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1	Influence of living in a multi-cat household on health and behaviour in a cohort of cats from
2	the United Kingdom
3	
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16 Abstract

17 Background

18 Living in a multi-cat household has been implicated as a risk factor for various feline issues,19 but evidence is often anecdotal or based on retrospective studies.

- 20
- 21 Methods

22 Data from the Bristol Cats Study, a UK longitudinal study of pet cats, were used. Cats were

23 included if they had remained in either a single or multi-cat household between

24 questionnaires one (two to four-month-old) and five (two-and-a-half-year-old). Univariable

and multivariable logistic regression models were used to analyse associations between

single/multi-cat households and measures of health and behaviour (overweight/obesity,

27 abscesses/cat bites, negative interactions with owner, periuria). Multi-cat households were

also subcategorised according to whether owners had reported agonistic behaviour between

29 household cats.

30

31 Results

There was no evidence of association between household type and the likelihood of obesity, abscesses or periuria. The likelihood of negative interactions with the owner (for example growling or hissing) was influenced by the cats' relationships; cats in non-agonistic multi-cat households had decreased odds of negative interactions with the owner, compared to single and agonistic multi-cat households (P<0.001).

37

38 Conclusion

39 Living in a multi-cat households *per se* was not a risk factor for the health and behaviour

40 issues investigated, but the inter-cat relationship is important.

41 Introduction

The problems and benefits afforded by multi-cat households can be a contentious issue, with 42 strong views expressed regarding the welfare of cats housed with other cats. Although multi-43 cat households can be an enforced abnormal social structure, the influence of domestication 44 and the ability of cats to adapt should be considered, and information based on evidence 45 rather than anecdotes and preconceptions. Although traditionally regarded as an asocial 46 species¹, cats are able to form stable colonies around resources, as seen in populations of feral 47 and farm cats^{2,3}. Nearly half of pet cats in the UK live with other cats; estimates of the 48 49 proportion of pet cats residing in a multi-cat household in the UK are around 42 to 43 per cent^{4,5} of an estimated population of between 9 and 11 million^{5,6}. If living in a multi-cat 50 household is a risk factor for stress, disease and/or behavioural problems, this would apply to 51 around four million cats in the UK. 52

53

Various health issues have been scientifically and anecdotally associated with living in a 54 multi-cat household. For example, obesity is one of the most frequent health issues in cats⁷. 55 This could be associated with multi-cat households where it is more difficult to control food 56 intake, although results from a cross-sectional study found no evidence that this was the 57 case⁸. Cat bite injuries and resulting abscesses are another frequent health issue⁷, and fighting 58 59 can lead to the transmission of some infectious diseases. To our knowledge no studies have 60 investigated association between abscesses/cat bites and multi-cat households, although bite wounds from inter-cat fighting were proposed as a reason for an association between multi-61 cat households and pyothorax⁹. 62

63

Multi-cat households could also be associated with unwanted behaviours. A reported 38% of
returns and 7% of relinquishments of cats to rehoming shelters within a UK sample were as a

result of unwanted behaviours, with house-soiling and aggression towards people two of the 66 main issues¹⁰. These are also both common reasons for behavioural referral in the UK^{11} . 67 House-soiling includes periuria; although this can be an indicator of feline lower urinary tract 68 disease¹², there is evidence that stressful events can lead to an increase in this behaviour¹³ and 69 it has been reported to occur more commonly in multi-cat households¹⁴. There also appears to 70 be an increased risk of lower urinary tract signs where there is conflict between the cats¹⁵ and 71 72 relationships between cats in the household should therefore be considered. Conversely, the other behavioural issue, aggression towards people, has been linked with living in a single cat 73 household, where it was most commonly directed towards the owner¹⁶. 74

75

Many of these studies on associations between health/behaviour and multi-cat households, 76 have been retrospective^{14,15,17} and/or cross-sectional^{8,18}. Longitudinal studies have some 77 distinct advantages, including the use of prospective data which are less susceptible to recall 78 bias than retrospectively collected data¹⁹. Using owner-reported rather than veterinary-79 reported data allows the inclusion of cats who may have had, for example, an abscess, but did 80 not visit a veterinary practice. Additionally, many studies on behaviour use a cohort of cats 81 selected from a behaviour referral centre^{14,15,17}. Inclusion of cats who have not visited a 82 veterinary surgery or been referred is likely to be more representative of the whole UK pet cat 83 84 population.

