How bringing your dog to the office could BOOST productivity: Expert says workers become less stressed and more trusting with each other after playing with a canine

- Expert says bosses could improve profits by letting staff bring dog to work
- People with a history of pet ownership likely to release a 'love hormone'
- They would become more trusting, relaxed and nicer towards each other
- Employers Blue Cross and Pets at Home already allow staff to bring dogs

By Tammy Hughes For The Daily Mail

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Bosses could improve productivity and profits by letting staff bring their dogs to work, an expert has claimed.

People become more trusting, relaxed and nicer towards each other after interacting with a canine, scientists have found.

Playing with a dog reduces stress by up to a third, and people with a history of pet ownership are likely to release oxytocin, the 'love hormone', during such play, according to the researchers.
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In a study, participants were divided into two groups. Some were asked to play with a dog, while the others had no interaction with the animal.

Both of the groups were then asked to demonstrate trust in a stranger by making an online money transfer.

The results – published in the Human-Animal Interaction Bulletin – showed that those who had played with the dog had reduced stress hormones to the point where they were considered 24 per cent more trusting.

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Professor Paul Zak, neuroeconomics professor at Claremont Graduate University in California, said: ‘It is not just “nice” or “fun” to have dogs at work, it is an effective way to improve productivity and profits.’

A number of UK employers allow staff to take dogs to work, including the Blue Cross and Pets at Home.

Stress-related illness cost the UK 10 million working days last year.