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# Are Pain and Mourning for a Pet and for a Family Member the Same?

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## Abstract

Many people live with pets and the most part of them are considered as family members (Crossley et al. 2022). So, when a companion animal dies, people experience pain and mourning. Despite the recent increase in research interest in human-pet relationships, to my knowledge there is no review that answers this question: Are pain and bereavement for a pet and for a family member the same? The present narrative review may be a first step in answering this question.

**Methods:** This review was conducted according to Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement. After removal of duplicates and examination of titles and abstracts, 49 records were included in the review (see Appendix 1 and Appendix 2 for further details). The retrieved articles were selected and evaluated by reading each one in full text (see Appendix 3 for further details).

**Discussion:** This review, was beyond the scope of a qualitative and quantitative assessment of the intensity of mourning for the loss of an AC compared to mourning for the loss of a human. However, in examining the literature collected in the present study, we can highlight some significant recurring themes:

A. Intensity of grief over the loss of one's pet; B. The relationship between the owner/caregiver and their pet; C. The individual's vision and perspective of life after the loss of their pet; D. Society's disenfranchised grief.

**Conclusions:** The research indicates that AC owners experience a spectrum of pain and grief intensity when their pet dies, ranging from moderate to excruciating.

This grief is often compared to that experienced upon the loss of a close family member.

In addition, this review reveals a pervasive underestimation of the grief associated with the loss of a pet, both by society at large and by individuals who do not own a pet.

This disenfranchised grief can have a profound emotional impact on those who experience the loss of a pet.

It is also clear that veterinarians can play a role in helping AC owners to grieve and in improving the wellbeing, resilience and quality of life of people around the world experiencing pet loss. Further research is needed to develop a measure of DG that is specific to the loss of human companion animals (Brown et al., 2023).

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## Terminology

I adopted the following terms sharing the terminology:

- **Animal companions (ACs):** animals kept as companions to humans and generally of domesticated species. Commonly dogs, cats, horses, rabbits, smaller mammals, birds and reptiles, and excluding fish. I avoid the term 'pet' in this paper because it does not adequately reflect the current scientific understanding of animals' sentience, cognitive complexity and individuality, or the complexity and modern reality of the relationships between animals and their owners (Fraser, 2008).
- **Grief:** the behavioural, social, psychological and emotional reactions that a person has in response to the rupture or ending of a significant relationship with another (after Casarett, Kutner & Abrahm, 2001).
- **Animal companion bereavement:** the period following the death of an animal companion during which grief may be experienced and mourning may occur (after Casarett, Kutner & Abrahm, 2001).
- **Disenfranchised grief:** it is defined by the American Psychological Association (APA) as "grief that society (or some element of it) limits, does not expect, or may not allow a person to express".

## Introduction

According to the American Veterinary Medical Association (2018), 57% of households in the United States own a pet, and according to the latest data from Euromonitor International (cited in Testoni et al., 2017), there are about 60.5 million pets in Italy. I have cited these data from just two countries to show how many pets live in the world.

Consequently, a considerable number of individuals dedicate a significant portion of their lives to the company of animals. These individuals frequently develop profound emotional bonds with their pets, to the extent that the vast majority of dog, cat, and other pet species owners in the Western world consider them to be members of their families (Pirrone et al., 2015a, 2015b).

The majority of common pet species have considerably shorter lifespans than humans, with the range extending from approximately 18 months (hamsters) to seven years (rabbits and select giant dog breeds), 13-17 years (many dogs and cats), and 20 years (some cats). For many pet owners, particularly those with multiple animals, this implies experiencing bereavement more frequently than their human loved ones (Hewson, 2014).

It is therefore highly probable that during their lifetime, owners/caretakers of these animals may experience grief as a result of the loss/death of their pet. The experience of loss is often related to grief and mourning, which are behaviours exhibited by AC owners and expected by social groups following the death of a pet. The grief and mourning resulting from the death of pets is frequently underestimated or even unrecognized (disallowed) by others, which results in a lack of understanding

regarding the extent and consequences of disallowed grief (DG) (Brown et al., 2023).

Previous studies have investigated the attachment bonds between pet owners and the animals when they were alive, as well as the bonds between owners when their pets were dead. Additionally, they have observed the coping mechanisms put in place following the loss of a pet.

To the best of our knowledge, this is the first narrative review to seek to understand whether and how the pain and mourning associated with the loss of a pet is comparable to the pain and mourning associated with the loss of a significant person.

## Methods

This review was developed in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement. The PubMed, Scopus, PsycINFO, and Biosis databases were searched for primary research, including original research articles, systematic reviews, and articles written in any language. The search was conducted, including ahead-of-print publications, up to March 12, 2024, containing the terms "grief," "grieving," "bereavement," "loss," and "pet." A total of 46 documents were identified through the initial search. An additional 25 documents were added through other sources. After removing duplicates and examining titles and abstracts, 49 records were included in the review (see Appendix 1 and Appendix 2 for further details). The retrieved articles were selected and evaluated by reading each one in full text (see Appendix 3 for further details). The selected papers were those that evaluated and/or compared the pain and mourning associated with the loss of a pet with the pain and mourning associated with the loss of an individual who plays an important role in one's emotional life.

## Discussion

This review, was beyond the scope of a qualitative and quantitative assessment of the intensity of mourning for the loss of an AC compared to mourning for the loss of a human. However, in examining the literature collected in the present study, we can highlight some significant recurring themes.

### A. Intensity of Grief Over the Loss of One's Pet

1. All participants reported significant grief after the loss of their AC, with the majority of participants rating their pain as 10/10. This high level of pain continued for weeks, if not months (Wilson et al., 2021).
2. The death of a pet can produce similar effects to those caused by a variety of other losses, including the death of a spouse, a child, or a job (Uccheddu et al., 2019).
3. For some individuals, the grief response experienced following the loss of an animal companion may be similar to that experienced following human bereavement (Reisbig et al., 2017).
4. It has been demonstrated that pets can be regarded as attachment figures, with the loss of which a significant pain response is elicited (Zilcha-Mano et al., 2011).