85

The objective of this study was to use prospectively-collected data from a longitudinal study to identify evidence of associations between multi-cat households and potentially associated health and behaviour issues (overweight/obesity, abscesses/cat bites, negative interactions with owner, periuria). A distinction between multi-cat households where cats had reported conflict and no reported conflict was also made. 91

92 Materials and methods

93 Data collection

The Bristol Cats Study (BCS) is an ongoing longitudinal study of health, behaviour and 94 environment of pet cats in the UK. Owners of pet kittens between two and four months of age 95 were recruited between May 2010 and December 2013. Recruitment was initially restricted to 96 97 the Bristol area and expanded nationwide in 2011. Recruits were self-selected through advertisements placed in locations including veterinary practices, rehoming centres and cat 98 99 interest websites. Owners could register multiple cats from the same household. The BCS has been described in more detail elsewhere²⁰. 100 101 102 The BCS is primarily based on owner-completed questionnaires at specific ages of the registered cat(s). For this study, questionnaire one (Q1: age two to four months), two (Q2: 103

age six months), three (Q3: age 12 months), four (Q4: age 18 months) and five (Q5: age two-

```
and-a-half years) were used. These can be accessed at:
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- 106 https://smvsfa.onlinesurveys.ac.uk/bristol-cats-study-questionnaire-1-kitten-aged-8-16-wks-2
- 107 (Q1), https://smvsfa.onlinesurveys.ac.uk/bristol-cats-study- questionnaire-2-6-month-old-
- 108 cats-c (Q2), https://smvsfa.onlinesurveys.ac.uk/bristol-cats- study-questionnaire-3-12-month-
- 109 old-cats-c (Q3), https://smvsfa.onlinesurveys.ac.uk/q4bc (Q4) and
- 110 https://smvsfa.onlinesurveys.ac.uk/bristol-cats-study-questionnaire-5-25-years-old-cats-2
- 111 (Q5).

112

113 Participants

114 Cats from the BCS were included in this study if their owners had completed Q1 through Q5

inclusive. Only cats who had remained either in a multi-cat (defined as two or more cats) or

a single cat household throughout the selected time period were included. Cats with
incongruent data, that is where the owner reported interactions between household cats, but
the household was classified as single cat household, or where the owner reported no cat-cat
interactions within a multi-cat household, were excluded. Where more than one cat from the
same household was eligible for the study, one was chosen at random for inclusion. Figure 1
describes how the study sample was reached after removal of ineligible cats.

122

123 Household

124 Cats reported to have lived with no other cats in Q1 to Q5 inclusive were classed as living in single cat households. Cats reported to have lived with one or more other cats in Q1 to Q5 125 were classified as living in multi-cat households. Owners were asked "which of these 126 statements best describes how your Bristol Study cat interacts with other cats in the 127 household". Within multi-cat households, cats for whom the owner answered 'yes' to this 128 question for one of the following behaviours: 'hisses or spits at another cat', 'is hissed or spat 129 at by another cat', 'is reluctant to pass another cat in a narrow space' and/or 'blocks or 130 inhibits the movement of another cat' were classed as agonistic multi-cat households. Multi-131 cat households where none of these behaviours were selected were classed as non-agonistic 132 multi-cat households. 133

134

135 Health and behaviour outcomes

The outcomes were chosen to reflect common health and behaviour issues in pet cats
anecdotally or scientifically associated with single or multi-cat households. They were also
based on the data available for the Bristol Cats Study, having sufficient frequency within the
population to allow statistical power.

140

141 *Overweight/obesity*

Cases were cats who were reported by their owner at Q5 to have been at body condition score
four (overweight) or five (obese) within the past year, based on a five point scoring system²¹.
Controls were cats who were reported by their owners to have not been at body condition
score four or five within the past year.

146

147 *Abscess/cat bite*

Cases were obtained from two questions in Q5; cats whose owner reported them to have visited a veterinary surgeon for an abscess or cat bite wound within the past 12 months, and those whose owners had reported that their cat had had an abscess or bite wound within the past 12 months but had not been presented to a veterinary surgeon. Control cats were those who were reported by their owner to have not had an abscess or bite wound within the past 12 months.

154

155 Periuria

The frequency with which the owner reported that the cat urinated in the house but not in the litter tray was recorded in Q5 as 'always', 'usually', 'occasionally' and 'never'. Cats who 'never' urinated in the house (excluding the litter tray) were classed as controls and cats whose owners had selected 'always', 'usually' or 'occasionally' were cases.

160

161 *Negative interactions with owners*

