



A copy of this approval letter must be kept in the facility where your animals are housed.

Thursday, 1 June 2017

Dr Emmanuel (Emmanouil) Stamatakis
School of Public Health: Public Health; Sydney Medical School
The University of Sydney

Email: emmanouil.stamatakis@sydney.edu.au

Dear Dr Stamatakis

I am pleased to inform you that the University of Sydney Animal Ethics Committee (AEC) has approved your project entitled "**Dog-Walking, Health and the Human-Dog Bond**".

Details of the approval are as follows:

Project Number: 2017/1161
Project Type: Privately owned animals
Project Duration: 01 June 2017 – 01 June 2020
Approval Period: **01 June 2017 – 01 June 2018**
Annual Report Due: 01 June 2018

In compliance with Section 27 of the NSW *Animal Research Act 1985*, this Animal Research Authority (ARA) remains in force for a period of 12 months from the date of issue, unless cancelled sooner.

Renewal of the ARA is conditional upon submission of a satisfactory annual report to the AEC in accordance with the *Australian code for the care and use of animals for scientific purposes 8th Edition 2013*.

Authorised Personnel: Stamatakis Emmanuel (Emmanouil) (CI); Bauman Adrian; Edwards Kate; McGreevy Paul; Powell Lauren;

Project Description:

It is commonly accepted that dog-walking is an important part of the symbiotic human-dog relationship, necessary for optimal health of both species. However, scientific evidence is lagging, with the mechanisms responsible for linking dog-walking to improved health still poorly documented.

We hypothesise, that dog-walking may have a significant impact on hormone concentrations (specifically oxytocin) in both species due to the nature of the activity (exercise) and the interaction between human and dog. So, we aim to recruit 30 participants and their dogs who walk regularly (at least 4 days per week for 30 minutes or more) to perform two activities; dog-walk and owner-dog interaction. Urine samples, collected before and after each activity, will be used to test the dog's hormone response. This sampling method is non-invasive and minimally disruptive to the dog and its routine, as the sample is collected when the dog spontaneously urinates at a familiar spot. As such, it entails a minute risk to the dog's welfare and wellbeing. We also plan to measure the human-dog bond through a questionnaire given to the dog's owner, and then investigate whether the strength of their relationship is linked to the strength of the hormone response in humans or dogs.

If our hypothesis proves true, this research may provide evidence showing the mechanisms responsible for producing health benefits resulting from dog-walking and may even suggest that dog-walking is better for human and canine health than if either species is to exercise alone.



Documents Approved:

25/05/2017	Monitoring Sheet	Monitoring sheet
24/04/2017	Other	Canine urinary oxytocin protocol_v2clean
24/04/2017	Other	Human oxytocin and HRV protocol (FYI)
24/04/2017	Other	Participant instruction guide (FYI)
24/04/2017	Information Statement	PIS_v2clean
16/03/2017	Consent Form	HREC and AEC consent form
15/03/2017	Other	MDORS questionnaire

Animals Approved:

Please refer to the document at the end of this letter, which details your approved animal usage and location(s).

Conditions of Approval

1. This project must be conducted according to the approved project including continuing compliance with the conditions outlined in this ARA and with the *Animal Research Act 1985*, *Animal Research Regulation 2010*, the *Australian code for the care and use of animals for scientific purposes 8th edition 2013* (the Code) and all other relevant legislation.
2. Any changes to the project must be approved by the AEC prior to their implementation. This includes notifying the AEC of any changes to named personnel, source of animals, animal numbers, location of animals and experimental procedures.
3. An annual progress report or completion report must be submitted on or before the anniversary of approval of the project.
4. All unexpected adverse events that may impact on the wellbeing of an animal must be reported to the AEC within 48 hours, as per Clause 2.1.5 [v] [d] and 2.4.34 [ii] in the Code. Please refer to the Animal Ethics website and log into IRMA to complete an Adverse Event form.
5. The AEC must be notified if rodents are required to be singly housed.
6. All animal enclosures (e.g. pens, cages and containers) must be clearly identified with chief investigator name, number of animals, DOB if provided and date of arrival, sex and strain.
7. The following documentation must be kept in the facility where your animals are housed or with you when undertaking fieldwork:
 - A copy of this ARA
 - Emergency contact details in case of an animal emergency
 - Approved monitoring records
8. Personnel working on this project must be sufficiently qualified by education, training and experience for their role, or adequately supervised.
All new investigators must successfully complete the Introduction to Animal Research (ITAR) course.
9. Data must be retained and stored in accordance with the relevant legislation and University guidelines.
10. The AEC will make regular announced inspections of all animal facilities and/or specific research projects. The Animal Welfare Veterinarian will be conducting unannounced inspections of all animal facilities and/or specific research projects.
11. Any drugs to be used for procedures involving animals must within date (not expired) and stored appropriately as per the manufacturer's recommendations. It is the responsibility of the Chief Investigator to ensure that all relevant and current authority for the use of restricted drugs is obtained.



THE UNIVERSITY OF
SYDNEY

Please do not hesitate to contact the Ethics Office at animal.ethics@sydney.edu.au should you require further information or clarification.

Yours sincerely

Professor Michael D'Occhio
Chair
Animal Ethics Committee
On behalf of the University of Sydney

The AEC is constituted and operates in accordance with the NSW Animal Research Act 1985 and its associated Regulations, the Australian code for the care and use of animals for scientific purposes 8th Edition 2013 and the Australian Code for the Responsible Conduct of Research 2007. All personnel named on the project should be conversant with these documents.

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Animals Approved:

Country	State	Invasiveness	Location	Classification one	Classification two	Approved	Total used to date
Australia	NSW	1. Observation involving no or minor interference	Other	Domestic mammals	Dogs	30	0