## B. Relationship between Owner/Handler and Their Animal

1. All AC owners report that their relationship with the animal is emotionally significant (Wilson et al., 2021).
2. The analysis indicated that pets were frequently designated as family members, and that strong emotional bonds between animals and humans were reported in some studies (Kemp et al., 2016).
3. The findings of the Mourning Dog Questionnaire corroborate the tendency of individuals to anthropomorphize their pets (Uccheddu et al., 2019).
4. Pets are frequently regarded as an integral member of the family unit (Baydak, 2000).
5. Pets are frequently regarded as integral members of the family unit. Of the 16 respondents, 13 indicated that they would administer a scarce drug to their pet in lieu of a non-family member (Cohen, 2002).
6. ACs can be described as "fictitious relatives," and many owners would describe them as full members of their family (Hewson, 2014).
7. An increasing number of people view their pets as family members, and the death of a pet often induces a grief reaction of a severity comparable to the loss of a significant human relationship (Kogan 2022).

## C. The individual's vision and perspective on life after the loss of their pet

1. The findings of the Mourning Dog Questionnaire corroborate the pessimistic outlook on life after the demise of a pet (Uccheddu et al., 2019).

## D. The underestimation of the pain of losing a pet by society and the social context in which it occurs

1. The pain associated with the death of a pet is frequently underestimated or even not recognized by others. (Brown et al., 2023).
2. Despite the relatively high frequency and intensity of grief over pet death among pet owners, this process is largely unrecognized socially and underexplored in research (Packman et al., 2012).
3. The perception of animals by dog owners does not differ from that of humans with regard to the emotional, physiological, and legal aspects of their nature (Uccheddu et al., 2019).
4. It is probable that those who have lost a pet will experience feelings of disenfranchisement as a result of this loss. (Park et al., 2023).
5. A total of 13 participants (out of 18) indicated that relationships with family and friends who did not understand their pain were strained (Baydak, 2000).
6. It has been posited that society tends to undervalue the significance of animal companions, which may result in the grieving process surrounding the loss of an animal companion being overlooked or even pathologized, leading to what is known as disenfranchised grief (Leonhardt-Parr & Rumble, 2024).
7. The relationship between humans and animals is often regarded as inferior to that between humans. This becomes problematic during times of loss and grief when members of a grieving pet owner's support system fail to recognize the significance of the relationship with the pet. (Reisbig et al., 2017).
8. The death of a pet typically does not involve the same rituals that allow owners to express their grief (Kogan et al., 2022).

For further information, please refer to Appendix 3.

## Conclusions

The results of this study, along with the conclusions that can be drawn from them, are presented below.

The research indicates that AC owners experience a spectrum of pain and grief intensity when their pet dies, ranging from moderate to excruciating.

This grief is often compared to that experienced in the loss of a close family member.

In order to know the precise intensity of this phenomenon, it would be necessary to use an appropriate instrument, such as the Mourning Dog Questionnaire, or Pet Bereavement Questionnaire, or the Lexington Attachment to Pets Scale, or the Animal-Human Continuity Scale, which would take into account a number of variables, including the owner's age, gender, occupation, education level, and whether he or she lives alone or with family; age, cause of death, and type of pet.

Additionally, this review reveals a pervasive underestimation of the grief associated with the loss of a pet by both society at large and individuals who do not possess such a bond.

This underestimation can have a profound emotional impact on those who experience the loss of a pet.

It is also evident that veterinarians may play a role in supporting AC owners through the mourning process. Further study is required to develop a measure of DG specific to human-CA loss (Brown et al., 2023).

The present study is not without limitations. The lack of research on this specific topic and the lack of access to the full text resulted in the identification of multiple limitations. However, this field of research may prove to be important for developing effective strategies for primary prevention.

## Appendix 3 - Table of characteristics of included studies

| Study details  | Aims and purposes  | Study design                 | Characteristics of the participants   | Country              | Impostazione/considerazioni aggiuntive  | Setting Theme(s) of included articles/Results   |
|--|--|------------------------------|---|----------------------|---|---|
| 1) Beyond RecoveryLutto per la perdita di animali da compagnia in Cina Wong PWC, Lau KCT, Liu LL, Yuen GSN, Wing-Lok P, 2017 | The aim of this study was to investigate whether postbereavement growth is possible from pet loss bereavement when appropriate coping strategies are adopted | Qualitative study interviews | n.31 animal lovers recruited through convenience and snowball sampling in Hong Kong | Hong Kong SAR, China | Identified seven common themes: self-reliance, social-supported, or professional-support coping behaviors | Animal loss bereavement appears to share similar features to other forms of bereavement but also has its unique features.<br><br>The intensity of grief seemed to be affected by factors like the strength of the human-animal bond, lack of empathy from closed ones, being married without children, and euthanasia decision. |
| 2) Grief   |  |                              | Two equivalent college student  |                      |   |   |

