

The Touch Test

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Welcome to The Touch Test!

Please read the following information before you decide to take part. If you have any questions, then please contact: touchtest@gold.ac.uk

What is The Touch Test? The Touch Test is designed to explore our attitudes towards the physical experience of touch. Some aspects of touch haven't been fully researched and that is where this survey comes in. We want to explore how people's attitudes and experiences might vary across different groups. We want to know how touch might relate to health and well-being and to the way we think about our own bodies. We know our likes and dislikes when it comes to touch vary widely, so we'd like to know how this impacts on our views on what kind of touch is appropriate in different situations such as a doctor's surgery or a workplace. We're also interested in how new technology is affecting our attitudes towards touch. To do all this we are using some measures developed specially for The Touch Test and other standardized measures which have been widely tested and which allow us to make comparisons with previous research, but which might feel more old-fashioned in their language. You might find that some of the questions feel personal, but please be aware that you can skip any questions that you do not feel comfortable with. You can fill in The Touch Test on a computer, smartphone or tablet. You may find that some parts of the survey are easier to complete if you turn your phone or tablet to a landscape orientation.

Who designed The Touch Test? The Touch Test project is a partnership between Wellcome Collection and BBC Radio 4. Wellcome Collection has commissioned The Touch Test from psychologists at Goldsmiths, University of London.

When can I find out the results? If you fill in the survey you'll get a sneak preview of a few results at the end, but the main results will be announced at a live event at Wellcome Collection in the autumn, and you'll be able to hear them on BBC Radio 4 and BBC World Service.

What does The Touch Test involve? The Test is split into two parts. The first part will take about 15 minutes. After completing Part 1 you can decide whether to continue to Part 2, which takes roughly 20 minutes to fill in. It's up to you whether you do both parts, but touch is an under-researched area, so if you do have the time to complete both we would really appreciate your responses. You do not need to complete the test all in one go. You can return at a later date by going to www.touchtest.org within a week. The progress bar at the top of the page shows your progress through the entire survey including both Parts 1 and 2. Do I have to take part?

The study is designed for adults aged 18 or over. It is entirely up to you whether you participate.

If you decide to take part you are still free to withdraw from the study at any time without giving a reason. To do so, simply close your web browser and exit the survey. The answers you have already given will be saved, but you can contact us to request them to be erased. To do this please contact touchtest@gold.ac.uk stating your anonymous participant number, which will be given to you at the start of the survey. You can do this at any point until the data is no longer associated with a participant number in our records (typically 3 weeks from completion of the survey)

If you are unhappy about the handling of your data or your participation in the study, please contact touchtest@gold.ac.uk in the first instance. If this response is not satisfactory, you may also contact the Goldsmiths Data Protection Officer (dp@gold.ac.uk) concerning your rights to control your personal data, or the Chair of the Goldsmiths Research Ethics and Integrity Sub-Committee (reisc@gold.ac.uk) for any other aspect of the study.

Will anyone know what I do or say during the experiment? No, your responses are confidential and we do not collect any identifiable information such as your name, email or address.

Are there any risks involved in taking part? The study has received full ethical approval by the Research Ethics and Integrity Sub-Committee at Goldsmiths, and was judged to have no perceived risks. However, in the unlikely event that you do experience any distress as a result of your participation then we would advise you to stop filling in the questionnaire. If you live in the UK and need to seek immediate support, sources include: Samaritans 116 123 (lines are open 24hrs) and SANEline 0300 304 7000 (lines are open from 4.30pm-10.30pm).

Q284 Please provide single words that best describe what touch is like for you. Please choose a maximum of three words, and use the first words that come to mind.

Q9

When was the last time that somebody touched you intentionally, not including formal gestures such as handshakes in meetings?

- ☐ In the last hour
- ☐ In the last day or less
- ☐ In the last week or less
- ☐ In the last month or less
- ☐ Over a month ago
- ☐ Over a year ago

Page Break

Q270 Thinking about the amount of touch in your life is it...

