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*January 2019: Number 37*

# **News and Notes From ISAZ**



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**Abstract submission for ISAZ 2019 is  
now open!**

*ISAZ 2019 will take place on the 1<sup>st</sup>-4<sup>th</sup> July in Orlando, Florida,  
USA*



We are delighted to invite you to the 28<sup>th</sup> Annual ISAZ conference- *Animals in the Public Eye: Interactions and Perceptions of Animals*. On top of the rich conference programme, we'd like to draw your attention to a pre-conference workshop for undergraduates and early programme graduate students which will focus on research methods and a post-conference symposium exploring the relationship between non-human animals with humans with a learning disability. Find out more [here!](#)

Abstract submission portal is now open: submit your proposal for a presentation or poster by **8<sup>th</sup> February** [here](#).

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## On The Student Blog

The October edition of the *Becoming an Anthrozoologist: The ISAZ Student Blog* featured work from Rachel Yerbury, winner of the student poster award at the ISAZ 2018 Conference in Sydney. Rachel's post was titled, "How does contact with wild dolphins impact our wellbeing and connection with nature?" Check out [the blog](#) to learn more about Rachel's work!

The January edition of *Becoming an Anthrozoologist: The ISAZ Student Blog* will introduce the new ISAZ committee members. For this first edition of 2019, readers of the Blog will get a quick insight into the new team when reading short bios of the members Sabrina, Sara, Molly and Lisa.



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# Meet the Anthrozoologist:

Carri Westgarth



*For the January edition of Meet the Anthrozoologist, we are excited to have a conversation with Dr. Carri Westgarth, who was awarded the ISAZ Early Career Researcher Award in Sydney, 2018.*

**Name:** Carri Westgarth, PhD, MPH

**University:** University of Liverpool, Department of Epidemiology and Population Health

**Location:** Liverpool, UK

**Position/ Title:** Tenure Track Research Fellow/ Lecturer in Human-Animal Interactions

**What are you currently working on?**

I'm working on [dog walking data](#)- trying to understand why some people walk their dogs a lot any others don't and how we might then motivate people to walk their dogs more as in most cases that would benefit both dogs and people. On the flip side of that I also do a lot of work on dog bites. Having been a pet behaviour counsellor for a while and helping people through experiences with their own aggressive dogs, I know too well that bites impact both sides- the victims and dog owners.

**What do you think are your biggest successes to date?**

There is a difference between doing research yourself and mentoring other people so I'm most proud of my PhD students. I'm also really proud of getting the Medical Council Fellowship to look at the human-animal relationship. When I was awarded this fellowship research in the human-animal relationship was often a result of side projects, so it felt really special to be supported by a major Medical Council.

### **How did you start doing research in anthrozoology?**

My PhD funders were particularly interested in how diseases may spread between humans and dogs. This in turn is down to how we interact with our pets- how we manage them in the house, where and what we feed them and so on. You need to understand the relationship as a whole- this is how I started.

Before my PhD, I was interested in human-animal interactions because I was doing assistance dog training. I grew up with cats but I met dogs in my dad's house. I was curious why we attach a particular meaning to dogs as pets and value interactions with them. The relations that emerge when you take it one step further and train dogs as assistance animals are also fascinating.

### **What do you find most rewarding and what motivates you to do research?**

I don't know what else I would do! I started by doing practical things with dogs: training and looking after dogs in kennels, but I always had lots of questions. Why do some dogs fail, why do we bring them for training at 8 months and not 15? I think that in research, although sometimes it doesn't feel like you're making much progress, you are. You can choose to research what interests you, with the caveat that you have to get it funded.

### **What do you see as the biggest challenge to the field?**

The biggest challenge is funding, which is increasingly competitive. It's a paradox because the value of the field comes from it being so interdisciplinary, but the barrier to its progression- in terms of funding and publications, it's also in that it's so interdisciplinary- sometimes it's hard to explain that it fits. For example, you have to convince human health funders that animals are important to human health and the journals that your paper is within their scope, which is sometimes hard.