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| following pet and human loss   | compare grief severity and its predictors   | Quantitative study interviews?  | samples who had experienced the death of a pet (n = 211) or a person (n = 146) within the past 2 years | Oregon, Usa                    | The human death sample reported higher grief severity, $p < .01$ , but effect sizes were small ( $d_s = .28-.30$ ).  | Ccloseness to the deceased was overwhelmingly the strongest predictor of grief severity  |
| 3) Pet Bereavement and Coping Mechanisms                                     | To examine the relationship between pet loss and owner grief response                                   | Literature Review   | 48 studies included  | North Carolina, Usa and Online | this review was able to identify a consensus among the literature that bereaved pet owners are likely to experience disenfranchisement surrounding their loss  | Factors that influence the grief response, the disenfranchised nature surrounding pet loss, ambiguous pet loss and coping mechanisms used: isolation, social support, continuing bonds and memorialization, religion and spirituality and relationships with other animals |
| 4) Grieving the loss of a pet  | explored the psychosocial impact of bereavement and grieving the loss of a pet                          | Qualitative systematic review   | 19 qualitative papers from 17 studies that   | Australia                      |  | Five themes: Their Relationship; Their Grief; Their Guilt; Their Supports; and Their Future.   |
| 5) Pet loss and continuing bonds in children and adolescents                 | explore the different ways that children use continuing bonds (CB) to cope following the death of a pet | mixed-methods study   | 32 children (5-18 years) and their parents   | California, Usa                | Children answered four questionnaires and the Continuing Bonds Interview. Parents answered a demographic questionnaire.  | All children utilize CB while grieving the loss of a pet, although CB expression varies depending on the age of the child, the level of grief following the loss, and the strength of attachment to the pet.   |
| 6) Relationship Between Childhood Trauma Experience and Coping With Pet Loss | Explore relationship Between Childhood Trauma Experience and Coping With Pet Loss                       | online survey conducted with non-clinical adult participants who had experienced the loss of a companion animal | sample of 137 individuals who had experienced pet loss   | Korea                          | standardized assessments, including the Inventory of Complicated Grief (ICG), the Patient Health Questionnaire-9 (PHQ-9), the Generalized Anxiety Disorder-7 (GAD-7), and the Insomnia Severity Index (ISI). Childhood trauma was evaluated using the Childhood Trauma Questionnaire (CTQ) | People who experienced pet loss had significant psychological symptoms, ranging from 32% to 55%. Childhood trauma experiences affect complicated grief, depressive symptoms, anxiety symptoms, insomnia and prolonged grief disorder after pet loss                        |
| 7) How We Disenfranchise Grief for Self                                      | Examine perceived disenfranchisement, self-   | Empirical Study   |  |                                | attachment and social support  | attachment and social support are  |

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| and Other,<br><br>Cesur-Soysal<br>G, Ari E, 2022   | disenfranchisement<br>and<br>disenfranchisement<br>of others about grief<br>and pet loss   | Online ahead of<br>print  | Null  | Turkey            | are significantly related to the<br>evaluations of the<br>disenfranchised grief process   | significantly related to the evaluations of<br>the disenfranchised grief process   |
| 8) Pet Grief:<br>Tools to Assess<br>Owners' Bereavement<br>and Veterinary<br>Communication<br>Skills<br><br>Testoni I, De<br>Cataldo L,<br>Ronconi L,<br>Colombo ES,<br>Stefanini C(6),<br>Dal Zotto B(7),<br>Zamperini A,<br>2019   | The aim of this<br>study is the Italian<br>adaptation of<br>instruments for<br>veterinary<br>counseling services                               | Participants were<br>selected through<br>Facebook. An<br>invitation with a<br>link to the survey<br>was posted on<br>the social media<br>platform | 377 pet owners<br>who responded<br>to the<br>questionnaire,<br>354 (318<br>females and 36<br>males)   | Italy             | The study analyzed Pet<br>Bereavement Questionnaire<br>(PBQ) to describe the<br><br>individual experience of pet-<br>grief; Regret of Bereaved Family<br>Members (RBFM) to<br><br>assess the family regret; Shared<br>Decision-Making Questionnaire<br>(SDM-Q-9) for decision making<br>in end of life; Consultation and<br>Relational Empathy Measure<br>(CARE) to assess the<br>veterinarian relational empathy<br>during clinical encounters | All the instruments obtained good<br>internal reliability, and the results of the<br>confirmative factor analysis of all the<br>Italian versions were in accordance with<br>the original ones<br><br>The path analysis suggests that<br>developing a veterinary relationship-<br>centered care practice may be<br>beneficial for pet owners facing end-of-<br>life issues and the death of their<br>companion animals since it showed that<br>shared-decision making strategies and<br>empathic communication may reduce<br>negative dimensions of bereavement<br>that may complicate grief. |
| 9) Grieving the<br>Loss of a Pet<br>Needs the<br>Health System<br>Recognition<br><br>Mohanti BK,<br>2017   | The aim of this<br>study is to<br>anticipate, identify<br>and address<br>physical and<br>psychosocial<br>symptom burdens<br>in a timely manner | null  | null  | India             |   | Unlike the loss of a child, spouse or<br>parent which become a shared tragedy;<br>others may not understand the depth of<br>sadness and a sense of void in a<br>grieving pet owner. Emotional pain and<br>physical distress due to the loss of a<br>companion animal are likely to be<br>pronounced  |
| 10) Expressions<br>of Grief in<br>Online<br>Discussion<br>Forums-<br>Linguistic<br>Similarities and<br>Differences in<br>Pet and Human<br>Bereavement,<br><br>Minna Lyons,<br>Katie Floyd,<br>Haley McCray,<br>Claire Peddie 1,<br>Katherine<br>Spurdle, Amelia<br>Tiusty,<br>Charlotte<br>Watkinson,<br>Gayle Brewer,<br>2022 | compare online<br>discussion forum<br>posts related to pet<br>loss to those related<br>to human<br>bereavement.                                | Original study  | 401 posts were<br>analyzed using<br>the Linguistic<br>Inquiry and<br>Word Count<br>software for<br>frequencies of<br>word use<br>relevant to<br>bereavement | Usa and<br>online | poor  | There were some similarities in partners<br>and pets in the word use related to<br>friends and social connectedness  |

| Study details | Aims and purposes | Study design | Characteristics of the participants | Country | Impostazione/considerazioni aggiuntive | Setting Theme(s) of included articles/Results |
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|               |                   |              |                                     |         |  | The results                                   |

