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Supplementary References

The Indoor-Outdoor Controversy: Which Lifestyle Is Best for Cats?

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- BCSPCA: How to Build a Catio: <https://spca.bc.ca/news/how-to-build-a-catio>
- Cabin Fever Symptoms and Coping Skills: Lisa Fritscher:
<https://www.verywellmind.com/cabin-fever-fear-of-isolation-2671734>
- ISFM Guide to Feline Stress and Health—Managing Negative Emotions to Improve Feline Health and Wellbeing: <https://icatcare.org/shop/isfm-guide-to-feline-stress-and-health>
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