

Beyond companionship

Psycho-social benefits of pet ownership

9.6% & 10.2%

of people own cat and dog in Japan

Owning pets is beneficial to physical and mental health.



Aim

Examine associations between various categories of pet ownership and multiple psycho-social benefits.

Geo-social Survey for Urban Lifestyle Preferences (GULP)



8,821 participants



Covering 21 cities in Japan

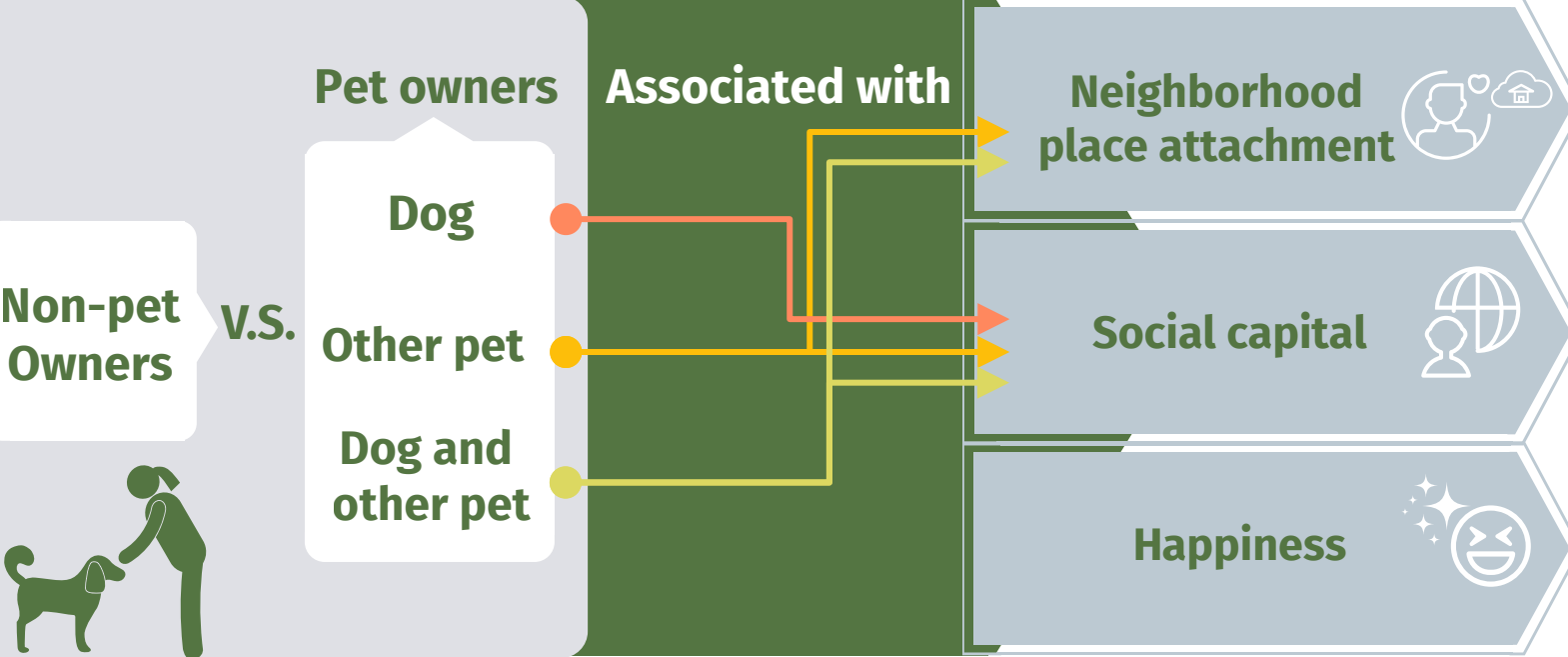
Data

Pet ownership

Non-pet
Dog
Other pet
Dog and other pet

Psycho-social benefits

Neighborhood place attachment
Social capital
Happiness



Multi-pet combinations of dogs and other pets enhanced both for:

Neighborhood place attachment

Social capital

Reference :

Zhao, Jing, Mohammad Javad Koohsari, Jiuling Li, Yufeng Luo, Andrew T. Kaczynski, Gavin R. McCormack, Koichiro Oka, and Tomoya Hanibuchi. "Beyond companionship: psycho-social benefits of pet ownership." BMC Public Health 25, no. 1 (2025): 2320.

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