- ☐ Definitely too little
- ☐ Maybe too little
- ☐ Just the right amount
- ☐ Maybe too much
- ☐ Definitely too much

Page Break

Q19

Thanks, we would now like you to think about the place of touch in society.

Do you think society enables us to touch often enough?

- ☐ Yes
 - ☐ Maybe
 - ☐ No
-

Q21 **Do you think that people touch less now than previously in your lifetime?**

- ☐ Yes
 - ☐ Maybe
 - ☐ No
-

Q22 Please pick up to three reasons that best describes why you think people touch less often.

- ☐ Issues around consent
 - ☐ Increasing use of technology
 - ☐ Lack of time to touch
 - ☐ Changing attitudes
 - ☐ Reduction in social interaction
 - ☐ Reduction in compassion
 - ☐ Other (please specify)
-

End of Block: Thoughts on touch

Start of Block: Where do you like to be touched?

Q26 Thanks for your thoughts so far. For this set of questions we are interested in **where you do or do not like to be touched.**

We would like you to think either of a friend that you know well or a partner. If you do not have a close friend or a partner please consider how you expect that you would feel. Please indicate below who you have in mind.

- ☐ Friend that I know well
 - ☐ Partner
-

Q27 What gender is this person?

- ☐ Man
 - ☐ Non-binary
 - ☐ Woman
 - ☐ Prefer not to say
-

Q28 Please rate your emotional bond to this person on a scale of 1 (no emotional bond) to 10 (strongest possible emotional bond)

▼ 1 ... 10

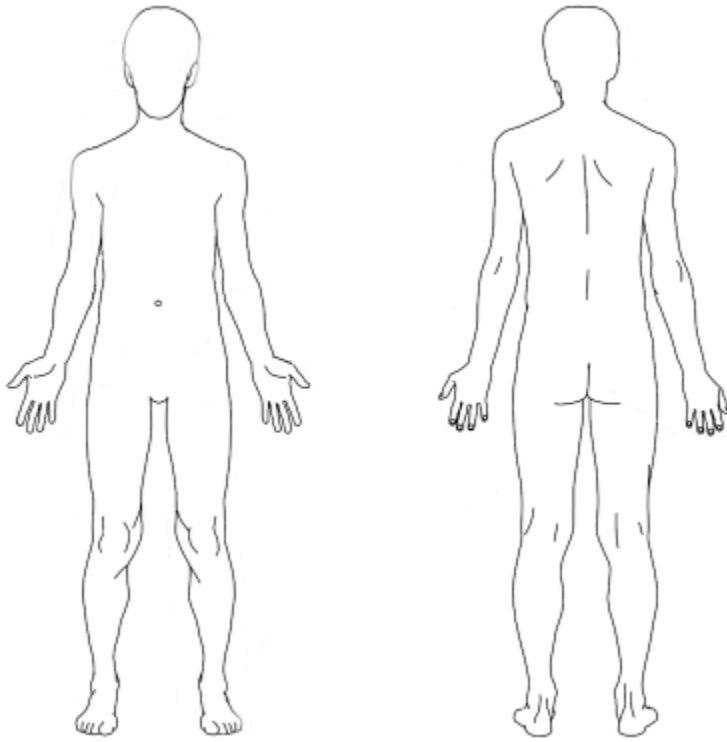
Page Break

Q29 Keeping in mind the person you mentioned in the last question, please indicate where you do and don't like to be touched by that person when you are in a public place.

Please indicate as many areas as you like using the body map below. If you like to be touched on a particular body part then click on that location once and it will show up green. If you dislike being touched click a second time and it will show up red. If you have no view one way or the other do not click on an area. If you change your mind or click on an area by mistake, you can

click on the area until the colour disappears. You can click on as many or as few locations as you like. When you have finished press the arrow button at the bottom of the page.

