

Home Environment, Stress and Well-Being Survey

Page 1: Participant Information

We invite you to take part in a survey run by staff at Robert Gordon University's School of Applied Social Studies. This research explores factors in the home environment and their relationship with stress, mood and mental well-being.

Who can take part?

Anyone aged 16 years or over.

How long will it take?

About 10-15 minutes.

Who has approved the study?

This research has received approval from the university's School of Applied Social Studies ethics panel.

What will I be asked to do if I take part?

First, the survey will ask you to agree to an online consent form. Then it will ask you some questions about your home, your mood, mental well-being and stress. These questions will be mainly of a tick-box style. You can miss out any question if you do not wish to answer it. The survey is anonymous.

What are the risks of taking part?

There are no risks greater than everyday life.

How will I benefit?

There is no payment, but on completion of the survey you can enter your e-mail address into a prize draw for **one of three £25 (GBP) Amazon vouchers**. Your answers in the survey will help us to investigate experiences that might help make life at home more pleasant. We can only do this by asking people about their real-life experiences.

If I need to contact someone about the research, whom should I contact?

Please e-mail the researcher using the details below.

What will happen if I do not want to carry on with the survey?

Before you finish the survey, you can stop at any time by closing the tab or window of your browser. Your responses are only submitted when you press the "Finish" button after the final question.

After submitting, you can withdraw from the study within two weeks. To do so, you need to e-mail us the unique ID code that is shown on the final page. You don't have to give a reason. After two weeks, data analysis may be underway and it might be impossible to remove your data.

How will we use the data and results from this research?

We will use statistics to analyse the relationships between each factor. We will then inform other researchers about the findings by article(s) in scientific journals, conference presentations, and other ways of communicating with the scientific community. Please note that GDPR does not apply because the survey is anonymous.

If you enter the prize draw, your e-mail address is stored in a separate file, is not linked to your survey responses, is used for no other purpose, and deleted immediately after the random draw.

As is common today in research, after the study the anonymous survey data will be permanently available at an online repository. This allows other researchers to analyse it for their own research and to verify our analysis.

Am I able to know the results of the study?

Yes - please email the researcher after you have completed the questionnaire (these contact details are repeated on the final screen). Results may not be available for several months.

Researcher and Contact Details

Dr. Francis Quinn, Lecturer in Psychology, School of Applied Social Studies, Robert Gordon University, Aberdeen, Scotland, United Kingdom. E-mail: francis.quinn@rgu.ac.uk

Page 2: Consent

I confirm that I have read and understood the information regarding this study, and I have the relevant information to contact the researchers to ask any questions.

1. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason, in the two weeks following completion of the survey. I understand that after this two week period, analysis may be underway and it may not be possible to remove my answers.
2. I understand that participation is anonymous and that I will not be asked for any identifying details. My IP address will not be recorded.
3. I am at least 16 years of age.
4. I understand the anonymous data will be made permanently available to other researchers by being posted on an appropriate repository of research data, for future researchers to use and verify our analysis.
5. I understand that there is no financial benefit to taking part in this study.
6. I agree to take part in the above study.

By proceeding with the survey, you are giving your agreement to all these points.

Page 3: Background Questions

What country do you live in?

What is your gender?

What is your age in years?

Think about where you live **right now**. Is your home...?

- ☐ Rented privately (including private landlords and student halls of residence)
- ☐ Rented from a council or housing association, or other social housing
- ☐ Owned with mortgage by you or another member of your household
- ☐ Owned outright (i.e. no mortgage) by you or another member of your household
- ☐ Provided as part of a paid job (i.e. a change of jobs means you must move home)
- ☐ Other

Are you a full-time student?

- ☐ No ☐ Yes

Right now, do you live with your family of origin? (e.g. with your parents or guardians)

- ☐ No ☐ Yes

How many people aged 18 and over live in your home?

And how many people under 18 live in your home?

Are you currently staying at home all the time because you are self-isolating or self-shielding due to the COVID-19 pandemic?

- ☐ No ☐ Yes

What is the highest level of education you completed?

- ☐ Secondary school
☐ Further-education college
☐ Began undergraduate degree but did not finish/not yet finished
☐ Undergraduate degree completed
☐ Masters degree or Postgraduate Diploma/Certificate
☐ Doctoral degree (e.g. PhD, DClInPsy, etc.)

