Relationships between clutter in the home and stress, mood and well-being: An exploratory study

**Data Guide**

Francis Quinn

*Robert Gordon University, Aberdeen, UK*

**The two data files**

One version of the file features missing data imputed in SPSS using the EM method with 100 iterations, and was used for analysis for forthcoming publications. The other version has not had any imputation of its missing data.

**Participant materials and questionnaire**

Please see the accompanying PDF file of the materials and questionnaire, which shows what participants saw when they took part in this online survey in JISC Online Surveys, including information page, consent page, questionnaire and debrief page.

Responses as boxes on that questionnaire are coded as a number beginning with 1 at the left-hand side, or from the top (for example, on Page 3, the item “Think about where you live right now. Is your home...?” features a series of response options underneath it; “Rented privately” was coded as 1, “Rented from a council” as 2, etc.). Codes are indicated in the data file.

**Variables measured on the questionnaire**

The questionnaire contains a number of psychometric scales (from which a total or summary score was calculated – see the accompanying SPSS syntax files) presented in the order intended by the developer of each psychometric scale. There are also additional single-item measures. Each variable in the SPSS data file has a label with the wording of the item/question it refers to, along with any codes and what they mean (for categorical/nominal data).

More details about each psychometric scale can be seen on the accompanying research proposal.

Questionnaire pages (indicated as “Page 1” etc. at top of page):

**Page 1:** Information for Prospective Participants

**Page 2:** Consent

**Page 3**: Demographics

**Page 4:** Items 1 to 8 are Sigmon et al.’s psychological home scale (from “I have grown attached to many of the places where I have lived” to “I work at making a place my own” and correspond to Q11\_1 to Q12\_4 in the data file. The next three blocks of items (with seven-point Likert scale for response) are Roster et al.’s Clutter Quality of Life Scale and correspond to Q13\_1 to Q15\_3 in the data file (they were grouped into blocks only for appearance reasons when the questionnaire displayed). The final block of four items about home clutter (with the 0 to 10 response scale) were created specifically for this study and correspond to Q16\_1 to Q16\_4 in the data file.

**Page 5:** The first two blocks of five items (with the “Never” to “Very Often” Likert scale) are Cohen et al.’s Perceived Stress Scale (PSS-10), corresponding to Q17\_1 to Q18\_5 in the data file; items that needed to be reverse scored have an additional variable in the data file with the score reversed, which were used when calculating the total PSS-10 score (so that high scores = high stress). The final block of seven items on this page of the questionnaire (with the “None of the Time” to “All of the Time” response scale) is the Short Warwick-Edinburgh Mental Well-Being Scale, corresponding to Q19\_1 to Q19\_7 in the data file.

**Page 6:** The first block of five items (with the “Strongly Agree” to “Strongly Disagree” response scale) is the Satisfaction with Life Scale, corresponding to Q20\_1 to Q20\_5 in the data file. The following two blocks about feelings are Diener et al.’s (2010) Scale of Positive and Negative Experience (SPANE), corresponding to Q21\_1 to Q22\_6.

Page 7: The first block of three items are those assessing appreciation of beauty from the Appreciation of Beauty and Excellence Scale (ABES; Martinez-Marti et al., 2016) and correspond to Q23\_1 to Q23\_3 in the data file. The remaining items underneath are single-item variables corresponding to Q24 to Q29 in the data file.

**Variables in the Data File**

The demographics and questionnaire responses up to Q29 are the same in both data files. Because the EM-imputed data file was used for analyses, it contains additional variables calculated from these to form total/summary scores for each psychometric scale (if desired, these can be created rapidly for the non-imputed raw data using the accompanying SPSS syntax files to compute these total/summary variables; these syntax files also show which raw variables were used to calculate ). These total/summary variables are:

* Psychological Home
* Clutter Quality of Life (Total using all of its items)
* Clutter Quality of Live (Livability)
* Clutter Quality of Live (Impact)
* Clutter (simple rating)
* Appreciation of Beauty
* Perceived Stress (PSS-10 total)
* SWEMWBS (raw total – not to be used for analysis – Short Warwick-Edinburgh Mental Well-Being Scale)
* SWEMWBS (total score transformed according to its instructions to be suitable for statistical analysis).
* Satisfaction with Life scale (raw total, plus total reversed so that high scores = high satisfaction with life)
* SPANE-P (positive affect total from the Scale of Positive and Negative Experience)
* SPANE-N (negative affect total from the Scale of Positive and Negative Experience)
* SPANE-B (=SPANE-P minus SPANE-N, so that higher scores = a balance toward positive affect)
* Q24 to Q29 rounded to an integer; any values from EM imputation were not integers so these variables were rounded to the nearest whole number so that they could correspond to a point on the Likert scale used to measure each of these items (to make them suitable to be used as a multicategorical moderator or as nominal/categorical data).