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| 11) Relationship between Attachment to Pet and Post-Traumatic Growth after Pet Loss<br><br>Park HJ), Jeong GC, 2022   | analyze the moderating effect of a cognitive emotion regulation strategy mediated through separation pain on the relationship between attachment and post-traumatic growth after pet loss among owners | Original study                         | 303 owners who have experienced pet loss   | Korea          | It analyzed the mediated moderating effects by PROCESS macro  | The results showed that the adaptive cognitive emotion regulation strategy strengthened the effect of attachment to pets on post-traumatic growth and decreased the effect on separation pain   |
| 12) The Impact of Continuing Bonds Between Pet Owners and Their Pets Following the Death of Their Pet,<br><br>Hughes B, Lewis Harkin B, 2022  | Analyze the role of ongoing bonds with a living pet and the impact of these bonds after the animal's death   | Systematic Narrative                   | null   | UK             | null  | Continuing bonds can sometimes aggravate and intensify grief experiences, particularly when pet grief is perceived as disenfranchised grief. Identifying appropriate bonds can be useful to moderate the intensity of grief and be a valuable mechanism of support. CB can also help post-traumatic growth of owners. |
| 13) Owners' Expectations for Pet End-of-Life Support and After-Death Body Care: Exploration and Practical Applications.<br><br>Cooney, K. A., Kogan, L. R., Brooks, S. L., & Ellis, C. A., 2021 | The study explores the perceptions and expectations of pet owners in the United States regarding end-of-life issues, with a particular focus on postmortem care  | Systematic Narrative                   | anonymous online survey, 2043 participants   | Usa            | Participants living in the US who were the current owners of at least one cat or dog, had a regular veterinarian, and had made end-of-life decisions for at least one pet | The majority of these owners indicated they preferred to work with a specific crematory (43%) or cemetery (70%) and over 95% of these owners reported feeling it important to work with their preferred after-death body care service   |
| 14) Online survey as empathic bridging for the disenfranchised grief of pet loss,<br><br>Packman W, Carmack BJ, Katz R, Carlos F, Field NP, Landers C, 2016                                     | Investigated grief reactions of bereaved individuals following the death of a pet  | Online survey. Qualitative methodology | Responses of U.S. and French Canadian participants to open question on our online pet loss survey. | Usa and Canada | Four major themes emerged: lack of validation and support; intensity of loss; nature of the human pet relationship; and continuing bonds                                  | Findings confirm that, for both the U.S. and French Canadian participants, pet loss is often disenfranchised grief and there are ways to facilitate expressions of grief.   |



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| 15) Posttraumatic Growth Following the Loss of a Pet.<br><br>Bussolari C, Habarth J, Kimpara S, Katz R, Carlos F, Chow A, Osada H, Osada Y, Carmack BJ, Field NP, Packman W. 2017                 | The study examined Posttraumatic Growth (PTG) experienced by bereaved pet owners in the United States, French-Canada, Japan, and Hong Kong following the death of their pet   | Online survey qualitative methodology | Respos of United States, French, Canada, Japan, and Hong Kong participants   | Usa, French-Canada, Japan, and Hong Kong | Study explored to what extent the cross-cultural responses mapped onto the five factors of the Posttraumatic Growth Inventory (PTGI).  | For the U.S. sample, 58% of responses mapped onto the PTGI. For French-Canada, 72% of responses mapped onto the PTGI. For Japan, 50% of responses mapped onto the PTGI and for Hong Kong, 39% of responses mapped onto the PTGI |
| 16) Older women's experiences of companion animal death: impacts on well-being and aging-in-place.<br><br>Wilson DM, Underwood L, Carr E, Gross DP, Kane M, Miciak M, Wallace JE, Brown CA, 2021. | The aim of multiple methods study was to develop a greater understanding of the impact of companion animal death on older women living alone in the community, as older women are a distinct at-risk group, and the supports that should be available to help these individuals with their grief. | Research Article                      | Online questionnaire Participants (n=12) were recruited from across Alberta, a Canadian province, through seniors' organizations, pet rescue groups, and social media groups of interest to older women. All were older adult (age 55+) women, living alone in the community, who had experienced the death of a companion animal in 2019. | Alberta, Canadian province               | On the standardized measures, participants scored highly on attachment and loss, but low on guilt and anger. The interview data revealed three themes: catastrophic grief and multiple major losses over the death of their companion animal, immediate steps taken for recovery, and longer-term grief and loss recovery. | The findings highlight the importance of acknowledging and addressing companion animal grief to ensure the ongoing well-being and thus the sustained successful aging-in-place of older adult women in the community.           |
| 17) Does the DSM-5 grief disorder apply to owners of deceased pets? A psychometric study of impairment during pet loss. Lee SA, 2020  | This study aimed to validate the DSM-5 grief disorder construct to owners of deceased pets  | Research Article                      | 395 adults who were impaired during bereavement.   | Usa                                      | Confirmatory factor analyzes indicated that the grief symptoms cohered into the symptom clusters proposed by the DSM-5   | Findings support the application of the DSM-5 model of grief to owners of deceased pets.  |
| 18) "My pet has passed": Relations of adult attachment styles and current feelings of grief and trauma after the event, Olivia K Brown, Douglas K Symons, 2015                                    | This study examined attachment relationships and emotional distress after the passing of a pet  | Research Article                      | 73 university students 17-26 years of age who had lost a family pet within the past 5 years.   | Usa                                      | They completed measures of attachment styles toward people and their pet, as well as complicated grief, depression, and trauma   | Findings positive relations between attachments with people and pets, and anxiety in pet attachment was positively related to complicated grief, even when attachment with people was controlled                                |
|   |   |                                       |  |  |  | The results showed that the model's fit was partially adequate, with  |