	Dislike	Neutral	Like
Front Jaw			
Front Neck			
Front U Torso			
Front Shoulders			
Front Upper Arms			
Front Forearms			
Front M Torso			
Front L Torso			
Front Crotch			
Front Thighs			
Front Hands			
Front Knees			
Front Legs			
Front Feet			
Back Head			
Back Neck			
Back U Torso			
Back Shoulders			
Back M Torso			
Back Upper Arms			
Back Forearms			
Back Hands			
Back L Torso			
Back Buttocks			
Back Thighs			
Back Knees			
Back Legs			
Back Feet			
Front Middle Face			
Front Forehead			



Page Break

Q33 Thank you. We'd now like you to think about strangers. In general how would rate your emotional bond to strangers? Please rate your emotional bond on a scale of 1 (no emotional bond) to 10 (strongest possible emotional bond).

▼ 1 ... 10

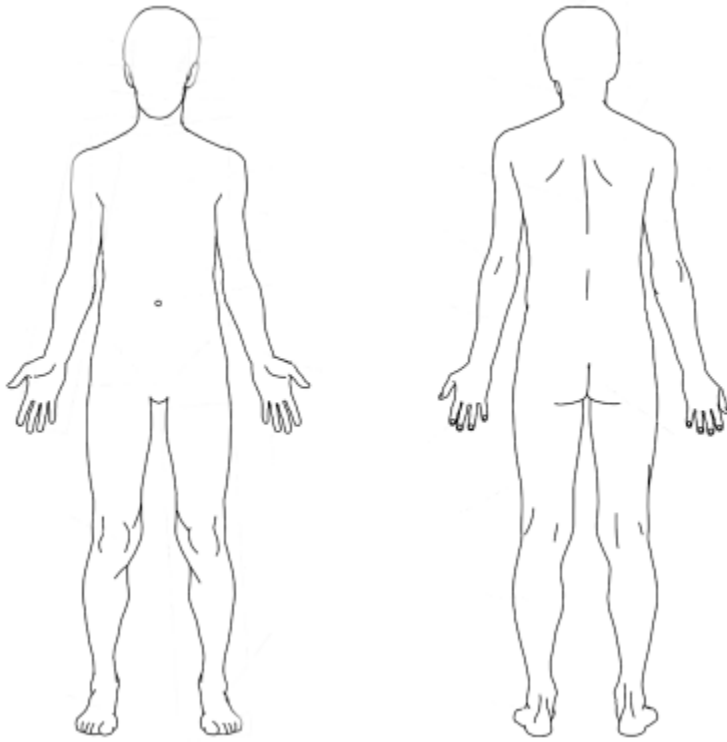
Page Break

Q31 We'd now like you to think about a stranger who is the same gender as the person you were just thinking about and indicate where you would or would not like to be touched if you were in a public place.

As before, if you would like to be touched on a specific body part click on a location once and it will show up green. If you dislike being touched click a second time and it will show up red. If you have no view one way or the other do not click on an area. If you change your mind or click on an area by mistake, you can click on the area until the colour disappears. You can click on as many locations as you like. When you have finished press the arrow button at the bottom of

the page

	Dislike	Neutral	Like
Front Jaw			
Front Neck			
Front U Torso			
Front Shoulders			
Front Upper Arms			
Front Forearms			
Front M Torso			
Front L Torso			
Front Crotch			
Front Thighs			
Front Hands			
Front Knees			
Front Legs			
Front Feet			
Back Head			
Back Neck			
Back U Torso			
Back Shoulders			
Back M Torso			
Back Upper Arms			
Back Forearms			
Back Hands			
Back L Torso			
Back Buttocks			
Back Thighs			
Back Knees			
Back Legs			
Back Feet			
Front Middle Face			
Front Forehead			



End of Block: Where do you like to be touched?

Start of Block: Social Touch Questionnaire

Q35 Thanks. We'd like to know a little bit more about your day-to-day experiences and thoughts about touch.

Social Touch Questionnaire (Wilhelm et al., 2001)

End of Block: Social Touch Questionnaire







Start of Block: Emotion Communication

Q69 Within the field of touch research there is one particular type of touch which has been studied in detail and that is a gentle, slow caressing touch on the skin. We'd like you to think about your experience of this and some other forms of touch.

