

Codebook for Combined Studies 1 to 4.SAV File (N =1,153)

Label	Description
FREQ	Frequency Item (1 to 8 scale)
TEMP	Water Temperature Item (1 to 7 scale)
DURATION	Duration Item (1 to 6 scale)
Lonely	UCLA Loneliness Scale Total (20 items) – Range from 1.0 to 4.0
Sample	Study in D,L,C Package 1 to 4
ZFREQ	zscores for Frequency (standardized to overall file)
ZTEMP	zscores for Temp (standardized to overall file)
ZDURATION	zscores for Duration (standardized to overall file)
COMPOSITE	Average of the above three zscores

If you want to recreate each study, make sure to standardize within sample before creating the individual composites.

Note: Please direct any errors or concerns to Brent Donnellan (donnel59@msu.edu). Thank you!

Frequency Question: *How often do you usually take a bath/shower?*

Value	Response	Study 1	Study 2	Study 3	Study 4
1	Less than once a week	0.4%	0.6%	0.0%	0.9%
2	Once a week	0.4%	2.3%	2.9%	1.8%
3	Two-three times a week	3.8%	9.8%	7.2%	7.0%
4	Once every other day	17.4%	19.2%	14.4%	18.9%
5	Once a day	67.7%	57.5%	70.8%	63.2%
6	Two times a day	9.8%	10.0%	4.8%	8.3%
7	Three times a day	0.4%	0.2%	0.0%	0.0%
8	More than three times a day	0.0%	0.4%	0.0%	0.0%
	Sample Size	235	480	209	228

Temperature Question: *How warm is the water you use when you take a bath/shower?*

Value	Response	Study 1	Study 2	Study 3	Study 4
1	Cold	0.0%	0.4%	0.0%	0.4%
2	Cool	0.4%	3.3%	1.0%	1.3%
3	Lukewarm	4.3%	6.9%	7.6%	4.4%
4	Warm	15.7%	24.2%	30.0%	24.1%
5	Very Warm	47.7%	35.3%	35.2%	38.6%
6	Hot	28.1%	27.3%	22.9%	30.3%
7	Very Hot	3.8%	2.5%	3.3%	0.9%
	Sample Size	235	480	210	228

Duration Question: When you do take a bath/shower, about how much time do you spend in the bath/shower?

Value	Response	Study 1	Study 2	Study 3	Study 4
1	Less than 2 minutes	0.0%	0.6%	0.5%	0.0%
2	2-5 minutes	1.3%	6.5%	13.3%	10.6%
3	5-10 minutes	19.1%	26.5%	41.9%	40.5%
4	10-15 minutes	40.4%	37.4%	27.6%	30.0%
5	15-20 minutes	30.2%	20.3%	13.3%	15.4%
6	20-30 minutes	8.9%	8.8%	3.3%	3.5%
	Sample Size	235	479	210	227

Loneliness Scale (Russell, 1996)

Citation: Russell, D. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment*, 66, 20-40.

Never	Rarely	Sometimes	Always
1	2	3	4

1. ___ How often do you feel that you are "in tune" with the people around you? *
2. ___ How often do you feel that you lack companionship?
3. ___ How often do you feel that there is no one you can turn to?
4. ___ How often do you feel alone?
5. ___ How often do you feel part of a group of friends? *
6. ___ How often do you feel that you have a lot in common with the people around you? *
7. ___ How often do you feel that you are no longer close to anyone?
8. ___ How often do you feel that your interests and ideas are not shared by those around you?
9. ___ How often do you feel outgoing and friendly? *
10. ___ How often do you feel close to people? *
11. ___ How often do you feel left out?
12. ___ How often do you feel that your relationships with others are not meaningful?
13. ___ How often do you feel that no one really knows you well?
14. ___ How often do you feel isolated from others?
15. ___ How often do you feel you can find companionship when you want it? *
16. ___ How often do you feel that there are people who really understand you? *
17. ___ How often do you feel shy?

18. ____ How often do you feel that people are around you but not with you?
19. ____ How often do you feel that there are people you can talk to?*
20. ____ How often do you feel that there are people you can turn to? *

*** Reverse Scored Items (k = 9)**