

The Five Domains Model

Physical / Functional Domains

Survival-Related Factors (Nutrition, Environment & Health)

Situation-Related Factors

Nutrition

Environment

Health

Behaviour

<p>Restrictions:</p> <ul style="list-style-type: none"> Water intake Food intake Food quality Food variety <p>Voluntary over eating Force feeding</p>	<p>Opportunities:</p> <ul style="list-style-type: none"> Drink enough water Eat enough food Eat a balanced diet Eat a variety of foods <p>Eating correct quantities</p>	<p>Unavoidable/Imposed conditions:</p> <ul style="list-style-type: none"> Thermal extremes Unsuitable substrate Close confinement Atmospheric pollutants: CO2, ammonia, dust, smoke Unpleasant/strong odours Light: inappropriate intensity Loud/otherwise unpleasant noise Environmental monotony: ambient, physical, lighting Unpredictable events 	<p>Available conditions:</p> <ul style="list-style-type: none"> Thermally tolerable Suitable substrate Space for freer movement Fresh air Pleasant/tolerable odours Light intensity tolerable Noise exposure acceptable Normal environmental variability Predictability 	<p>Presence of:</p> <ul style="list-style-type: none"> Disease: acute, chronic Injury: acute, chronic, husbandry mutilations Functional impairment: due to limb amputation, or lung, heart, vascular kidney, neural or other problems Poisons Obesity/leanness Poor physical fitness: muscle de-conditioning 	<p>Little or no:</p> <ul style="list-style-type: none"> Disease Injury Functional impairment Poisoning Body condition appropriate Good fitness level 	<p>Exercise of 'agency' impeded by:</p> <ul style="list-style-type: none"> Invariant, barren environment (ambient, physical biotic) Inescapable sensory impositions Choices markedly restricted Constraints on environment-focused activity Constraints on animal-to-animal interactive activity Limits on threat avoidance, escape or defensive activity Limitations on sleep/rest 	<p>'Agency' exercised via:</p> <ul style="list-style-type: none"> Varied, novel engaging environmental challenges Congenial sensory inputs Available engaging choices Free movement Exploration Foraging/hunting Bonding/reaffirming bonds Rearing young Playing Sexual activity Using refuges, retreat or defensive attack Sufficient sleep/rest
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Affective Experience Domain

Mental State

<p>Negative</p> <ul style="list-style-type: none"> Thirst Hunger (general) Hunger (salt) Malnutrition malaise Bloated, over full Gastrointestinal pain 	<p>Positive</p> <ul style="list-style-type: none"> Wetting/quenching pleasure of drinking Pleasure of different tastes/smells/textures Pleasure of salt taste Masticatory pleasures Post prandial satiety Gastrointestinal comfort 	<p>Negative</p> <ul style="list-style-type: none"> Forms of discomfort: Thermal: chilling, overheating Physical: joint pain, skin irritation Physical: stiffness, muscle tension Respiratory: e.g. breathlessness Olfactory Auditory: impairment, pain Visual: glare/darkness eye strain Malaise from unnatural constancy 	<p>Positive</p> <ul style="list-style-type: none"> Forms of comfort: Thermal Physical Respiratory Olfactory Auditory, Visual Variety related comfort 	<p>Negative</p> <ul style="list-style-type: none"> Breathlessness Pain: many types Debility, weakness Sickness, malaise Nausea Dizziness Physical exhaustion 	<p>Positive</p> <ul style="list-style-type: none"> Comfort of good health and high functional capacity Vitality of fitness 	<p>Negative</p> <ul style="list-style-type: none"> Anger, frustration Boredom, helplessness Loneliness, isolation Depression Sexual frustration Anxiety, fearfulness, panic, anger Neophobia Exhaustion 	<p>Positive</p> <ul style="list-style-type: none"> Calmness Engaged, in control Affectionate sociability Maternally rewarded Excitation/playfulness Sexual gratification Secure/protected/confident Likes novelty Energised/refreshed
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