### **What do you think will be the future of the field?**

I would like to see more consideration of *the animal*- their welfare and behaviour- in the human-animal relationship, particularly in the pet as therapy area. It has

already started.

I think that historically, we've focused quite a lot on adults or special populations with a particular condition. We needed to understand adults first- as a reference, but also studies involving adults are easier than studies with children. I think in the future, we will develop a better understanding of how relationships with pets impact children and their development.

**What (book/paper) have you recently read that made you excited about anthrozoology?**

It's not recent, but whenever I feel slightly disillusioned, I just need to look at Hal Herzog's "Some We Love, Some We Hate, Some We Eat" to feel better. It's also a great book to give to relatives if you need to explain what you do!

**What advice would you give to students just entering the field?**

I think it's a lot harder for students to progress now than it was for me. My three tips would be:

1) Don't let the rejections get you. I had a lot of grant rejections this year and there were a few weeks when I was eating a lot of chocolate. It is difficult! Thankfully, lots of other people in the field who I really respect were really encouraging and helped me to see that my grants were good, the work is good and it's just really bad luck. Don't take rejections personally.

2) Don't let your PhD take over your life. You finish it and no one is ever going to read it again. When you get to the end you'll realise it's about papers. When you're doing a postdoc you are asking yourself: is it worth my time, is it going to make a good paper? If not, you move on. You don't have this clarity over PhD.

3) One more tip would be to network. Go to conferences, present your own work,



don't let anyone else present it. Talk to those professors whose books you read. Make yourself known. When you email them a few months later and ask to collaborate on fellowship application, they know you and it can make all the difference.

### **Who are your role models?**

Can't list all of my role models, there are too many! Obviously Hal Herzog. I love the enthusiasm of Pauline Bennett and Nancy Gee, and Sandra McCune. There are so many nice people in anthrozoology who are very honest and very supportive. Maggie O'Haire is a role model for giving presentations.

I also have a lot of role models on a day-to-day basis in the department. In particular, those who are successful at juggling home and career. It's hard.

### **What are you up to when not doing research?**

I'm walking my dogs and think about my research. I try to do yoga and I go standing paddle boarding when it's not too cold. I do agility training with my dogs for fun, not competitively. Most of the time, downtime for us is sitting on the sofa.

### **Anything else?**

In our field, you need to value being interdisciplinary and learn how to collaborate. You cannot be an expert in everything. There is a lot you can learn from other disciplines, collaboration can really expand your thinking by bringing many new perspectives, so be prepared to talk to people who do research in other areas.

