

# Development and Validation of the Social Thermoregulation, Risk Avoidance, and Eating Questionnaire - 2

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## Research question

Are individual differences in attachment (anxiety and avoidance) linked to the role other people play in one's coping with environmental demands?

This project's goal is to develop and validate a questionnaire (STRAEQ-2) that assesses individual differences in coping with three environmental demands:

- temperature regulation,
- risk avoidance,
- food intake.

Each further divided into **four subdimensions**: sensitivity to the need, desire to cope with the need alone or by outsourcing it to others, and confidence that others will be helpful.

**Previous work:** using a validated 23 items scale (STRAQ-1) Vergara et al., (2019) showed that:

- **Attachment anxiety** was positively and reliably linked to solitary thermoregulation.
- **Attachement avoidance** was negatively and reliably linked to social thermoregulation.

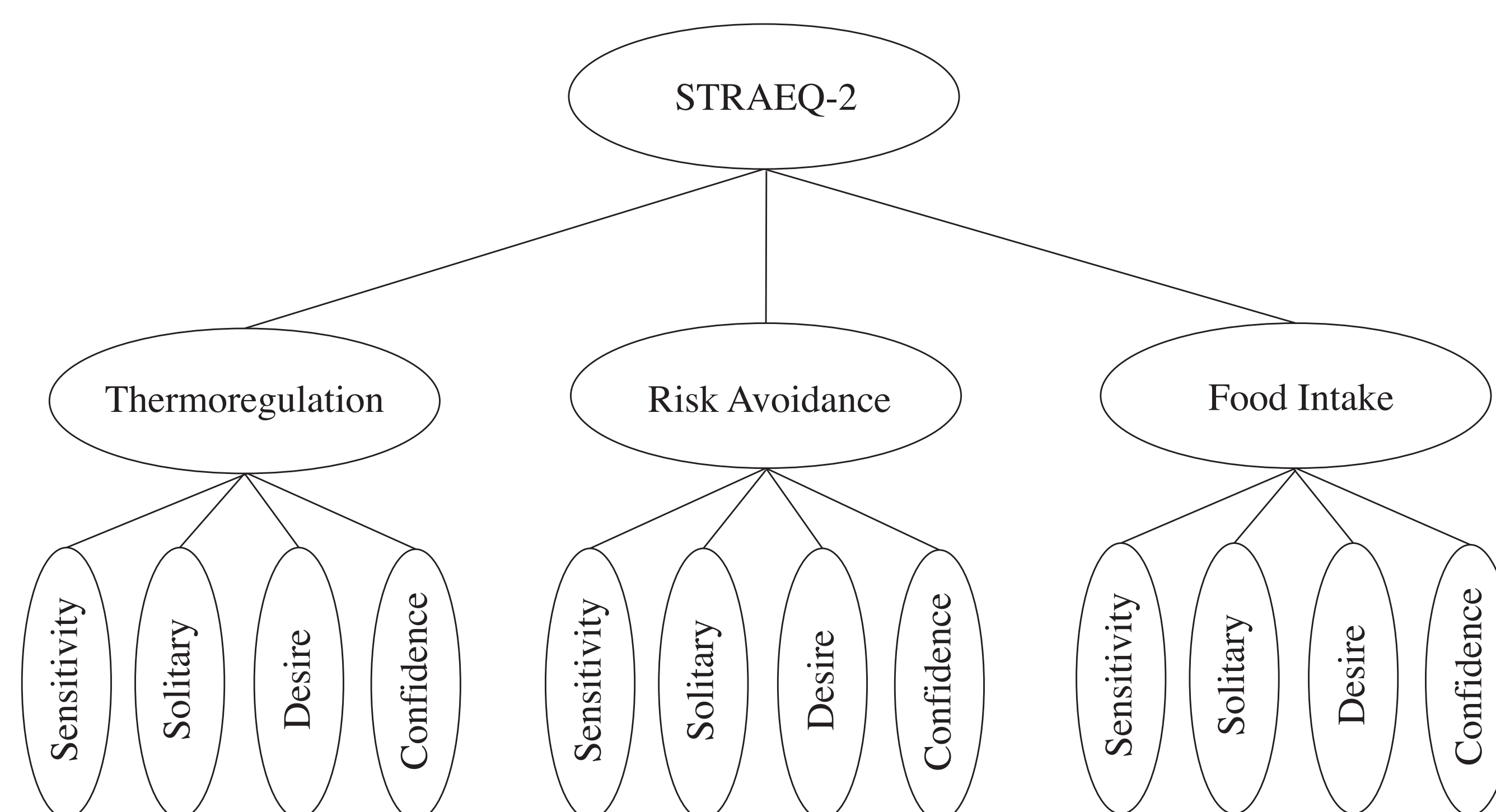


Fig 1. STRAEQ-2 a priori expected structure.