We appreciate that responses to the following questions can depend on who is touching you. After you have completed this section we will ask you who you had in mind when you were answering the questions.

Please rate how you would feel if you experienced a gentle, slow caressing touch on your skin using a scale from 0 (Not at all) to 100 (Fully).

Please note that if you wish to respond with a 0, you will need to move the slider and return it to the 0 position (or you may be prompted to answer the question again).







	0 10 20 30 40 50 60 70 80 90 100
Affection/Love/Intimacy	
Disgust/Annoyance/Irritation	
Joy/Happiness/Delight	
Anger/Rage/Fury	
Arousal/Lust/Desire	
Fear/Terror/Anxiety	

Page Break

Q70

Please rate the message that somebody would be trying to convey if they were to provide a gentle, slow caressing touch on the skin using a scale from 0 (Not at all) to 100 (Fully).

Please note that if you wish to respond with a 0, you will need to move the slider and return it to the 0 position (or you may be prompted to answer the question again).

	0	10	20	30	40	50	60	70	80	90	100
Aggression/Intimidation/Hostility											
Praise/Compliment/Reward											
Support/Reassurance/Encouragement											
Warning/Caution/Alarm											
Arousal/Lust/Desire											
Fear/Terror/Anxiety											







Page Break

Q259

Please rate how you would feel if you experienced a hug using a scale from 0 (Not at all) to 100 (Fully).

Please note that if you wish to respond with a 0, you will need to move the slider and return it to the 0 position (or you may be prompted to answer the question again).

0 10 20 30 40 50 60 70 80 90 100

Affection/Love/Intimacy	
Disgust/Annoyance/Irritation	
Joy/Happiness/Delight	
Anger/Rage/Fury	
Arousal/Lust/Desire	
Fear/Terror/Anxiety	







Page Break

Q258

Please rate the message that somebody would be trying to convey if they were to provide a hug using a scale from 0 (Not at all) to 100 (Fully).

Please note that if you wish to respond with a 0, you will need to move the slider and return it to the 0 position (or you may be prompted to answer the question again).

0 10 20 30 40 50 60 70 80 90 100

Aggression/Intimidation/Hostility	
Praise/Compliment/Reward	
Support/Reassurance/Encouragement	
Warning/Caution/Alarm	
Arousal/Lust/Desire	
Fear/Terror/Anxiety	

Page Break

Q86 Who did you have in mind when you were answering the last set of questions?

- ☐ A friend
- ☐ A partner
- ☐ A family member
- ☐ A stranger
- ☐ No one in particular
- ☐ Someone else _____

Page Break

Q71 Do you ever experience supportive touch from friends or family during emotionally challenging experiences?

- ☐ Never
 - ☐ Sometimes
 - ☐ About half the time
 - ☐ Most of the time
 - ☐ Always
-

Q72 How impactful do you find touch from friends or family during emotionally challenging experiences, over and above the possible effect of words?

- ☐ Much worse
 - ☐ Somewhat worse
 - ☐ About the same
 - ☐ Somewhat better
 - ☐ Much better
-

Page Break

Q73 Is there a hug that you remember because of its positive emotional effect on you?

☐ Yes

☐ No

Q74 Please pick the most important phrase that best describes why.

☐ Comfort

☐ Support

☐ Arousal

☐ Friendliness

☐ Happiness

☐ It followed lack of touch

☐ It conveyed understanding

☐ Other (please specify in max five words)

Page Break

Q78 When/if your social relationships do not include touch, do you notice a difference in how lonely you feel?

- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
 - ☐ Always
-

Q79 Touch hunger is the absence of enough touch and an intense longing for it. Have you ever experienced a period of "touch hunger" in your life?

- ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
 - ☐ Always
-

Q80

Have you ever used any of the below as a substitute for the absence of touch in your life (please choose as many as apply)?

