

Part 1

Read the text below on the ‘Dogs Can Help!’ and answer Questions 1– 10.

- A. Dogs can be there for you even when people can't. They offer unconditional love, emotional support, and constant cuddles that help stave off social isolation. A small Australian study discovered that dog ownership reduces loneliness.
- B. A comprehensive review of studies published between 1950 and 2019 found that dog owners had a lower risk of death. Studies suggest that dog owners have lower blood pressure levels and improved responses to mental illness.
- C. Even just petting a familiar dog lowers blood pressure, heart rate, slows breathing, and relaxes muscle tension. Scientists at Washington State University discovered that just 10 minutes petting a dog can have a significant impact. Study participants had a significant reduction in cortisol, a major stress hormone.
- D. Dogs help us recover psychologically from a crisis. Purdue University's College of Veterinary Medicine discovered that military veterans with PTSD do better both physiologically and psychologically when they have a service dog. Veterans with a service dog had significantly fewer symptoms of PTSD and showed improved coping skills.
- E. Those long treks along sidewalks, trails, and paths add up. A 2019 British study discovered that dog owners are nearly four times more likely than non-dog owners to meet daily physical activity guidelines. Dog owners spend nearly 300 minutes every week walking with their dogs. That's 200 more minutes walking than people without a pup of their own.
- F. In a series of studies, men were more likely to get a woman's phone number when they had a dog with them. In another study, researchers asked individuals to rate people in photographs and found that people looked happier and more relaxed when they appeared with a dog.

- G. Walking with a canine companion can make us more approachable and give people a conversation starter. Think about how many times you've talked with other people, whether they're your neighbors or new friends at the dog park.

- H. There's a reason why puppies are so irresistible: a dog's facial features possess an "infant schema." These "social releasers" trigger an innate caregiver response in humans. So the next time you can't stop watching that dog video, know those big eyes and floppy ears are scientifically appealing.

- I. Just looking at a dog can lift your spirits: a 2009 study in Japan found that staring into your dog's eyes raises your level of oxytocin, also known as the "love hormone." Besides the general health benefits of owning a dog, they are natural mood boosters. Those with AIDS are less likely to suffer from depression if they own a pet, according to a 2017 study.

- J. Studies exploring the effects of dogs on seniors found positive results. One study found that pet therapy improves the cognitive function of residents with mental illness in long-term care. Another showed significant decreases in agitated behaviors in seniors with dementia and improved social interactions.

Question 1 – 10

Identify which paragraphs (A – J) contain information listed in Questions 1 – 10 by marking a cross ☒ for the correct answer. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

You must choose answers only from the information given in the text. Paragraphs may be used more than once or not used at all.

Which paragraph mentions the fact that ...

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| 1 dogs help improve individuals' body and mind after crisis. | D |
| 2 dog owners tend to live longer. | B |
| 3 people become more lively when taken a picture with dogs. | F |
| 4 dogs have certain qualities in attracting people's attention online. | H |
| 5 dogs can assist in their owner's romantic relationship. | F |
| 6 dogs lead to regular physical exercise. | E |
| 7 dogs can be a great company. | A |
| 8 dogs assist people in making new friends. | G |
| 9 dogs can help their senior owners with certain illnesses. | J |
| 10 dogs are able to lower stress. | C |

