

Q4

3-10

Body # 3 - Evidence From Research

We know that animals bring us joy and provide mental health support, but research shows they also give people a great deal of comfort. ^{According to an article on Dogs, anxiety.org} as companions to people with anxiety disorders, can use their sense of smell to locate an exit in the event their owner has a panic attack in a ^{crowded} public location. This service provided by the dog keeps their safe and feeling comforted.