Pet Attachment and Life-Impact Questionnaire (PAL)

This questionnaire is for anyone who has lived with a pet. If you have EVER lived with a pet (whether or not you owned it) please indicate how strongly each statement reflects how your pet has impacted your life. If you have lived with more than one pet please respond with your **favorite or most important pet** in mind. If you choose a past pet, please respond as if the pet currently lives with you.

What kind of animal was your most special/important/favorite pet? _____

Responses for each question are:

| | Not at all | Somewhat | Moderately | Quite a bit | Very much |
| | 1 | 2 | 3 | 4 | 5 |

Item number	Item
1	Having a pet has helped my health
2	My pet is part of my family.
3	A pet completes the family.
4. reverse score	Having a pet is stressful.
5	I am more affectionate because of my pet.
6	I have learned compassion from my pet.
7	Having a pet has helped me to understand loss and letting go.
8	My pet gives me unconditional love.
9	My pet gives me something to love.
10	My pet gives me something that I can form a close emotional bond with.
11 reverse score	Having a pet has negatively impacted me emotionally.
12	My pet is my companion.
13	My pet and I have a special relationship.
14	My pet is loyal.
15	My pet provides comfort for me.
16 reverse score	I am worse off because I have a pet.
17	I like to cuddle with my pet.

18	I like my pet mostly because it is cute.
19	It's worth giving up other things in life in order to have a pet.
20	Pets take a lot of time but it is worth it.
21	My pet is my friend
22	My pet teaches me to trust.
23	My pet calms me down.
24	My pet cheers me up.
25	I take my pet with me to visit people.
26	I keep a picture of my pet with me.
27	My pet teaches me responsibility.
28	My pet is fun and entertaining.
29. reverse score	My pet is a financial hardship.
30	My pet allows me to feel needed.
31	My pet is someone to lean on and be with me when no one else is there for me.
32	My pet provides stability for me.
33	pet understands me like no one else has.
34	Talking to my pet makes me feel better.
35	My pet offers protection/safety.

Scoring directions:

Reverse score items 4, 11, 16, and 29 (1 becomes 5, 2 becomes 4, etc).

Then compute the means for subscales by summing and dividing by number of items.

Subscales:

Love: items (2+3+8+9+10+12+13+14+15+17+18+19+20+21+24+26+28)/17

Regulation: (22+23+25+30+31+32+33+34+35)/9

Personal growth: (1+5+6+7+27)/5

Negative impact: (4+11+16+29)/4

How to cite this measure:

Cromer, L. D., & Barlow, M. R. (2013). Factors and convergent validity of the Pet Attachment and Life Impact Scale (PALS). *Human-animal interaction bulletin*.

Permission:

Anyone is free to use this measure. Please contact Dr. Cromer if you wish to make changes, or if you have data from the measure you are willing to share for secondary psychometric analysis. Lisa-cromer@utulsa.edu