

Human-Animal Bond Resource Sheet

The following is a list of websites and articles on the human-animal bond and the benefits pets bring to people:

ENGLISH ARTICLES:

Royal Society of Prevention of Cruelty to Animals (RSPCA) Australia:

What are the benefits of pet ownership? http://kb.rspca.org.au/what-are-the-health-benefits-of-pet-ownership_408.html

US National Library of Medicine, National Institutes of Health (PubMed.gov):

Beneficial effects of pet ownership on some aspects of human health and behaviour
<http://www.ncbi.nlm.nih.gov/pubmed/1774745>

Pet Partners:

Benefits of the human-animal bond <https://petpartners.org/learn/benefits-human-animal-bond/?pid=315>

HelpGuide.org:

The health benefits of dogs and cats <http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm>

Animal Planet:

Top 5 health benefits of owning a pet <http://www.animalplanet.com/pets/benefits-of-pets/>

Health.com

12 Ways Pets Improve Your Health: http://www.health.com/health/gallery/0,,20810305_2,00.html

Centers for Disease Control and Prevention (CDC):

Healthy pets healthy people <http://www.cdc.gov/healthypets/health-benefits/>

News in Health:

Can pets help you keep healthy? <https://newsinhealth.nih.gov/2009/february/feature1.htm>

Huffington.post.com:

13 reasons why a dog will make your life so much better

http://www.huffingtonpost.com/2014/02/03/dog-health-benefits_n_4683351.html

BBC News:

Pet dogs may “help children avoid asthma” <http://www.bbc.com/news/health-34697408>

CHINESE ARTICLES:

Morning News (Taiwan):

10 benefits of having a pet (including improving your health)

<http://news.everydayhealth.com.tw/2014/05/10/4535-10-%E5%A4%A7%E5%A5%BD%E8%99%95%EF%BC%8C%E9%A4%8A%E5%AF%B5%E7%89%A9%E8%83%BD%E8%AE%93%E4%BD%A0%E6%9B%B4%E5%81%A5%E5%BA%B7%EF%BC%81>

Dailynews.sina.com:

12 benefits of dog ownership to health

<http://dailynews.sina.com/bg/news/heh/sinacn/20140219/15285474571.html>

Mongpaocanada.com

Having a pet lowers your child's chance of having asthma

<http://www.mingpaocanada.com/healthnet/content.php?artid=3202>

Bcwebworks.com

Research says if you own a pet your child's chance of getting asthma is less

<http://www.bcwebworks.com/display/information/%E9%A4%8A%E5%AF%B5%E7%89%A9%E5%A5%BD%E8%99%95%E5%A4%9A%E5%A4%9A%EF%BC%81%EF%BC%81%E7%A0%94%E7%A9%B6%EF%BC%9A%E5%BE%9E%E5%B0%8F%E9%A4%8A%E5%AF%B5%E7%89%A9%EF%BC%8C%E5%AF%B6%E5%AF%B6%E4%B8%8D%E6%98%93%E7%BD%B9%E6%82%A3%E5%93%AE%E5%96%98...%EF%BC%88%E5%BF%AB%E9%BB%9E%E8%BD%89%E7%99%BC%E5%87%BA%E5%8E%BB%EF%BC%89/89141>

Eastday.com:

Health benefits for old people keeping pets

<http://61.129.65.8:82/gate/big5/tj.eastday.com/eastday/health/node29984/userobject1ai2142132.html>

Hong Kong University/ Hong Kong Animal Therapy Foundation Reports:

Touch Report Benefits of Pets to Elderly and Withdrawn Youth 2014 (Chinese only) [click here for full report.](#)

Animal Therapy Research Report (Chinese-English) [click here for full report.](#)