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| 19) Validation of the HHHHHMM Scale in the Italian Context: Assessing Pets' Quality of Life and Qualitatively Exploring Owners' Grief. Testoni I, De Vincenzo C, Campigli M, Caregnato Manzatti A, Ronconi L, Uccheddu S, 2023 | The study aimed to validate the HHHHHMM Quality of Life Scale in the Italian context.  | Mixed-methods design | 314 people | Italy       | The Mourning Dog Questionnaire (MDQ), Lexington Attachment to Pets Scale (LAPS), Pet Bereavement Questionnaire (PBQ), and open-ended questions were adopted to test the research hypotheses and qualitatively explore the grieving experience                     | all parameters being significant and over 0.40. Moreover, human guardians' anger levels were high when their companion animal's quality of life was poor, and greater levels of grief were associated with higher levels of attachment.   |
| 20) The End of the Partnership With a Guide Dog: Emotional Responses, Effects on Quality of Life and Relationships With Subsequent Dogs, Lloyd J, Budge C, La Grow S, Stafford K, 2021   | The study examined the experiences and feelings of people who experienced the ending of at least one partnership with a guide dog to explore issues arising at the end of the partnership and how this may impact on relationships with subsequent dogs. | Research Article     | 36 people  | New Zealand | Results indicate that the majority of handlers experienced a reduction in their quality of life due to a decrease in independent mobility followed by the loss of a friend and companion, curtailment of social interactions, and loss of self-esteem/confidence. | The majority of handlers expressed feelings of extreme grief when the partnership ended, whether it was successful or not. Feelings of extreme grief were more common for first than subsequent dogs. The depth of emotion was compared to losing a family member or other loved one, which has been reported in some person and pet relationships. |

| Study details   | Aims and purposes   | Study design                                   | Characteristics of the participants   | Country | Impostazione/considerazioni aggiuntive                           | Setting Theme(s) of included articles/Results   |
|---|---|--|---|---------|--|---|
| 21) Psychiatric investigation of 18 bereaved pet owners, Kimura Y, Kawabata H, Maezawa M. | This study explores the grief associated with the loss of a pet | Survey using a self-administered questionnaire | 50 bereaved pet owners attending a public animal cremation service, and we received 18 responses. | Japan   | 8 of the 16 valid responses indicated depression and/or neurosis | Statistical analyses showed that the following factors were significantly associated with grief reactions: age of owner, other stressful life events, family size, age of deceased animal, rearing place, and preliminary veterinary consultation |

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| 22) The mental health effects of pet death during childhood: Is it better to have loved and lost than never to have loved at all?             | Katherine M Crawford, BS, research coordinator, Yiwen Zhu, MS, data analyst, Kathryn A Davis, MA, research coordinator, Samantha Ernst, BS, research assistant, and Kristina Jacobsson, 2021 | The study investigates the occurrence of grief following death of a pet   | Research Article  | A sample of 88 people. 40-item questionnaire based on reactions following human bereavement | U.K.            | The questionnaire showed high internal reliability, and total scores were significantly positively correlated with the degree of affective attachment to the pet, the suddenness of the death and whether the respondent lived alone; but not with the type of pet, the time since it had died, and how long the owner had been with it. | Overall these findings indicate a parallel reaction to that following a human bereavement, but with a lower frequency of affective distress.   |
| 23) Role of attachment in response to pet loss,   | Field NP, Orsini L, Gavish R, Packman W, 2009  | This study examined the impact of attachment on grief severity following the death of a pet   | They observe a set of measures t deceased pet, social support, and complicated grief symptoms | 71 people who had lost a dog or cat within the past year                                    | Usa             | The observed measures included an attachment measure assessing individual differences in attachment anxiety and avoidance, the continuing bond with the deceased pet, social support, and complicated grief symptoms. No significant mediators of the effect of attachment anxiety on grief were found                                   | The results highlight the importance of distinguishing strength of attachment from attachment security in examining the effect of attachment on response to pet loss.  |
| 24) Exploring how veterinary professionals perceive and use grief support resources to support companion animal caregivers in Ontario, Canada | Matte AR, Khosa DK, Meehan MP, 2021  | The aim of this study was to qualitatively explore veterinary professionals' use and perceptions of grief resources and services to support companion animal caregivers following companion animal euthanasia | A qualitative study consisting of group and individual interviews                             | 38 veterinary professionals and staff from 10 veterinary hospitals                          | Ontario, Canada | Conclusion: Overall, findings suggest that there are substantial opportunities to improve and embed a provision of grief resources within the veterinary profession. There is a need to develop adequate resources to meet caregivers' supportive needs and implement these resources within the greater veterinary profession.          | Results indicated that typically resources were only provided if a caregiver requested information, or when veterinary professionals recognised that the caregiver may benefit from these resources. To assess a caregiver's need, participants reported considering their age, the strength of the human-animal bond, their previous and ongoing life circumstances, and their emotional state. |
| 25) Practitioner Experiences of the   |  | EAS practitioners. The goal of the study was to explore the experiences of  |   | Online survey distributed to  |                 | Responses are situated into  | Experiences processing the death of an equine can be situated within   |

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| Death of an Equine in an Equine-Assisted Services Program,<br><br>Nieforth LO, Kaufman S. 2024   | practitioners and identify the socioemotional processes that occur upon the death of an equine within an EAS program  | Research Article   | EAS practitioners. Open-ended response. 84 people   | Indiana, Usa      | two themes (1) Processing the death of an equine and (2) Practical implications.   | Worden's Four Tasks of Mourning, extending a grief model previously only considered in the context of human death to animal death.   |
| 26) Associations between stress and quality of life: differences between owners keeping a living dog or losing a dog by euthanasia, Tzivian L, Friger M, Kushnir T, 2015 | The main objectives of this study were to compare the levels of stress and to explore the correlates of QOL of healthy adults who currently own or who have just lost their dog   | QOL was assessed with the WHOQOL-BREF questionnaire and divided into four major domains:Physical,Psychological, Relationship, and Environmental. | The study sample contained 110 current, and 103 bereaved dog owners, all females, who lost their dogs due to euthanasia.  | Israel            | RESULTS: Stress levels were significantly higher in bereaved owners. QOL in three of the four domains (Physical, Psychological, and Relationship) of current owners were significantly better than among bereaved owners. Stress was significantly associated with these three domains of QOL. Quality of life was found to be positively associated with social support. Age was related directly only to current owners' QOL | CONCLUSIONS: The results suggest that a loss of a dog is associated with stress for the bereaved owner and reduced physical, psychological, and relationship QOL. Lack of social support in the case of death of a companion animal has a strong effect on owners' grief reactions |
| 27) Social work with a pet loss support group in a university veterinary hospital,<br><br>Dunn KL, Mehler SJ, Greenberg HS. 2005   | The article describes the development of a bereavement support group for pet owners in a university veterinary hospital.  | Observation of a group of work   | Null  | Pennsylvania, Usa | The group is predicated on the understanding that a human-animal relationship can be strong and the loss of that bond, through the animal's death, can produce a grief reaction  | The discussion and conclusion support the development of interdisciplinary collaborations among veterinarians, owners and social workers in other veterinary hospitals.  |
| 28) <u>Overcoming the social stigma of losing a pet</u><br><br>Crossley MK and Rolland C, 2022   | A goal of the review is to provide counselors with perspectives to consider in their practice when working with clients who have attachments to their companion animals and to acknowledge the therapeutic benefits of working through the grief process to resolution as a way to continue the bond with a deceased pet. | Narrative review   | Null (The present review is built on research in the field of pet loss and human bereavement and factors in the impact of the COVID-19 pandemic on human-animal attachment) | Rhode Island, Usa | Pets play a significant role in the lives of their caregivers, taking on different attachment roles depending on the needs of the individual.  | Grieving the death of a pet continues to be disenfranchised in society. Perceptions of judgment can lead individuals to grieve the loss without social support.  |
| 29) Fare thee well: how to help owners (and yourself) deal   | The authors present advice on how to communicate with grieving clients as   |  |   | Pennsylvania,     | Pet owners often seek reassurance from their   |  |