- ☐ Taking more baths or showers
 - ☐ Swimming
 - ☐ Buying or wearing extra soft or woolly clothes
 - ☐ Buying or touching Teddy bears or other soft toys/accessories/blankets
 - ☐ Touching pets
 - ☐ Tactile based treatments (e.g. massage, hair cut, hair wash)
 - ☐ None
 - ☐ Other (please specify)
-

End of Block: Touch Hunger / Loneliness

Start of Block: Tactile Imagery

Tactile Imagery (adapted from Betts QMI, 1909 and Spiller et al., 2015)

End of Block: Tactile Imagery

Start of Block: Tactile sensitivity

Tactile sensitivity (from Glasgow Sensory Questionnaire, Robertson & Simmons, 2013)

End of Block: Tactile sensitivity

Start of Block: WEMWBS Short

Warwick-Edinburgh Mental Wellbeing Scale (Stewart-Brown et al., 2009)

End of Block: WEMWBS Short

Start of Block: BFI-S

Personality traits: agreeableness, conscientiousness, extraversion, neuroticism, openness to experience (BFI-S, Hahn et al., 2012)

End of Block: BFI-S

Start of Block: Work

Q37 We wonder whether people of different ages, genders, or in different fields of work, have different views about touch. So next we'd like to ask you a few questions about yourself.

What is your age?

▼ 18 ... 99

Q38 What is your current employment status? Select as many as apply.

Work here includes: contractual work from an employer, internships with an employer, or work that you are required to do to receive benefits.

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Employed occasionally/casually
- ☐ Self-employed
- ☐ Unemployed
- ☐ Retired
- ☐ Homemaker
- ☐ Student
- ☐ Volunteer
- ☐ Home carer for loved-one/friend/family

Q39 What is your main field of work?

▼ Accommodation & food ... Other

Q40

Do you think that touch plays an important role in your work?

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither agree nor disagree
- ☐ Agree
- ☐ Strongly agree

End of Block: Work

Start of Block: Demographics

Q42 Do you currently identify as being...

- ☐ Man
- ☐ Non-binary
- ☐ Woman
- ☐ Prefer to self-describe (specify if you wish)
-

☐ Prefer not to say

Q43 Which of the following best describe your sexual orientation?

- ☐ Bisexual
- ☐ Gay or Lesbian
- ☐ Heterosexual
- ☐ Prefer to self-describe (specify if you wish)
-

☐ Prefer not to say

Q45 What country do you currently live in most of the time?

▼ Afghanistan ... Zimbabwe

Q46 Which region of the UK do you currently live in?

▼ South East ... Northern Ireland

Q44 What is your ethnic background?

Choose **one** section from A to E, then tick **one** box to best describe your ethnic group or background.

- ☐ Bangladeshi
- ☐ Chinese
- ☐ Indian
- ☐ Pakistani
- ☐ Any other Asian background (please describe)
-
- ☐ African
- ☐ Caribbean
- ☐ Any other Black/African/Caribbean background (please describe)
-
- ☐ White and Asian
- ☐ White and Black African
- ☐ White and Black Caribbean
- ☐ Any other Mixed/Multiple ethnic background (please describe)
-
- ☐ English/Welsh/Scottish/Northern Irish/British
- ☐ Irish
- ☐ Roma/Traveller/Irish Traveller
- ☐ Any other White background (please describe)
-
- ☐ Arab
- ☐ Any other ethnic group (please describe)
-
- ☐ Prefer not to say

Q47 Are you **religious**?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

Q48 **What is your religion?**

▼ Buddhist ... Rather not say

Page Break

**Q52 Do you have any of the following disabilities, long-term conditions or impairments?
Select all that apply.**

☐

I do not have a disability, long-term condition or impairment

☐

I have a disability, long-term condition or impairment listed below but prefer not to specify which

☐

Autism spectrum disorder or other neurodiversity (such as dyslexia, dyscalculia)

☐

Hearing or speech

☐

Long-term health condition (such as diabetes, multiple sclerosis, heart condition, epilepsy, energy-limiting conditions, chronic pain)

