

Codebook for Combined Studies 5 to 9.SAV File (N =1,920)

Label	Description
FREQ	Frequency Item (1 to 8 scale)
TEMP	Water Temperature Item (1 to 6 scale)
DURATION	Duration Item (1 to 7 scale)
Lonely	B & S Loneliness Scale Total (10 items) – Range from 1.0 to 4.0
Sample	Study in D,L,C Package 5 to 9
FREQR	Reversed Scored Frequency Item (Higher = More Frequent)
TEMPR	Reversed Scored Warmth Item (Higher = Warmer)
ZFREQ	zscores for FREQR (standardized to overall file)
ZTEMP	zscores for TEMPR (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!

Studies 5 to 9 Frequency Question: *How often do you usually take a bath/shower?*

Value	Response	Study 5	Study 6	Study 7	Study 8	Study 9
1	More than 3 times a day	0.2%	0.0%	0.6%	0.8%	0.5%
2	3 times a day	0.6%	1.3%	0.3%	1.1%	0.0%
3	2 times a day	6.7%	9.6%	12.9%	11.5%	5.1%
4	Once a day	66.4%	63.9%	59.8%	66.0%	73.1%
5	Once every other day	19.0%	14.5%	22.8%	16.4%	17.3%
6	2-3 times a week	5.3%	7.8%	3.5%	3.6%	3.6%
7	Once a week	0.8%	2.2%	0.0%	0.3%	0.5%
8	Less than once a week	1.0%	0.7%	0.0%	0.3%	0.0%
	Sample Size	494	551	311	365	197

Studies 5 to 9 Temperature Question: *What temperature do you use for the water when you take a bath/shower?*

Value	Response	Study 5	Study 6	Study 7	Study 8	Study 9
1	Very hot	6.1%	6.2%	8.7%	11.2%	13.8%
2	Hot	58.8%	57.5%	69.5%	62.2%	58.2%
3	Warm	28.4%	31.9%	20.9%	24.9%	24.5%
4	Lukewarm	5.3%	3.6%	1.0%	0.5%	2.6%
5	Cold	1.2%	0.7%	0.0%	1.1%	0.5%
6	Very Cold	0.2%	0.0%	0.0%	0.0%	0.5%
	Sample Size	493	551	311	365	196

Note: Response options in Bargh and Shalve (2012) are listed as ranging from cold to very hot (p. 156) but these options are consistent with the materials they provided to us.

Studies 5 to 9 Duration Question: *About how much time do you spend in the bath/shower?*

Value	Response	Study 5	Study 6	Study 7	Study 8	Study 9
1	Less than 2 minutes	0.2%	0.2%	0.0%	0.0%	0.0%
2	2-5 minutes	8.1%	8.0%	2.3%	2.5%	1.5%
3	5-10 minutes	36.8%	36.3%	20.3%	21.1%	19.3%
4	10-15 minutes	34.8%	32.2%	36.7%	40.0%	35.0%
5	15-20 minutes	13.2%	13.7%	25.1%	23.6%	32.0%
6	20-30 minutes	5.1%	6.3%	12.2%	9.6%	9.1%
7	Over 30 minutes	1.8%	3.3%	3.5%	3.3%	3.0%
	Sample Size	494	553	311	365	197

Loneliness Items

Please indicate how often each of the statements below is descriptive of you. Please circle one number for each statement:

1 indicates "I never feel this way"

2 indicates "I rarely feel this way"

3 indicates "I sometimes feel this way"

4 indicates "I often feel this way"

- 1 How often do you feel unhappy doing so many things alone?
- 2 How often do you feel you have nobody to talk to?
- 3 How often do you feel you cannot tolerate being so alone?
- 4 How often do you feel as if nobody really understands you?
- 5 How often do you find yourself waiting for people to call or write?
- 6 How often do you feel completely alone?
- 7 How often do you feel you are unable to reach out and communicate with those around you?
- 8 How often do you feel starved for company?
- 9 How often do you feel it is difficult for you to make friends?
- 10 How often do you feel shut out and excluded by others?