*Meet the Anthrozoologist interviews are edited for length and clarity.*

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# For Students

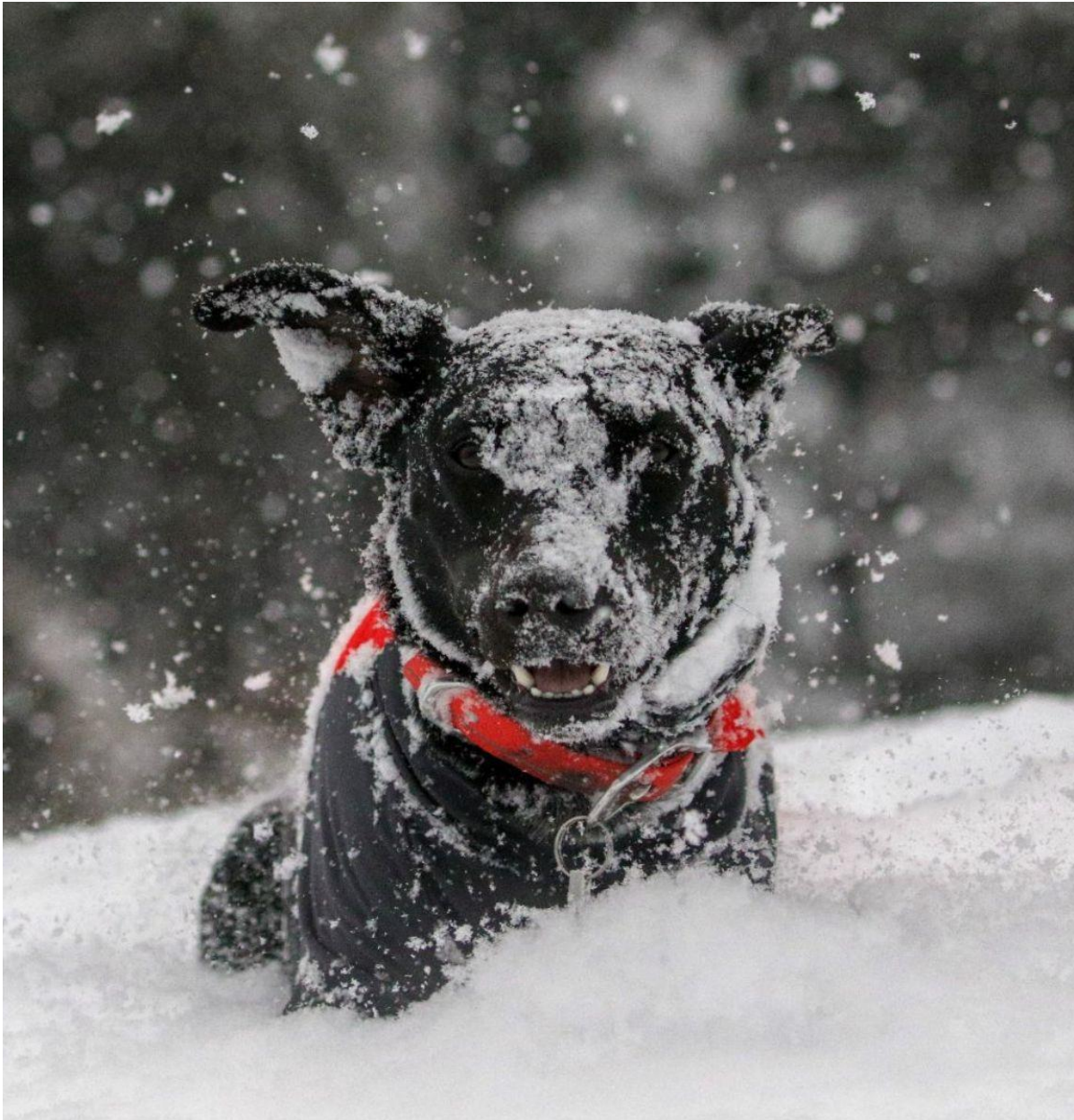
Are you a student who is interested in anthrozoology? Join the student [Facebook group](#), consider submitting to the [ISAZ Student Blog](#), or join the [ISAZ Student Google Group](#).

Applications for ISAZ 2019 *Martha Bryant Student Travel Award* and *Penny L. Bernstein Student Travel Award* are open- the applications deadline is **8<sup>th</sup>**

**February**. To find out more about how to apply please go to:

<http://www.isaz.net/isaz/martha-bryant-student-travel-award/> and

<http://www.isaz.net/isaz/1578-2/>.



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**Announcing: HAI and Healthy Human  
Aging. *Anthrozoös* Themed Issue**

Guest Editors Erika Friedmann PhD and Peggy McCardle PhD have curated papers from top researchers in the field. The April thematic issue will include:

- The State of Research on Human–Animal Relations: Implications for Human Health
- A Systematic Review of Research on Pet Ownership and Animal Interactions among Older Adults
- Epidemiological Panel Studies of Older Adults: New Frontiers in the Research on Human-Animal Interaction
- Relationship of Behavioral Interactions During an AnimalAssisted Intervention in Assisted Living to Health-related Outcomes
- Loneliness, Depression, and Physical Activity in Older Adults: The Therapeutic Role of Companion Animals and AnimalAssisted Interventions
- Pet Ownership and Human-Animal Interaction in an Aging Population: Rewards and Challenges
- Biopsychosocial Factors and Cognitive Function in Cat Ownership and Attachment in Community-Dwelling Older Adults
- Future Directions for Research on Human-Animal Interaction in an Aging Population

All papers in this issue will be available as OPEN ACCESS sponsored by WALTHAM.