☐

Mental health

☐

Mobility or musculoskeletal (including back, neck and shoulder)

☐

Visual

☐

I have a disability, long-term condition or impairment not listed above (specify if you wish) _____

☐

Prefer not to say

Q50 Please indicate the nature of your neurodiversity

- ☐ Autism Spectrum Disorder
- ☐ ADHD
- ☐ Dyslexia
- ☐ Dyspraxia
- ☐ Dyscalculia
- ☐ Tourettes
- ☐ My neurodiversity is not listed above (specify if you wish)

- ☐ Prefer not to say

Page Break

End of Block: Demographics

Start of Block: Part 2

Q56 Thank you for agreeing to complete the next part of The Touch Test. First we'd like to ask you about the objects you touch in daily life. We'll also ask you questions that explore the relationship between touch and other areas of research such as technology, healthcare, friendship, and communication.

When answering these questions please don't think too much about them, the first answer that comes to mind is fine.

End of Block: Part 2

Start of Block: Touch and objects

Q271 What is your favourite material to touch? Please provide a single word.

Q272 What is your least favourite material to touch? Please provide a single word.

Q59 Do you ever run your hand around the outside of an object before picking it up?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

End of Block: Touch and objects

Start of Block: Touch and Tech

Q68 New technologies are being developed to let us experience touch. Emotions can be shared via touch using mobile phones. There are devices which can massage you and there are even tactile sensors which allow people to share a hug when they're not together. **If touch technology were available to you please indicate how likely you would be to use devices that can....**

	I'd consider it	I'd definitely use it	I'd definitely not use it
Send or give a hug from a loved one	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Send or give a kiss from a loved one	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Send or give a caress from a loved one	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicate moods via touch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deliver tactile instant messages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Allow you to shake hands remotely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide massage functions such as a massage chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide tactile medical examinations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Allow you to experience touch in virtual reality settings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Touch and Tech

Start of Block: Touch and Health

Q64 Thanks. Now we're moving on to asking about your views on touch in treatment settings. These include questions about medical examinations and also tactile based treatments such as a massage, a manicure, a pedicure, or having your hair washed. **How accurately do you think the statements below indicate your attitudes and touch in treatment settings? There are no right or wrong answers. Please be as honest as possible.**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel that I can talk more openly to my doctor if they touch me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel more comfortable being touched by a machine than a person for a medical examination.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid tactile based treatments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tactile based treatments make me feel calm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find tactile based treatments uncomfortable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find that I can talk more to people while having tactile based treatments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel more comfortable being touched by a medical professional if they could not see me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I do not feel
that medical
professionals
touch me often
enough.

☐☐☐☐☐

Touch from a
professional
helps to build
my trust.

☐☐☐☐☐

I regularly
have massage
treatments.

☐☐☐☐☐

I would not like
to be touched
by a therapist,
counsellor or
psychologist.

☐☐☐☐☐

Touch from a
therapist or
counsellor
psychologist
would make
me feel at
ease.

☐☐☐☐☐

I think it is
inappropriate
for a medical
professional to
hug a patient.

☐☐☐☐☐

I would prefer
it if my doctor
did not touch
me.

☐☐☐☐☐

End of Block: Touch and Health

Start of Block: TEAQ

Q34 Thanks for all of your responses so far. We'd like to ask you some more about your general experiences and attitudes towards touch. Don't worry if anything seems repetitive.

Questionnaires are often constructed in this way to add rigour to the research. All your answers are useful to us.

Touch Experiences and Attitudes Questionnaire (Trotter et al., 2018)

End of Block: TEAQ

Start of Block: Psychotherapist questions

Q108 Thanks for all of your responses so far. We're interested in digging a little bit deeper into your thoughts about touch during a counselling or therapy session.

We were wondering if you have been in psychological therapy at any time in the past 10 years? It is possible that you have not been or that you'd rather not say, in which case please indicate this and the survey will move onto the next section. If you have and would be happy to explore this topic a bit more with us then please respond yes and we'll ask you a few more questions.

