



**CALIFORNIA SCIENCE & ENGINEERING FAIR
2018 PROJECT SUMMARY**

Name(s) Ethan S. Aurand	Project Number J0402
Project Title How Pets Affect Stress	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My objective was to find out how pets affected humans stress levels.</p> <p>Methods/Materials Blood pressure cuff, timer, volunteers, and a pet your volunteers like.</p> <p>Results The group with pets took on average 2 minuets to calm down from the physical stress, meanwhile the group without pets have a recovery rate of about 5 minutes</p> <p>Conclusions/Discussion Tho-ought my experiments i found out that when you interact with a pet your recovery rate is twice as fast vs if you did not interact with animal</p>	
Summary Statement I measured the recovery rate of people with a pet and people with out a pet. I found out that you recover faster with a pet	
Help Received My parents and siblings for driving me to the Humane Society, with that I would like to thank the San Diego Humane Society for letting me use a room and borrow pets. Also I would like to thank Mr. Cabrera, Mr Hess, and Ms Huntington for helping me with grammar and setting up my project.	