What is the total yearly income in your household, before tax?

- ☐ Less than £10,000
☐ Between £10,000 and £20,000
☐ Between £20,000 and £30,000
☐ Between £30,000 and £40,000
☐ Between £40,000 and £50,000
☐ Between £50,000 and £75,000
☐ Over £75,000 per year
☐ Don't Know

Page 4: About your feelings of being at home

Using the scale below, for each statement please select the answer that best describes you. Remember there are no right or wrong answers.

Please don't select more than 1 answer(s) per row.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I have grown attached to many of the places where I have lived	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I put a lot of time and effort into making a place my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel more relaxed when I'm at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I surround myself with things that highlight my personality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continuing from above...

Please don't select more than 1 answer(s) per row.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I get a sense of security from having a place of my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I add personal touches to the place where I live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take pride in the place where I live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I work at making a place my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please read each statement carefully and select the response that best represents your feelings. Keep in mind there are no "right" or "wrong" answers. Your honest response to each statement is what matters.

Please don't select more than 1 answer(s) per row.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I have to move things in order to accomplish tasks in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid having people come to my home because of the clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't get to use spaces in my home the way I would like because of clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family life has suffered as a result of the clutter in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continuing as above...

Please don't select more than 1 answer(s) per row.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I feel overwhelmed by the amount of clutter in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm worried about the amount of clutter in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can't find things when I need them because of clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel guilty when I think about the clutter in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continuing as above...

Please don't select more than 1 answer(s) per row.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I have neglected taking care of things that need to be done in my home because of the clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have family members over as much as I would like because of the clutter in my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel depressed by the clutter in my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate the following as they apply to your home right now, on a scale from 0 (no clutter) to 10 (extremely cluttered)

Please don't select more than 1 answer(s) per row.

	0	1	2	3	4	5	6	7	8	9	10
How cluttered is your living room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How cluttered is your bedroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How cluttered is the kitchen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How cluttered is the bathroom you use most often?



Page 5: Your Well-Being Recently

The questions in this scale ask you about your feelings and thoughts during the last two (2) weeks. In each case, you will be asked to indicate how often you felt or thought a certain way.

Please don't select more than 1 answer(s) per row.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
In the last two weeks, how often have you been upset because of something that happened unexpectedly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt that you were unable to control the important things in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt nervous and “stressed”?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt confident about your ability to handle your personal problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt that things were going your way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continuing as above...

Please don't select more than 1 answer(s) per row.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
In the last two weeks, how often have you found that you could not cope with all the things that you had to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you been able to control irritations in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt that you were on top of things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you been angered because of things that were outside of your control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the last two weeks, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the past **two weeks**.

Please don't select more than 1 answer(s) per row.

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Page 6: Your Mood

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item. Please be open and honest in your responding.

Please don't select more than 1 answer(s) per row.

	Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
In most ways my life is close to ideal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The conditions of my life are excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So far I have gotten the important things I want in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I could live my life over, I would change almost nothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please think about what you have been doing and experiencing during the past **two (2) weeks**. Then report how much you experienced each of the following feelings, using the scale below.

Please don't select more than 1 answer(s) per row.

	Very rarely or never	Rarely	Sometimes	Often	Very often or always
Positive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Negative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pleasant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unpleasant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continuing as above: Please think about what you have been doing and experiencing during the past two (2) weeks. Then report how much you experienced each of the following feelings, using the scale below.

Please don't select more than 1 answer(s) per row.

	Very rarely or never	Rarely	Sometimes	Often	Very often or always
Happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joyful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Page 7: Other questions about your experiences

We would like to know what your inner experience is when you perceive beauty. We are not asking you what you consider beautiful, but what happens to you (what you experience) when you perceive something that for you is beautiful.

When we refer to beauty, this could be related to the beauty of nature (e.g. of its landscapes, colours, plants, animals), of art (e.g. painting, sculpture, literature, photography, architecture, music, dance), of human relationships or relationships with other living beings, of ideas, of life, etc.

Now we are going to ask you to answer three questions about your experience in the presence of beauty. There are neither right nor wrong answers, neither better nor worse ones. We are just interested in knowing your experience and thus it is important that you are honest.