Owners were asked in Q5 how the cat responded (sometimes or always) when approached or handled 'nowadays', with a selection of answers. Those who had chosen one or more of the following statements were defined as cases: 'runs away', 'growls, hisses or spits', 'swipes at me'. Cats who had not shown any of these behaviours, but where the owner had selected one 166 or more of the other options were classified as controls.

167

168 Calculations indicated that based on the sample size for the four outcomes (at least 63 cases
169 and 315 controls), at a significance level of 0.05 there was 80% power to detect an odds ratio
170 of at least 2.5. Hence this study had the power to detect fairly large effect sizes only. (Epi
171 Info 2000).

172

173 Explanatory variables

174 Potential explanatory variables for the four outcomes of interest were extracted from Q1 and Q5 (supplementary table 1). These were mostly variables that could be reasonably expected 175 to cause stress (for example presence of children, neighbourhood cat density), along with 176 177 demographics of the owners. Whether or not the cat was from the initial cohort (limited to the Bristol 'BS postcode' area) was included to address potential bias from this sampling 178 method. Six factors had categories that were combined for analysis, based on the results of 179 initial univariable analyses: income, education, playing time, time spent outdoors and cat 180 density. 181

182

183 *Risk factor analysis*

Univariable logistic regression models were used to analyse associations between the four
outcomes and single/multi-cat household status. Univariable analyses were then repeated
with agonistic and non-agonistic multi-cat households as separate categories. The outcomes
that showed an association with household status of P<0.2 were taken to further analysis.
Outcomes with an association of P>0.2 with household were not analysed further, since
household was the focus of interest.

190

Subsequent univariable analyses were run to identify other explanatory factors which were 191 associated at P<0.2 for each outcome. These were then entered into the modelling process for 192 multivariable analysis. For two variables (abscesses/cat bites and negative interactions with 193 the owner) no unneutered cats were cases. One control cat for each of these variables was 194 selected at random to become a case for these two univariable analyses to be conducted, then 195 returned to controls for the other analyses. For each outcome, cats with missing data for any 196 197 of the explanatory factors with P<0.2 were removed in order to have a complete dataset for each multivariable analysis. 198

199

For the multivariable analyses, the distinction between agonistic and non-agonistic multi-cat
households was retained. Backward elimination was used in the multivariable model building
process for each outcome; the explanatory factor with the highest P value greater than 0.05
was removed at each stage until all remaining variables had P values less than 0.05.
Interactions considered biologically plausible were tested for within each final multivariable
model.

205

206

IBM SPSS Statistics version 23 was used for all data analyses. The Bristol Cats Study has
ethical approval from the University of Bristol ethical committee (reference UIN/13/026).

210 **Results**

211 Descriptive data

The number of cats eligible for, and included in the study, is summarised in Figure 1. Of the cats included in the study, 21.3% were in single cat households and 78.7% in multi-cat households. Of the multi-cat households, the majority (62.2%) were in agonistic households, with 37.8% in non-agonistic households. The minimum number of cats in a multi-cat household was two, with a maximum number of 30 (supplementary table 2). The median of
cats in a multi-cat household was three cats and the interquartile range was two-five cats.
About half (410/780: 52.4%) of the total number of cats were male and 182/776 (23.5%)
were purebred cats. There were 22/783 (2.8%) cats (three male and 19 female) who were not
neutered by age two-and-a-half years.

221

For overweight/obesity, 150/755 (19.9%) cats were reported by their owners at Q5 to be at body condition score four or five (on a 5-point scoring system) within the past 12 months. Sixty-eight of 783 (8.7%) cats had been reported by the owner to have had an abscess or cat bite within the past 12 months, whether or not they had been to a veterinary surgeon, and 83/783 (10.6%) cats were reported to have urinated outside of the litter tray (with no specified timescale). Cats who were reported to have negative interactions with their owner numbered 132/782 (16.9%).

229

230 Univariable analysis

The results of the univariable analyses for association of the four outcomes with living in a single/multi-cat household are shown in table 1. No evidence of a significant association (P>0.2) was found between living in a single vs multi-cat household and the odds of ownerreported overweight/obesity or periuria. Subsequently, no association was found when multicat households were split into agonistic or non-agonistic multi-cat households (supplementary table 3,4) These outcomes were therefore not assessed further.