## Item Generation & Selection

**First step:** We gave collaborating laboratories a description of each construct, and example items for them to generate items suitable for their culture. In total **53 laboratories** from **32 countries** generated 737 items.

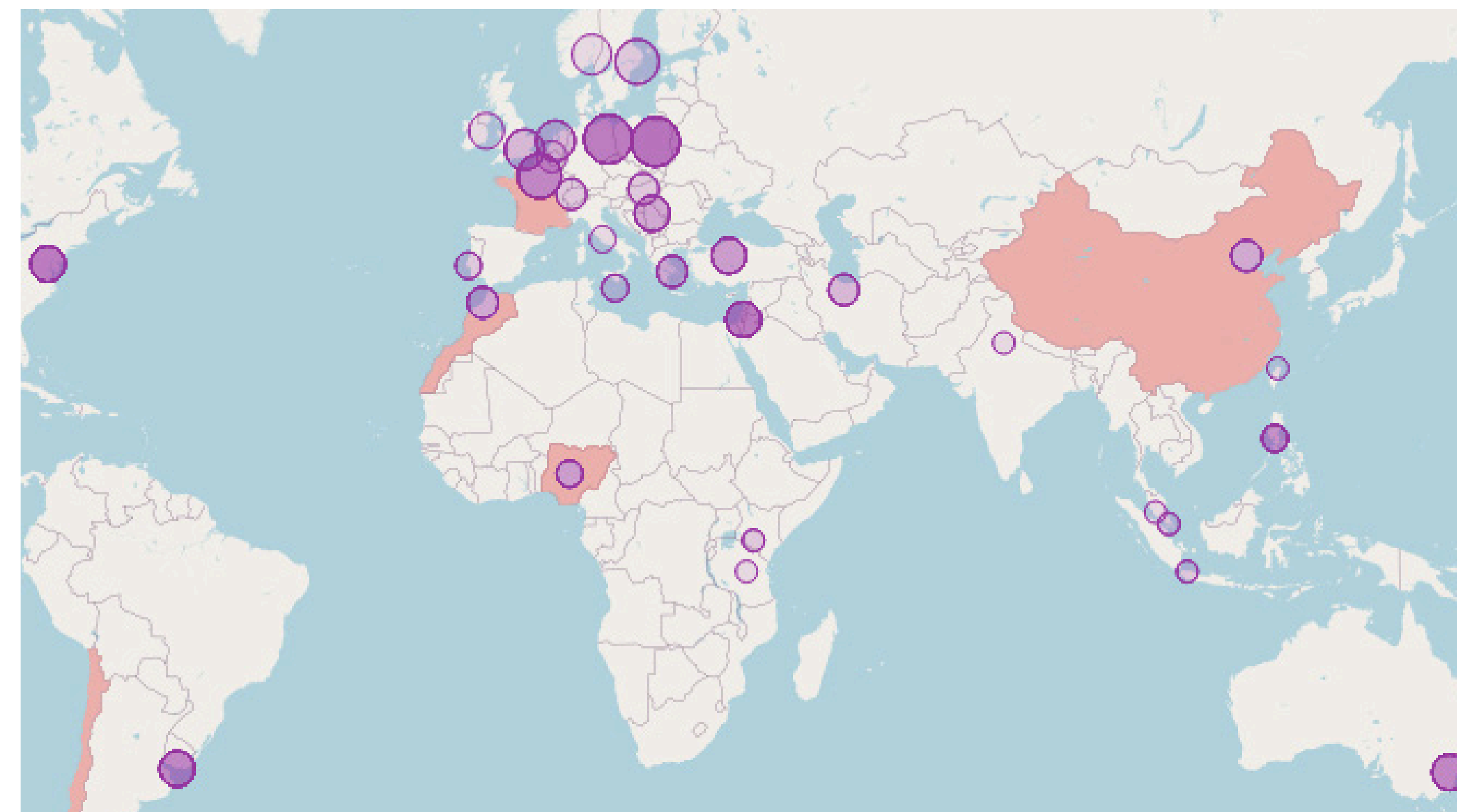


Fig 2. World map of the country that generated the selected 120 STRAEQ-2 items

### Second step:

- A diverse advisory committee rated to what degree the items were representative of the construct.
- We kept the **10 highest means and lowest standard deviation** items per subscales, and replaced closely related items.
- STRAEQ-2 scale: **120 items** (10 per subdimension)

Table 1. Examples of STRAEQ-2 items.

item	country	subscale
At a restaurant, I like ordering food that can be shared with close others at the table.	Iran	Food_desire_subscale
When I feel cold, I like to be hugged.	Germany	Temperature_desire_subscale
I feel that I can always cuddle with my partner, when I feel too cold at home.	Sweden	Temperature_confidence_subscale
When I am in a stressful situation, I prefer to resolve it myself.	Philippines	Risk_solitary_subscale

## Analysis Plan

### Goals of the analysis:

To discover the latent factors of the STRAEQ-2 (is the a priori defined structure the right one) across different countries, via:

- a) prediction of a **nomological network**,
- b) **measurement equivalence** according to theoretically meaningful strata (choosing the strata that allow the best fit),
- c) whatever is the most **parsimonious model**,
- d) using an **exploratory/confirmatory analysis strategy**.