Please choose your degree of agreement/disagreement with the next statements on a scale from 1 (Completely disagree) to 7 (Completely agree).

Please don't select more than 1 answer(s) per row.

	Completely disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Completely agree
I am a person who is very sensitive to beauty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I perceive the beauty of life, somehow I experience great inner peace.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel awe before beauty more frequently than most people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I intend to make a major decluttering of my home (or certain rooms) at some point

☐ Not at all

☐ A little

☐ Somewhat

☐ Quite a lot

☐ Very much

Most of any clutter in my home is made by others, rather than me

☐ Strongly disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

☐ Not applicable because I live alone

The interior of my home is beautiful.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Where are you completing this questionnaire?

- ☐ At home now
- ☐ Somewhere else (not at home)

Currently, on **weekdays**, how much time do you spend at home?

- ☐ Most of my time
- ☐ Some of my time
- ☐ Little of my time

Currently, on **weekends**, how much time do you spend at home?

- ☐ Most of my time
- ☐ Some of my time
- ☐ Little of my time

Page 8: Debrief and Thank You

Thank you very much for taking the time to complete this survey! Your participant number is: [BOS_CORE_RECEIPT]. If you wish to enter the prize draw, click the link at end of this page.

For SurveyCircle users (www.surveycircle.com): The Survey Code is: MJV7-UNRT-JF4H-BK1S. Redeem Survey Code with one click: <https://www.surveycircle.com/MJV7-UNRT-JF4H-BK1S>

Currently, people in many countries are spending more time at home than ever before. However, even before the COVID-19 outbreak, home was clearly a very important place in many people's lives. Can the physical environment of a home affect us psychologically? Some research in the USA has suggested that cluttered home environments are associated with lower well-being (e.g. Roster et al., 2016; Prohaska et al., 2018) and greater stress (Saxbe & Repetti, 2010). However it is not yet clear if one causes the other, both influence each other, or neither. There is also some research showing that greater clutter is related to more procrastination about making decisions (e.g. about where to put an item, or whether to keep it or not; Ferrari & Roster, 2018).

This study investigates the relationship between clutter and mental well-being and also looks at other factors that may be related, such as perceived stress, mood, housing tenure, appreciation of beauty, and the extent to which a person has personalised and customised their home to reflect their own identity.

If you would like to read more on this topic, an article ([online here](#)) in *Psychology Today* magazine titled "What your space says about you" also discusses some interesting ideas about this topic.

If you are very interested in the psychological effects that buildings have on us, you might enjoy reading *The Shaping of Us: How Everyday Spaces Structure our Lives, Behaviour and Well-Being* by Lily Bernheimer (2017), published by Robinson, or *Headspace: The Psychology of City Living* by Paul Keedwell (2017), published by Aurum Press.

If you would like to withdraw your data, make sure you write down your unique ID number at the top of this page – it is the only way to identify your data. If you would like to withdraw your data, please e-mail that ID number (you do not have to give any reason) within 14 days to me at francis.quinn@rgu.ac.uk. Once analysis of the data has begun, it will not be possible to remove your data from the dataset.

If you have any further comments on this topic or questions, please contact me at francis.quinn@rgu.ac.uk.

Thank you again for taking part!!!

[Please click here to enter the prize draw.](#)

References

- Ferrari, J. R. & Roster, C. A. (2018). Delaying disposing: Examining the relationship between procrastination and clutter across generations. *Current Psychology*, 37, 426-431. <https://doi.org/10.1007/s12144-017-9679-4>
- Prohaska, V., Celestino, D., Dangleben, T., Sanchez, P. & Sandoval, A. (2018). Assessing "clutter" and related constructs with a non-white, urban sample. *Current Psychology*, 37, 432-435. <https://doi.org/10.1007/s12144-017-9680-y>
- Roster, C. A., Ferrari, J. R. & Jurkat, M. P. (2016). The dark side of home: Assessing possession "clutter" on subjective well-being. *Journal of Environmental Psychology*, 46, 32-41. <https://doi.org/10.1016/j.jenvp.2016.03.003>
- Saxbe, D. E. & Repetti, R. (2010). No place like home: Home tours correlate with daily patterns of mood and cortisol. *Personality and Social Psychology Bulletin*, 36, 71-81. <https://doi.org/10.1177/0146167209352864>
-