- ☐ Yes
 - ☐ Prefer not to say
 - ☐ No
-

Q255 What type of therapy did you take part in?

- ☐ Psychotherapy
 - ☐ Counselling
 - ☐ Cognitive behavioural therapy
 - ☐ Talking Therapy
 - ☐ Other (please specify)
-

Q109 For how long in total?

- ☐ Less than 3 months
- ☐ 3 months to 1 year
- ☐ More than 1 year

Page Break

Q110 Did the therapy include aspects that were specifically focused on the body, such as body-oriented, biodynamic or massage therapy, as opposed to predominantly talking therapy?

- ☐ Yes
 - ☐ No
 - ☐ Not sure
 - ☐ Prefer not to say
-

Q111 Have you ever wanted your therapist to hug, hold or touch you in some way?

- ☐ Never
 - ☐ Almost never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often
 - ☐ Almost always
 - ☐ Always
-

Q112 Have you ever experienced some sort of physical contact with your therapist, beyond accidental contact or a formal handshake?

- ☐ Never
 - ☐ Once
 - ☐ Less than 10 times
 - ☐ More than 10 times
-

Q113 Please rate the questions below on a scale from very negative to very positive.

	Very negative	Negative	Somewhat negative	Neutral	Somewhat positive	Positive	Very positive
1. Overall, how do you regard the physical contact which occurred in your therapy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How were the feelings about yourself affected by the touch?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How were your feelings about your therapist affected by the touch?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

Q114 Please rate the questions below on a scale from 1 (Never) to 7 (Every time).

	Never	Almost Never	Infrequently	Neutral	Frequently	Almost every time	Every time
1. To what degree did you feel the touch violated the boundaries of the therapeutic relationship and was inappropriate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. To what degree did you feel the touch communicated acceptance or support and enhanced your connection, or bond with the therapist?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: Psychotherapist questions

Start of Block: Social Topology of Touch - Short

Q84 Thanks again for your responses. The next set of questions asks about how you think it is okay for different people to touch you.

For each of the following scenarios, please imagine that you are attending a work social event with colleagues and your employer/supervisor. You will be given a description of a person and asked to select the ways that you think would be acceptable for that person to touch you when saying farewell.

Q262 How would you say is appropriate for a *female colleague* who is at *the same level as you in the organisation* to touch you when saying farewell? Please select as many as apply.

- ☐ A hug
 - ☐ A kiss on the cheek
 - ☐ A handshake
 - ☐ A high-five
 - ☐ A squeeze on the arm
 - ☐ A pat on the shoulder
 - ☐ No touch at all
-

Page Break

Q263 How would you say is appropriate for a *male colleague* who is at *the same level as you in the organisation* to touch you when saying farewell? Please select as many as apply.

☐

A hug

☐

A kiss on the cheek

☐

A handshake

☐

A high-five

☐

A squeeze on the arm

☐

A pat on the shoulder

☐

No touch at all

Q264 How would you say is appropriate for your *female employer/supervisor* to touch you when saying farewell? Please select as many as apply.

- ☐ A hug
 - ☐ A kiss on the cheek
 - ☐ A handshake
 - ☐ A high-five
 - ☐ A squeeze on the arm
 - ☐ A pat on the shoulder
 - ☐ No touch at all
-

Q265 How would you say is appropriate for your *male employer/supervisor* to touch you when saying farewell? Please select as many as apply.

- ☐ A hug
- ☐ A kiss on the cheek
- ☐ A handshake
- ☐ A high-five
- ☐ A squeeze on the arm
- ☐ A pat on the shoulder
- ☐ No touch at all

End of Block: Social Topology of Touch - Short

Start of Block: ECR-12

Q75 Thanks for your responses on your experiences and attitudes towards touch. We'd now like to ask some broader questions about your day-to-day experiences and social interactions

Experiences in Close Relationships Scale - Attachment style (Lafontaine et al., 2015)

End of Block: ECR-12

Start of Block: Interoceptive Accuracy Scale

Interoceptive Accuracy Scale (Murphy et al., 2019)

End of Block: Interoceptive Accuracy Scale

Start of Block: Dresden Body Image Body Acceptance

Dresden Body Image Questionnaire, Body acceptance subscale (Scheffers et al., 2017)






End of Block: Dresden Body Image Body Acceptance

Start of Block: Body perception

Q115

Please rate the following statements using a scale of 0 (Never) to 100 (Always). Please note that if you wish to respond with a 0, you will need to move the slider and return it to the 0 position (or you may be prompted to answer the question again).

