

## Showering and Loneliness: Participants from Israel

Melissa McDonald<sup>1</sup> and M. Brent Donnellan<sup>2</sup>  
<sup>1</sup>Oakland University <sup>2</sup>Texas A & M University  
6 August 2014

*Measures are based on the UT Replication Measures but translated to Hebrew. See Psychology File Drawer for Details of the UT Replication. Study Designed by Donnellan and McDonald. Data collection overseen by McDonald. Analyses conducted by Donnellan.*

### Sample and Procedure

Participants were 356 Jewish adults living in Israel (48% women;  $n = 249$  with gender data; Average Age = 41.57 years;  $SD = 15.61$ ; Range 18 to 82;  $n = 208$  with age data).

Participants were collected via the online Israeli survey platform midgam and were compensated financially for their participation. All survey items were translated from their original English to Hebrew. Participants first completed the 3 item loneliness scale developed by Hughes, Waite, Hawkley, and Cacioppo (2004) based on the Revised UCLA Loneliness Scale (Russell, Peplau, & Cutrona, 1980) using a 4-point scale (1=Never to 4=Often). Previous work by Hughes et al. (2004) reported that the short scale was strongly associated the Revised UCLA scale ( $r = .82$ ,  $n = 299$ ). Showering/Bathing measures were taken from Bargh and Shalev (2012) and the specific questions (and answer options) were: *How often do you usually take a bath/shower?* (More than 3 times a day; 3 times a day; 2 times a day; Once a day; Once every other day; 2-3 times a week; Once a week; Less than once a week); *What temperature do you use for the water when you take a bath/shower?* (very hot; hot; warm; lukewarm; cold; very cold); and *About how much time do you spend in the bath/shower?* (Less than 2 minutes; 2-5 minutes; 5-10 minutes; 10-15 minutes; 15-20 minutes; 20-30 minutes; Over 30 minutes).

The Physical Warmth index was created by standardizing the three bathing/showering items and averaging them into a composite after the frequency and temperature items were

reverse coded so that higher scores indicate more frequent baths/showers and warmer baths/showers ( $\alpha = -.001$ ).

### **Results and Discussion**

Table 1 reports the relevant correlations and the associated 95% confidence intervals. There was no evidence for an association between loneliness ( $M = 2.27$ ;  $SD = .74$ ,  $\alpha = .86$ ) and the Physical Warmth Index ( $r = -.025$ ,  $p = .645$ ,  $n = 356$ ). The hypothesis relevant correlation between the water temperature item and the loneliness scale was not statistically distinguishable from zero ( $r = -.054$ ,  $p = .314$ ,  $n = 353$ ). These results generally replicate the results reported in Donnellan, Lucas, and Cesario (in press) and do not replicate the correlation between water temperature and trait loneliness reported in Studies 1a and 1b in Bargh and Shalev (2012). Moreover, as shown in Table 2, the distributions of the showering/bathing items were generally consistent with those reported in Donnellan et al. (in press) and provided no indication that a large number of participants report bathing/showering less than once per week as reported in Study 1a in Bargh and Shalev (2012). Similar effect sizes (i.e., within  $|.04|$  of the estimates in Table 1) were obtained when analyses were restricted to participants with a response to the age question and when restricted to participants with a response to the gender question (a number of participants did not answer these demographic questions).

References

- Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Research in Aging, 26*, 655-672.
- Russell, D, Peplau, L. A., & Cutrona, C. E. (1980). The Revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology, 39*, 472-80.

**Table 1: Correlations between Trait Loneliness and Bathing/Showering Items**

	<b>Frequency</b>	<b>Temperature</b>	<b>Duration</b>	<b>Index</b>
<b>Israel</b>	-.148*	-.054	.158*	-.025
<i>p</i>	.005	.314	.003	.645
<i>N</i>	355	353	356	356
<b>95%CI</b>	-.248 to -.045	-.158 to .051	.055 to .258	-.129 to .079

**Table 2: Distributions of Showering/Bathing Items with Recent Data for Comparison Purposes***How often do you usually take a bath/shower?*

<b>Value</b>	<b>Response</b>	<b>Israel</b>	<b>U of T</b>	<b>Attentive MSU (Spring 2014)</b>
1	More than 3 times a day	3.4%	0.8%	-
2	3 times a day	3.1%	-	0.4%
3	2 times a day	11.5%	13.2%	11.1%
4	Once a day	63.7%	69.0%	64.7%
5	Once every other day	11.0%	11.0%	19.7%
6	2-3 times a week	4.5%	4.9%	4.1%
7	Once a week	2.5%	0.5%	-
8	Less than once a week	0.3%	0.5%	-
	Sample Size	355	365	532

*What temperature do you use for the water when you take a bath/shower?*

<b>Value</b>	<b>Response</b>	<b>Israel</b>	<b>U of T</b>	<b>Attentive MSU (Spring 2014)</b>
1	Very hot	6.5%	9.9%	10.5%
2	Hot	48.2%	61.1%	63.9%
3	Warm	36.3%	26.0%	23.7%
4	Lukewarm	9.1%	2.2%	1.5%
5	Cold	-	0.5%	0.4%
6	Very Cold	-	0.3%	-
	Sample Size	353	365	532

*About how much time do you spend in the bath/shower?*

<b>Value</b>	<b>Response</b>	<b>Israel</b>	<b>U of T</b>	<b>Attentive MSU (Spring 2014)</b>
1	Less than 2 minutes	-	-	-
2	2-5 minutes	14.8%	1.6%	1.7%
3	5-10 minutes	40.1%	14.2%	21.1%
4	10-15 minutes	29.7%	30.1%	36.1%
5	15-20 minutes	10.1%	29.9%	25.4%
6	20-30 minutes	4.5%	18.6%	12.8%
7	Over 30 minutes	0.8%	5.5%	3.0%
	Sample Size	357	365	532