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| with the death of a beloved pet, Bentz AI, Bach C,   | well as how to cope with a personal sense of loss when a patient dies.                  | Article | Null     | USA    | veterinarian after making the decision to have their pet euthanized   |   |
| 30) Mourned Pets. About Coping with Animal Death in Veterinary Practice and Caregiver's Experience Mourned Pets. About Coping with Animal Death in Veterinary Practice and Caregiver's Experience, Lange L, 2023 | The author tries to provide explanation for her feelings and for veterinarian behavior, | Article | 1 person | Poland | The article is written from the first-person perspective as an autoethnographical attempt to describe the experience of loss of a pet companion, a cat, | The author introduces new kind of veterinarian in-home services for palliative care and euthanasia. |

| Study details  | Aims and purposes   | Study design   | Characteristics of the participants  | Country | Impostazione/considerazioni aggiuntive   | Setting Theme(s) of included articles/Results  |  |
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| 31) Bereavement for Companion Animals: Intensity, Moderating Variables, and Effects on Wellbeing<br><br>López-Cepero, J., Garcia-Martínez, J., Martos-Montes, R., & Rivera, F. (2024). | The study examines the intensity of grieving experienced by volunteers from animal protection organizations in southern Spain   | Article. Study of regression analysis ANOVA          | 130 volunteers (86% female; M = 42.0 years   | Spain   | Volunteers reported on their reactions to loss following the death of animals under their care, levels of empathy, anthropomorphism, and attachment experienced toward these animals, received social support, and overall health status | The results showed that 65.5% of participants displayed signs of general complicated grieving (83% on the grief scale; 40% on the anger scale; 47% on the guilt scale  |  |
| 32) Attachment styles, continuing bonds, and grief following companion animal death<br><br>Lykins, AD, McGreevy, PD., Bennett B, Paul NK, & Gotsis N, 2023                             | The study explored how attachment styles, continuing bonds, and time since loss interacted to predict grief severity in a large sample of individuals grieving the loss of a variety of companion animals | Research Article                                     | Online survey using two questionnaires: The Pet Attachment Questionnaire (PAQ; Zilcha-Mano et al., 2011) and The Pet Bereavement Questionnaire (PBQ; Hunt & Padilla, Citation2006) 496 participants aged between 18 and 79 years | Online  | The authors recommend reconsideration of the non-human animal exclusion in prolonged grief disorder, and suggest that bereavement supports embrace targeted approaches that consider attachment styles.                                  | The results showed that higher attachment anxiety predicted more severe grief, a relationship partially moderated by continuing bonds, whereas attachment avoidance predicted less severe grief irrespective of continuing bonds |  |
| 33) Support for bereaved owners of pets,<br><br>Clements PT, Benasutti KM, & Carmone A, 2003   | The study explores The bond that exists between people and their pets and its impact on physical and mental health  | A comprehensive review of the bereavement of animals | Null   | Usa     | It is important to provide an environment of acceptance and understanding for bereaved pet owners to enhance efforts toward adaptive grief and bereavement and promote adaptive coping and reinvestment in life                          | A comprehensive review of the bereavement of animals   |  |

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| 34) Pet Humanisation and Related Grief: Development and Validation of a Structured Questionnaire Instrument to Evaluate Grief in People Who Have Lost a Companion Dog,<br><br>Uccheddu S, De Cataldo L, Albertini M, Coren S, Da Graça Pereira G, Haverbeke A, Mills DS, Pierantoni L, Riemer S, Ronconi L, Testoni I, 2019 | The aim of this study was the scientific validation of a novel instrument (the Mourning Dog Questionnaire) designed to allow a comprehensive quantitative analysis of grief responses in dog owners after the death of a pet dog, which is a still underestimated issue | The research model was based on a grid of five different questionnaires: the PBQ, the LAPS, the AHCS, the PScale, and the Testoni Death Representation Scale | A sample of 369 Italian dog owners  | Italy     | The Mourning Dog Questionnaire was based on a grid of quantitative measurable outcomes that combines five different questionnaires concerning levels of attachment to pets, responses to the loss of a pet, outlook on life events and grief, perceptions of animals in terms of emotions, needs and legal right.  | Authors found that pet owners have the tendency to humanise their pet and perceive animals no differently from humans in terms of emotions, needs and legal rights. In addition, after the death of the pet, a negative view of life was described according to the findings   |
| 35) Lavorgna BF, & Hutton VE, Grief severity: A comparison between human and companion animal death, 2019   | Research investigated and compared experiences of human death or the death of a companion animal  | Research Article   | Online self-report questionnaire. 50 participants aged 18 to 65 years who had experienced the death of a human (n = 35) or the death of a companion animal (n = 15) | Australia | There were no significant differences between the levels of grief severity, however, the qualitative analyses highlighted the complexities associated with attempting to compare these grief experiences   | These results highlight the importance of therapists acknowledging and validating companion animal grief   |
| 36) Exploring pet owners' experiences and self-reported satisfaction and grief following companion animal euthanasia<br><br>Matte AR, Khosa DK, Coe JB, Meehan M, & Niel L, 2020  | The aim of this study was explore the relationship between pet owners' experiences and their resulting satisfaction and grief following companion animal euthanasia   | An online questionnaire conducted with pet owners who had experienced euthanasia within the last 10 years  | N=2354 participants. Data were analysed using descriptive statistics and multivariable linear regression  | Null      | Overall, participants reported high levels of satisfaction with their euthanasia experience. Their experience with the administration practices (i.e., payment and paperwork), emotional support, follow-up care and care for their pet's remains was found to be associated with overall satisfaction. Participants' grief was associated with the number of euthanasia previously experienced, the type of human-animal bond, if the euthanasia was emergent and the emotional support they received | Findings contribute to existing research and shed light on some of the most important practices associated with companion animal euthanasia. Several practical recommendations are made, including developing standard operating procedures for companion animal euthanasia; exploring owners' previous experiences, expectations and emotions; the importance of reassurance; and access to grief resources and services. |
| 37) Expressions of Grief in Online Discussion Forums- Linguistic Similarities and   |   |  |   |           |  | There were some similarities   |