237

Abscesses/cat bites and negative interactions with owner had P values less than 0.2 associated
with single/multi-cat household (table 1). For both outcomes, a distinction was then made
between agonistic and non-agonistic multi-cat households. The univariable analyses with

241	potential explanatory factors can be found in the supplementary material (supplement 5,6)
242	These factors were taken forward to multivariable risk factor analysis, and the final
243	multivariable models for each of the three outcomes are shown in table 2. As a result of
244	different amounts of missing data for different questions, the total number of cats varies
245	between outcomes.
246	
247	Multivariable analysis
248	The final multivariable models can be seen in table 2.
249	
250	Abscess/cat bite
251	The complete dataset for abscesses/cat bites consisted of 465 cats, of which 53 (11.4%) were
252	cases. Household status was not associated with owner-reported abscess/cat bite within the
253	previous 12 months at multivariable level.
254	
255	Negative interactions with owner
256	For reported negative interactions with the owner, the complete dataset consisted of 656 cats
257	of which 116 (17.7%) were cases. Agonistic multi-cat households were not significantly
258	different from single cat households in the odds of the outcome, but non-agonistic multi-cat
259	households had reduced odds of having a negative interaction with the owner when compared
260	with single cat households (OR 0.26; 95% CI 0.14-0.50).
261	
262	Discussion
263	This study aimed to use longitudinal prospectively collected data from the Bristol Cats

Study to analyse associations between single/multi-cat households and measures of health and behaviour, and to distinguish whether this differed for cats in agonistic and non-agonistic multi-cat households.

267

No evidence was found for an association between single/multi-cat households and owner-268 reported overweight/obesity or periuria in this sample of cats. Although the lack of an 269 association within our dataset courld be due to a lack of statistical power, our results 270 dosupport previous findings for both outcomes ^{8,17}. Obesity is one of the most common health 271 issues in cats⁷ and a potential risk factor for numerous diseases²². Periuria is a common 272 reason for relinquishment¹⁰ and behavioural referral¹¹. The finding that neither of these issues 273 is associated with living in a multi-cat household is therefore important. Urination outside the 274 litter tray has been used as an indicator of feline lower urinary tract disease¹². Risk factors for 275 other owner-reported lower urinary tract signs (haematuria, straining and vocalizing when 276 urinating) have already been reported for the BCS cohort²³, where living in multi-cat 277 households was not found to put cats at greater risk. Inappropriate urination can also be a 278 behavioural issue,. Periuria as a behavioural issue could have confounding factors associated 279 with the number of cats in a household for which data was not available, for example the 280 location and number of litter trays within the household, although a behaviour-focussed 281 retrospective study supports no association between single/multi-cat households and house 282 soiling¹⁷. 283

284

Cat bites are another common health issue⁷ and fighting is implicated in the spread of infectious disease. Living in a single cat household was associated at univariable level with having an abscess or cat bite within the past 12 months, indicating that abscesses and cat bites are more likely to be a result of an agnostic encounter with an unfamiliar cat rather than between cats within a household. However, household was not retained in the final
multivariable model. It may be that confounding factors existed which were not detected,
resulting in removal from the final model.

292

The finding that negative interactions with the owner were associated with living in a single 293 cat household supports a cross-sectional study where cats living without conspecifics had 294 greater likelihood of aggression towards people¹⁶. In that study, the authors suggested play-295 related aggression as a potential reason for this finding, and this would be a likely explanation 296 297 for the young cats in the present study. The distinction between agonistic and non-agonistic multi-cat households in the current study revealed that this association was only found in 298 comparison with non-agonistic households. An explanation for this could be that inter-cat 299 300 conflict in agonistic multi-cat households can lead to redirected aggression towards the owner²⁴. 301

302

There are several implications for human-directed aggression. It is a common reason for 303 relinquishment to rehoming centres; one study reports 14% of relinquishment in the UK were 304 a result of this¹⁰. There are human health implications, such as cat bite infections and cat 305 scratch fever. Finally, the human-cat relationship may be affected by negative interactions. 306 Cats with whom their owners feel a weaker bond are less likely to receive preventative care²⁵ 307 and owners with a weaker bond are less likely to feel emotional support from their pets 26 . The 308 current study highlights the importance of establishing and maintaining good inter-cat 309 relationships in multi-cat households and human-cat relationships in all households. 310 311

