number of organizations that allow pets at work, reflecting an evolving attitude towards the American worker’s overall wellbeing, and a re-evaluation of the workplace as a capital.
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CONCLUSION
Our survey results found that the employees surveyed experienced both physiological and psychological benefits by having an office canine companion present in the workplace daily. These benefits included increased movement from desk or chair, increased stress reduction, and increased levels of employee stress, and subsequently increased levels of creativity.