



## FELINE REDIRECTED AGGRESSION

### **What is it?**

Redirected or misdirected aggression happens when the cat is in an arousing situation but is unable to direct aggression toward the stimulus. For example, your cat is sitting on a windowsill and sees another cat out on the property. Your cat becomes very agitated, begins to focus on the other cat, and shows aggressive body postures, hisses, or growls. If a person or animal in the home were to walk into the room, they may be the recipient of an aggressive attack. When this happens between resident cats, sometimes they will no longer tolerate being together and fight whenever they see each other. The initial stimulus that arouses the cat is most frequently another cat, but it could be any sight, sound, or a source of discomfort that leads to a heightened level of anxiety.

### **What should I do if that happens?**

First, avoid the cat until it calms down. If the aggression is being redirected toward a second cat in the household, the two cats may have to be separated. In some cats, this separation may only need a few minutes, but it is not unusual for it to take hours. In rare cases, it may take several days, or the cat may remain aggressive. This is most likely if the redirected aggression was met with retaliation, punishment, or another form of fearful event (perhaps to separate the cat from the victim). In addition, if the attack leads to a change in the relationship between the cat and the victim (fear, defensiveness) the aggression may persist.

The best way to calm an agitated cat is to put the cat in a darkened room and leave it there. If the problem is recurrent, leaving a body harness with a long leash attached to the cat can be a safe way to control the cat from a distance without the need for direct contact. Some cats may need to be kept in the room anywhere from several minutes to several days. The owner can go in, turn on the light, and offer food to the cat, and if the cat remains fearful or does not accept the food, the owner should turn out the lights and leave.

If the aggression has been directed toward a second cat in the home, it is very important to wait until the cats are calm before reintroducing them. The biggest mistake that owners make in trying to resolve redirected aggression, is bringing the cats together too quickly.

### **How should I get my cats back together again?**

Reintroduction is best done slowly. Use food to facilitate calm, non-anxious behaviour. The cats need to be far enough apart (10 or 20 feet) so that they are relaxed and will take food or a treat while in the presence of the other cat. For safety and control, it is often advisable that the cats have harnesses and leashes on them. If the cats will not eat, then they are too anxious and probably too close together. Try moving the dishes farther apart. If the cats still will not



eat, separate them until the next feeding. If the cats eat at the same time, allow them to remain together while they eat, then separate them. Repeat the same distance for the next feeding. If things go well the next time the dishes can be moved slightly closer together. If the cats are comfortable, you can leave them together to let them groom and then separate them.

**This is a slow process;** you cannot rush things. Allowing the cats to interact in an aggressive manner sets the program back. The cats are separated except when they are distracted, occupied, and engaged in an enjoyable act (feeding). Good things are associated with the presence of the other cat. It also may be helpful to switch litter pans between the cats.

If the problem is severe, one or both cats may need to be medicated, this is a step that needs to be discussed with your veterinarian, and all the risks and benefits explored.

### **Can redirected aggression be directed toward people?**

Yes. When redirected aggression is directed toward people the problem has often arisen because the people interacted with the cat when the cat was very agitated. Avoidance of the aggression-producing situation is necessary. Situations include the sight or sound of intruder cats on the property, especially in the spring and fall, new people, or pets in the household, loud or unusual noise, and a variety of other new novel stimuli that are sometimes difficult to identify. If the situation cannot be entirely avoided then the owner must learn to avoid the cat or find a safe way to maneuver the cat into a quiet room until it calms down, as previously discussed.

### **How can redirected aggression toward people be treated?**

Resolving the aggression requires that the source of the agitation be identified and avoided. Since redirected aggression arises out of some other form of aggression that is then directed toward people, identifying, and treating the primary source of aggression (e.g., territorial, fear) is required.

If the stimuli came from outside of the home, avoiding exposure can be achieved by

- Keeping your cat away from the doors and windows
- Installing vertical blinds, shutters, opaque decorative window cling, or shutters to the windows may help
- Placing sticky tape or upside-down carpet runners along the windowsills or in front of the door may be sufficient
- Use repellents such as motion detector alarms or sprinklers, or sprinkling coyote urine around the edge of your property
- Keeping garbage locked up and removing bird feeders can reduce the chances that animals will enter your property and disturb your cat.



If it is not practical to prevent exposing your cat to the stimulus, it might be possible to reduce the anxiety and arousal with drug therapy along with a desensitization and counter-conditioning program. Discuss this with your veterinarian and a cat behaviour specialist.

If you find you are struggling with your cat's behaviour you can always call our behaviour helpline at 403-723-6019.