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## *Anthrozoös* Featured Articles

- 1) [An Examination of Adult Women's Sleep Quality and Sleep Routines in Relation to Pet Ownership and Bedsharing](#)

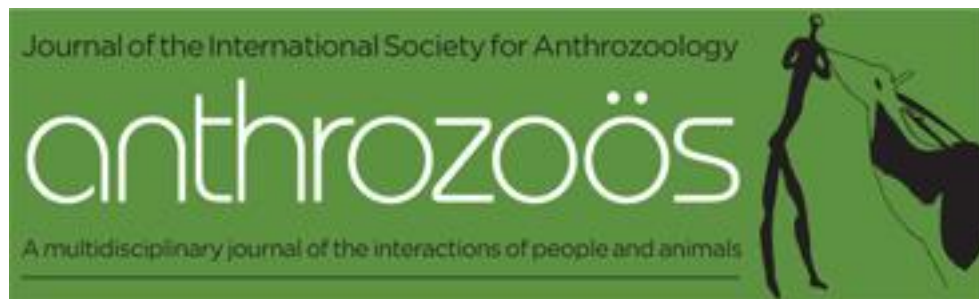
*Christy L. Hoffman, Kaylee Stutz, and Terrie Vasilopoulos*

and

- 2) [An Exploratory Study of Human-Dog Co-sleeping Using Actigraphy: Do Dogs Disrupt Their Owner's Sleep?](#)

*Bradley P. Smith, Matthew Browne, Jessica Mack and Thomas G. Kontou*

Two articles in the latest issue of [Anthrozoös](#) address the subject of human-pet co-sleeping. Co-sleeping with dogs or cats was not clearly linked with changes in perceived sleep quality (1). However, measured objectively, co-sleeping with dogs appeared to cause minor sleep disturbances (2). Any negative impacts on sleep should be weighed against benefits of co-sleeping, as sharing the bed with dogs was associated with feelings of comfort and security (1). Both articles are available free to ISAZ members.



## Opportunities and Resources

- Human-Animal Bond Research Institute (HABRI) request for research proposals is now open. HABRI is calling for research proposals to investigate the health outcomes of pet ownership and/or animal-assisted activity or therapy, both for the people and the animals involved. Deadline: 7th February. More [here](#).
- New dates for NIH- MARS WALTHAM public-private partnership funding for human-animal interactions have been announced: 30 March 2019, July 2019, October 2019, December 2019. Letters of intent are due 30 days prior to the application due date. Details available [here](#).

- A postdoctoral opportunity to study social behaviour, cognition, communication and welfare of goats! Find out more [here](#).
- Sir James Dunn Animal Welfare Graduate Scholarship is calling for applications from potential graduate students. The Scholarship will support the training of researchers at the masters or doctoral level to pursue animal welfare research at the University of Prince Edward Island, Canada. Deadline: 22 February 2019. Details can be found [here](#).
- Finally, see [here](#) for a list of additional upcoming HAI Funding Opportunities.

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## Become an ISAZ Member!

Not an ISAZ member? Find [applications for membership](#) on the ISAZ website:  
<http://www.isaz.net/isaz/membership/>.



Membership benefits include:

- Six (6) issues per year (starting 2018) of Anthrozoös; the leading journal on human-animal interactions and relationships;
- Online access to the full back catalog of Anthrozoös;



- Eligibility for membership in the ISAZ listserv;
- Access to the Society's annual membership directory;
- Substantially reduced registration fees for all ISAZ conferences; and
- A 20% discount on books published by Routledge.

## Follow us on social media!



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Facebook: [ISAZ International Society for Anthrozoology](#) and  
[ISAZ Student Members](#)