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| Differences in Pet and Human Bereavement, Lyons M, Floyd K, McCray H, Peddie C, Spurdle K, Tlusty A, Watkinson C, Brewer G, 2022                 | The study compared online discussion forum posts related to pet loss to those related to human bereavement   | Research Article                                   | 401 posts   | Null    | Posts were analyzed using the Linguistic Inquiry and Word Count software for frequencies of word use relevant to bereavement   | in partners and pets in the word use related to friends and social connectedness. Our results highlight the similarities in the vocabulary in pet and human bereavement  |
| 38) Comparing grief over people and pets<br>Kitowska AH, Sørensen M, Skødstrup ME, Danielson N, Brandenborg P, Langergaard S, & Hansen TGB, 2022 | The aim of the current study was to extend previous findings by (1) asking identical questions to participants bereaved of a person or a pet, respectively, and (2) correlating grief level with an improved measure of closeness to the deceased. | Research Article                                   | An open invitation from the study elicited 366 participants, of whom 58% had lost a person and 42% a pet. | Denmark | Method: Two standardized grief scales were reworded to be applicable across species, and closeness was measured by 8 items representing two dimensions of attachment.                | Results: Measures proved reliable (chr $\alpha = .89-.94$ ). For neither grief measure did level of grief significantly differ between those having lost a person and those having lost at pet (t-tests, ps > .4). Attachment consistently correlated with level of grief across species and across grief measures (rs =39-53, ps < .001). |
| 39) The Lived Experience of Companion-animal Loss: A Systematic Review of Qualitative Studies. Kemp, H. R., Jacobs, N., & Stewart, S. (2016)     | The aim of this systematic review was to evaluate qualitative studies of the lived experience of companion-animal loss and grief   | Systematic Review conducted on 11 eligible studies | peer-reviewed articles from 1970 to July 2015. Only primary empirical studies were included.              | Null    | Prolonged grief was associated with self-disenfranchisement, whereas subjective healing was associated with remembrance, in which the animal remained as a memory in a "new" normal. | Analysis revealed that pets were often labeled as family, and strong emotional connections between animals and humans were reported in some studies. Grief was described in five studies, with participants' experience ranging from low to overwhelming.  |

| Study details   | Aims and purposes   | Study design  | Characteristics of the participants | Country         | Impostazione/considerazioni aggiuntive   | Setting Theme(s) of included articles/Results   |
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| 40) Older adults and companion animal death: A survey of bereavement and disenfranchised grief,<br>Brown, C.A., Wilson, D.M., Carr, E., Gross, D.P., Miciak, M. and Wallace, J.E., (2023) | This study deepens our understanding of older adults' experiences of disenfranchised grief DG in relation to companion animal death | Participants were recruited to participate in an online questionnaire | 98 participants (Older adults)      | Alberta, Canada | One-third of participants identified that they needed to be careful about who they disclosed their grief, as they were not certain that they would be supported. | The study found that DG is experienced by a sizable group of older adults following their companion animal's death and that many participants perceived that socially legitimized recognition of loss and accompanying bereavement resources were |

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| 41) Human grief on the death of a pet.<br><br>Baydak, M. A. (2000).   | The aim of this study was explore the disenfranchised nature of the human grief response to the death of a pet   | A series of five structured, time-limited and closed pet loss support groups were facilitated | 18 participants  | Winnipeg, Manitoba, Canada | Several participants expressed resentment that their own veterinarians had not offered a support group, but that they had to learn of the existence of the support group from a different source   | Thirteen participants indicated that relationships with family and friends who did not understand their grief had been strained. Sixteen of the 18 participants indicated that attending the group had helped them come to terms with their grief. All 18 of the respondents indicated that they felt that information about a pet loss support group should be provided to all bereaved pet owners, and that they |
| 42) Coping with Animal Companion Loss: A Thematic Analysis of Pet Bereavement Counselling,<br><br>Leonhardt-Parr, E., & Rumble, B. (2024)                                       | This study aimed to contribute to the existing knowledge base on animal companion loss and provide a preliminary research base on the potential salience of PBC, 'Pet Bereavement Counselling' | Research Article: inductive thematic analysis   | Six qualified and accredited PBC therapists were recruited and took part in semi-structured interviews | U.K.                       | The analysis revealed participants' perspectives on the acknowledgement of animal companion loss societally and within counselling professions, the diverse ways animal companion loss can impact on bereaved owners, as well as the distinctive attributes and delivery of PBC.                                     | The findings have implications for how animal companion loss is conceptualised within counselling professions, teaching and research   |
| 43) Companion Animal Death: A Qualitative Analysis of Relationship Quality, Loss, and Coping, Reisbig A. M. J., Hafen M., Siqueira Drake A. A., Girard D., Breunig Z. B. (2017) | The present study qualitatively describes human-animal relationships and the subsequent loss and coping experienced by owners of beloved companion animals                                     | Research Article  | Qualitative analysis   | U.K.                       | Comparison with human and other types of loss and factors unique to companion animal loss are discussed. Veterinary and other helping professionals need basic information about the experience of companion animal loss in order to help support and normalize the experiences of grieving companion animal owners. | Relationships with animals are often viewed as inferior to human relationships. This becomes problematic during times of loss and grief when members of a grieving companion animal owner's support system do not understand the salience of the relationship with the animal.   |