312 *Limitations*

313 The nature of the cohort, that is, motivated cat owners who are willing to complete annual

questionnaires, means that the results from the study are not necessarily representative of the 314 general population of cat owners in the UK. One noticeable difference is the high percentage 315 of cats in multi-cat households (79%), when compared with the general population of 42 to 316 43 per cent^{4,5}. However, this bias is considered more likely to affect prevalence estimates 317 than risk factor analyses²⁰. Additionally, one challenge of longitudinal studies is the retention 318 of participants. Several retention strategies are implemented in the Bristol Cats Study, and 319 have been described elsewhere²⁰. Although the Bristol Cats Study is a reasonably large 320 cohort, the occurrence of health and behaviour outcomes is often low, resulting in a lack of 321 power to detect small but possibly clinically relevant effects. Indeed, limited statistical power 322 within this study may have contributed to one or more of the non-significant findings, if they 323 324 occurred as a result of a type-I error.

325

A final point is that the definition of an agonistic household was derived from the presence of agonistic behaviours, rather than the absence of affiliative behaviours. It is possible that some of the cats in households classed as agonistic by this definition may actually be in mostly harmonious relationships. This could also account for the high proportion of agonistic multicat households in the cohort. The relationships between cats within the Bristol Cats Study as well as the influence of number of cats within each household could be assessed more fully in future research.

333

334 Conclusion

Of the health and behaviour outcomes investigated, none were associated with living in a multi-cat household, despite a seemingly large proportion of agonistic multi-cat households. This suggests that cats may not necessarily be at increased risk of health and behavioural issues when living with other cats and should be taken into account when considering the

339	welfare of cats	in multi-cat	households.	The lil	kelihood	of negative	interactions	with t	the
	wentare or each	III IIIGIUI Cau	nousenoius.	1110 111	nennooa	or negative	meencenomo		

340 owner was influenced by the cats' relationships, rather than the multi-cat household itself;

341 veterinary practices and rehoming centres should promote methods of establishing and

- 342 maintaining good inter-cat and cat-human relationships.
- 343
- 344

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- 352

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- 410 **Table 1** Univariable regression for cats two-and-a-half years in from the Bristol Cats Study cohort
- showing the association of single and multi-cat households with six health, behaviour and care
- 412 outcomes

Outcome*	N (%)	N (%)	<i>P</i> -value	OR (95% CI)
	Cases	Controls		
Overweight/obesity				
Single cat	28 (17.5)	132 (82.5)	0.398	1.0
Multi-cat	122 (20.5)	473 (79.5)		0.82 (0.52-1.30)
Abscess/cat bite				
Single cat	22 (13.2)	145 (86.8)	0.022	1.0
Multi-cat	46 (7.5)	570 (92.5)		0.532 (0.31-0.91)
Periuria				
Single cat	15 (10.8)	124 (89.2)	0.352	1.0
Multi-cat	68 (13.8)	424 (86.2)		1.33 (0.73-2.40)
Negative interactions with owner				
Single cat	40 (24.1)	126 (75.9)	0.006	1.0
Multi-cat	92 (14.2)	524 (85.1)		0.58 (0.38-0.88)

413 *For definition of cases/controls, see materials and methods

414

415	Table 2 Final multivarial	ole logistic regressi	on models for cats aged 2.5 year	s from the Bristol Cats
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- 416 Study cohort showing factors associated with abscess/bite wounds, negative interactions with owner
- 417 and unvaccinated/lapsed vaccinations

Variable	Factors	N (%) cases	N (%)	<i>P</i> -value	OR (95% CI)
			controls		
Abscess/bite	Education				
	Up to A-level	7 (6.1)	108 (93.9)	0.034	1
	Degree and above	46 (13.1)	305 (86.9)		2.46 (1.07-5.64)
	Location				
	Town/city	23 (8.4)	251 (91.6)	0.012	1
	Rural/village	30 (15.7)	161 (84.3)		2.11 (1.18-3.78)
	_				
Negative	Household				
interactions	SCH	36 (25.9)	103 (74.1)	< 0.001	1
with owner	AMCH	63 (20.1)	251 (79.9)	0.178	0.72 (0.44-1.16)
	NMCH	17 (8.4)	186 (91.6)	< 0.001	0.26 (0.14-0.50)
	Age of owner (years)*				
	55+	13 (10.8)	107 (89.2)	0.024	1
	16-54	103 (19.2)	433 (80.8)		2.09 (1.10-3.96)
	Gender of cat				
	Male	48 (13.5)	308 (86.5)	0.001	1
	Female	68 (22.7)	232 (77.3)		2.11 (1.38-3.22)
	Breed of cat				
	Pure breed	12 (8.2)	135 (91.8)	0.005	1
	Mixed/DSH/DLH	104 (20.4)	405 (79.6)		2.53 (1.33-4.80)

418 *For negative interactions with owner, there was no significant difference between age groups 16-24

419 and 25-54, so these were recoded into one category

- SCH= single cat household; AMCH= agonistic multi-cat household, NMCH= non-agonistic multi-cat household; DLH= domestic longhair; DSH= domestic shorthair