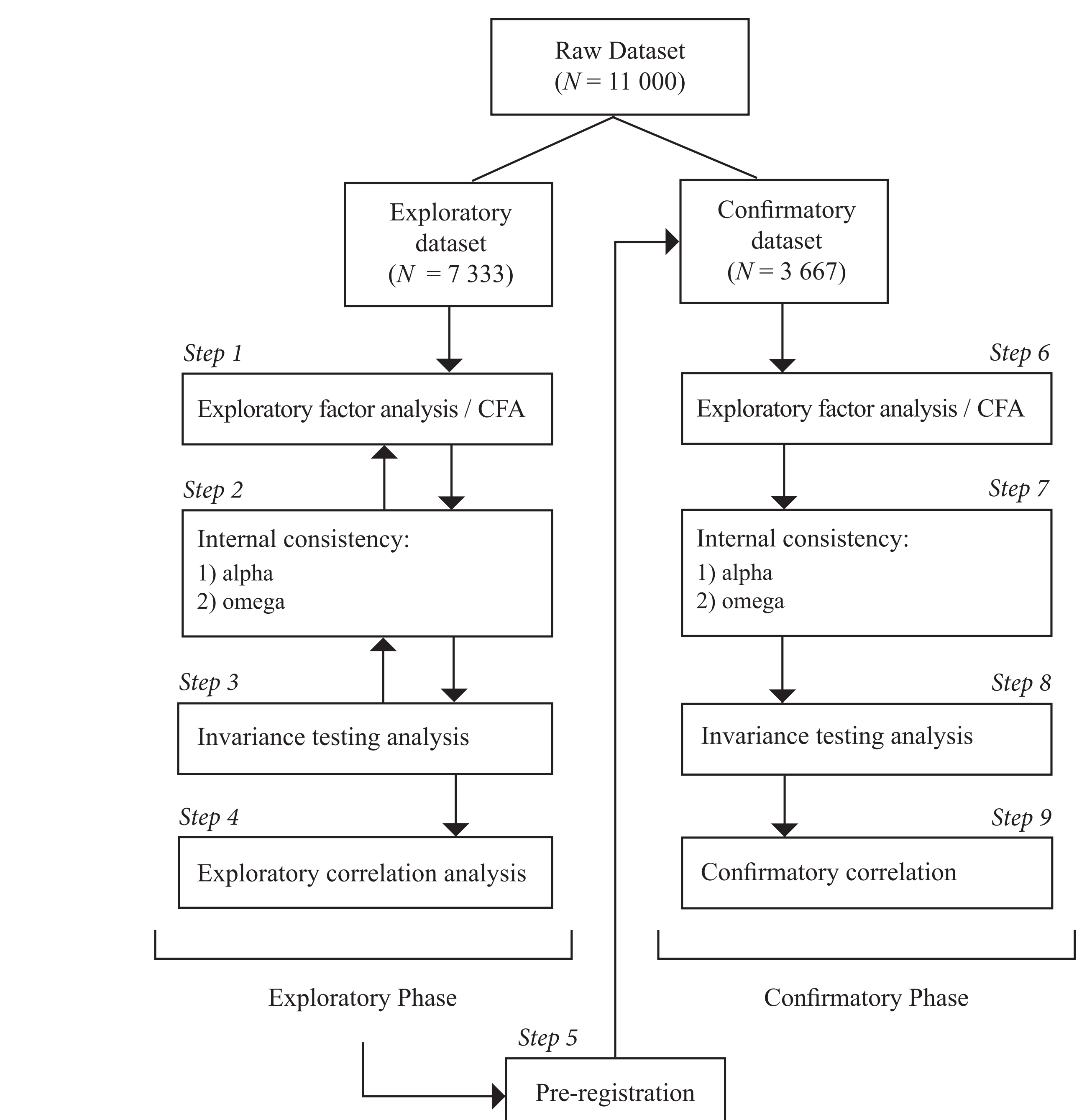


Fig 3. STRAEQ-2 hold-out analysis strategy: 1) exploratory phase on a 2/3 split of the dataset, and 2) a pre-registered confirmatory phase on an unseen remaining 1/3 of the dataset.