0 10 20 30 40 50 60 70 80 90 100

I choose clothes not just because of how they look but also how they feel on your skin	
How I think about my body's attractiveness relates to touch	
I think that intimate others will find my body pleasurable to touch	
I feel that other people's physical attractiveness depends on how pleasant it is to touch them	
My confidence in my own body depends on how positively I am touched by others	

End of Block: Body perception

Start of Block: UCLA Loneliness

UCLA Loneliness Scale (Russell et al., 1996)

End of Block: UCLA Loneliness

Start of Block: EQ -10

Empathy Quotient (Muncer & Ling, 2006)

End of Block: EQ -10

Start of Block: Sleep

Q97 Thank you. This is our final set of questions. We are interested in finding out about how touch may play a role in people's sleeping habits. Please indicate the most accurate reply for the majority of days and nights in the past month.

Selected items from the Pittsburgh Sleep Quality Index (Buysse et al., 1989)

Q102 If you were to share your bed with a partner, how do you think the following might affect your sleep quality if they occurred in the period between getting into bed and trying to fall sleep? Please move each option into any box that applies.

I think that it would have a negative effect on my sleep quality	I think that it would have no effect on my sleep quality	I think that it would have a positive effect on my sleep quality
_____ A gentle stroke by your partner	_____ A gentle stroke by your partner	_____ A gentle stroke by your partner
_____ A short good-night hug from your partner	_____ A short good-night hug from your partner	_____ A short good-night hug from your partner
_____ A massage from your partner	_____ A massage from your partner	_____ A massage from your partner
_____ Intimate touch from your partner	_____ Intimate touch from your partner	_____ Intimate touch from your partner
_____ Preparing to sleep in a position in which you and your partner are touching one another	_____ Preparing to sleep in a position in which you and your partner are touching one another	_____ Preparing to sleep in a position in which you and your partner are touching one another
_____ Preparing to sleep in a position in which you are your partner are not touching one another	_____ Preparing to sleep in a position in which you are your partner are not touching one another	_____ Preparing to sleep in a position in which you are your partner are not touching one another

End of Block: Sleep

Start of Block: Debrief

Q116 Thank you for your responses. Before finishing, if you have any comments about The Touch Test please leave them here. Please be aware that as your data is kept anonymous we will not be able to reply to you.

Page Break

Q117 Thank you so much for taking the time to complete both sections of The Touch Test. We very much appreciate you giving up your time to do this. Your answers will help us to understand more about people's views on touch and how they relate to health, wellbeing, day-to-day activities and people's perception of themselves.

Thanks to you, we hope to discover more about how touch or the lack of it can affect our minds and our bodies. We'll spend the next few months analysing the results, which will be announced at a live event at Wellcome Collection in the autumn, and you'll be able to hear them on BBC Radio 4 and BBC World Service. We will also put a summary of the results on the Banissy Lab website at banissylab.com/touchtest.

Please rest assured that all of your responses will be stored confidentially and anonymously. If you have any further questions, or you would like more information then please contact: touchtest@gold.ac.uk.

If you have found answering any of the questions distressing and want to seek support, sources in the UK include: Samaritans 116 123 (lines are open 24hrs) and SANEline 0300 304 7000 (lines are open from 4.30pm - 10.30pm).

You'll now be able to see a sneak preview of some of the results so far. We hope that you'll find it interesting to see how your experiences of touch compare with others.

Thanks again.

End of Block: Debrief