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| 44) Pet loss and disenfranchised grief: Implications for mental health counseling practice, Cordaro M. (2012) | The purpose of this article is to elucidate (a) the process of coping with grief as experienced by bereaved pet owners; (b) the negative impact of disenfranchised grief on pet bereavement; and (c) the use of grief counseling and other resources for pet loss. | Research Article |   | Texas USA     | This article is essentially a call to practitioners to consider pet loss as a normative bereavement process that carries an additional layer of complexity because societal attitudes toward the death of a pet discourage bereaved pet owners from openly grieving the loss of a beloved companion. | <p>Given the close attachments some forge with their pets, significant grief reactions when a pet dies are common.</p> <p>Considering the grief reactions resulting from such a loss, a better understanding of the process of how bereaved pet owners cope with grief is needed.</p> <p>Considering pet loss as a normative grief process is not only an indication to bereaved pet owners that their loss is valued, it is also an initial step toward reinstating within our society a stigmatized grief</p> |
| 45) Can pets function as family members?<br><br>Cohen S. P. (2002)  | This exploratory study investigated how clients of a large urban veterinary center viewed the role of their pet in the family and how they compared this role to that of humans.   | Research Article | Comparative Study.<br>Randomly selected clients (N = 201) completed a questionnaire containing scales delineating family relationships and pet attachment | New York, Usa | In Phase 2, 16 participants from Phase I completed a social network instrument and answered questions about family roles and boundaries.   | Thirteen of the 16 respondents said that there were circumstances in which they would give a scarce drug to their pet in preference to a person outside the family.   |
| 46) Grief for animal companions and an approach to supporting their bereaved owners, Hewson, C. (2014)        | This article presents an overview of grief for animalNull companions and current approaches to bereavement support for   | Narrative review | Null  | U.K.          | Bereaved AC owners commonly have four particular difficulties:<br>A) Lack of societal understanding; B) Guilt following euthanasia; C) Animal as link to other significant relationships or experiences; D) Frequency of bereavement   | These four particular pressures may compound a bereaved AC owner's grief, especially because their distress may seem like an over-reaction to those around them. At work or in the family, others may remark accordingly eq.  |

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|   | bereaved owners  |                  |  |      |  | 'It was only a hamster'; 'Get over it!'. Such remarks can cause the bereaved owner further distress, and engender a sense of shame for the grief   |
| 47) Pet Death and Owners' Memorialization Choices, Kogan, L.R., Packman, W., Bussolari, C., Currin-McCulloch, J., Erdman, P. (2022)                   | This study was designed to better understand how people memorialize their pets through the use of continuing bonds (CB) expressions, as well as their choices pertaining to after-death body care, decisions related to taking time off work following the death, the impact of their religious beliefs on memorialization choices, and how their veterinarian responded to the death. | Research Article | Online, anonymous, cross-sectional survey distributed to pet owners who had experienced the loss of a companion animal. 517 participants | Usa  | The study found that choices regarding the expression of CB in response to pet death are similar to those witnessed after human loss.  | Results suggest that it is essential that those grieving the death of their pet be supported and reassured that there is no right or wrong way to grieve, with all options recognized as legitimate in the experience and expression of one's grief  |
| 48) When the bond breaks: Variables associated with grief following companion animal loss, Cowling, D.M., Isenstein, S.G.E., & Schneider, M.S. (2020) | This research investigated variables related to grief following pet loss.  | Research Article | Online quantitative survey. 85 participants  | Null | Variables included type of relationship, animal species, amount of time since death, cause of death, attachment, and social support. We also examined emotions hypothesized to be associated with pet loss: grief, guilt, and loneliness.<br><br>The cohort was divided into three groups representing high, middle, and low levels of grief. Individuals in the high grief group experienced the highest level of guilt and loneliness when compared with those with low and medium levels of grief | Grief was also related to the way in which participants described their pets. Those who classified their pet as their "child" or "best friend" reported significantly higher levels of grief in comparison with those who considered their pets to be "good companions."<br><br>Other variables related to level of grief included age, which was inversely related to grief, guilt, and loneliness, and the |

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|   |   |                  |   |  |   | presence of supportive others ameliorated guilt and loneliness. Species of animal was related to guilt and grief, with rabbit owners exhibiting significantly less guilt and grief than dog and cat owners.                   |
| 49) Pet Loss: Understanding Disenfranchised Grief, Memorial Use, and Posttraumatic Growth, July 2019 Anthrozoös 32(4):555-568 | This study investigated the relationship between disenfranchised grief, memorialization, and posttraumatic growth in bereaved pet owners. | Research Article | an online survey, respondents (n = 133) completed standardized measures, including the Pet Bereavement Questionnaire, the Loss of Social Support subscale from the Grief Experience Questionnaire, and the Posttraumatic Growth Inventory-Short Form (PTGI-SF). |  | There was a significant interaction between disenfranchised grief, grief severity, and posttraumatic growth, suggesting that disenfranchised grief inhibits posttraumatic growth when grief severity is high. | This study shows that disenfranchised grief can inhibit posttraumatic growth following the loss of a pet, highlighting the complicated relationship between posttraumatic growth, grief intensity, and disenfranchised grief. |

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