

Critters in the cube farm: Perceived psychological and organizational effects of pets in the workplace

Meredith Wells; Rose Perrine

Department of Psychology at Eastern Kentucky University

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Abstract

This article reports the findings of an exploratory study examining the perceived functions and psychological and organizational effects of pets in the workplace. Participants were 193 employees from 31 companies allowing pets in the workplace who completed anonymous questionnaires. Results indicated that participants perceived pets in the workplace to reduce stress and to positively affect employee health and the organization. Participants who brought their pets to work perceived greater benefits than participants who did not bring their pets to work and participants who did not own pets.