**Appendix 1:**

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| **Touch Experiences and Attitudes Questionnaire (TEAQ)**  Please select a response next to each of the statements below to indicate how much you agree or disagree with each statement. | | | | | |
|  | Disagree strongly | Disagree a little | Neither agree nor disagree | Agree a little | Agree strongly |
| 1. I dislike people being very physically affectionate towards me. |  |  |  |  |  |
| 2. I like using body lotions. |  |  |  |  |  |
| 3. I have to know someone quite well to enjoy a hug from them. |  |  |  |  |  |
| 4. I find it natural to greet my friends and family with a kiss on the cheek. |  |  |  |  |  |
| 5. There was a lot of physical affection during my childhood. |  |  |  |  |  |
| 6. As a child I would often hug family members. |  |  |  |  |  |
| 7. I like to use bath essence when having a bath. |  |  |  |  |  |
| 8. I find stroking the hair of a person I am fond of very pleasurable. |  |  |  |  |  |
| 9. My parents were not very physically affectionate towards me during my childhood. |  |  |  |  |  |
| 10. I like to fall asleep in the arms of someone I am close to. |  |  |  |  |  |
| 11. I often snuggle up on the sofa with someone. |  |  |  |  |  |
| 12. I enjoy the physical intimacy of sexual foreplay. |  |  |  |  |  |
| 13. I like to link arms with my friends and family as I walk along. |  |  |  |  |  |
| 14. I usually hug my family and friends when I am saying goodbye. |  |  |  |  |  |
| 15. As a child I found a hug from my parents when I was upset made me feel much happier. |  |  |  |  |  |
| 16. It's nice when friends and family members greet me with a kiss. |  |  |  |  |  |
| 17. I often hold hands with someone I know intimately. |  |  |  |  |  |
| 18. When I am upset, there is usually someone who can comfort me. |  |  |  |  |  |
| 19. Kissing is a great way of expressing physical attraction. |  |  |  |  |  |
| 20. It feels really good when someone I am fond of runs their fingers through my hair. |  |  |  |  |  |
|  | Disagree strongly | Disagree a little | Neither agree nor disagree | Agree a little | Agree strongly |
| 21. I regularly hug people I am close to. |  |  |  |  |  |
| 22. As a child my parents would tuck me up in bed every night and give me a hug and a kiss goodnight. |  |  |  |  |  |
| 23. My life lacks physical affection. |  |  |  |  |  |
| 24. I enjoy having my skin stroked. |  |  |  |  |  |
| 25. I often take a shower or bath with someone. |  |  |  |  |  |
| 26. I enjoy having sex. |  |  |  |  |  |
| 27. I often have sex. |  |  |  |  |  |
| 28. I am put off by physical familiarity. |  |  |  |  |  |
| 29. I can always find somebody to physically comfort me when I am upset. |  |  |  |  |  |
| 30. I always greet my friends and family by giving them a hug. |  |  |  |  |  |
| 31. I enjoy being cuddled by someone I am fond of. |  |  |  |  |  |
| 32. My mother regularly bathed me as a child. |  |  |  |  |  |
| 33. As a child my parents always comforted me when I was upset. |  |  |  |  |  |
| 34. I enjoy the feeling of my skin against someone else’s if I know them intimately |  |  |  |  |  |
| 35. As a child my parents would often hold my hand when I was walking along with them. |  |  |  |  |  |
| 36. Most days I get a hug or a kiss. |  |  |  |  |  |
| 37. If someone I don’t know very well puts a friendly hand on my arm it makes me feel uncomfortable. |  |  |  |  |  |
| 38. I often make physical contact with my friends and family when I am with them. |  |  |  |  |  |
| 39. It makes me feel uncomfortable if someone I don’t know very well touches me in a friendly manner. |  |  |  |  |  |
| 40. I enjoy holding hands with someone I am fond of. |  |  |  |  |  |
| 41. I often share a romantic kiss. |  |  |  |  |  |
| 42. As a child my mother regularly brushed my hair. |  |  |  |  |  |
| 43. I like exfoliating my skin. |  |  |  |  |  |
| 44. Kissing is an enjoyable part of expressing romantic feeling. |  |  |  |  |  |
| 45. I often have my skin stroked. |  |  |  |  |  |
| 46. I often hold hands with someone I am fond of. |  |  |  |  |  |
| 47. I like to stroke the skin of someone I know intimately. |  |  |  |  |  |
| 48. I am on huggable terms with quite a few people. |  |  |  |  |  |
|  | Disagree strongly | Disagree a little | Neither agree nor disagree | Agree a little | Agree Strongly |
| 49. I often fall asleep while holding someone I am close to. |  |  |  |  |  |
| 50. Snuggling up on the sofa with someone is great. |  |  |  |  |  |
| 51. I often put my arm around a close friend as we walk along together. |  |  |  |  |  |
| 52. I like having a bath with lots of bubble bath. |  |  |  |  |  |
| 53. I don't get many hugs these days. |  |  |  |  |  |
| 54. I am often given a shoulder massage. |  |  |  |  |  |
| 55. I like to use face masks on my skin |  |  |  |  |  |
| 56. I like it when my friends and family greet me by giving me a hug. |  |  |  |  |  |
| 57. I often link arms with my friends and family as I walk along. |  |  |  |  |  |

**Scoring**

Disagree strongly = 1, Disagree a little = 2, Neither agree nor disagree = 3, Agree a little = 4, Agree strongly = 5

**R** denotes items which are reverse scored (ie. Disagree strongly = 5, Disagree a little = 4, Neither agree nor disagree = 3, Agree a little = 2, Agree strongly =1). Item numbers below indicate the items which belong to each of the subscales.

Calculate the mean score for each subscale to obtain a subscale score.

*Friends and Family Touch (FFT) (11 items)*

4, 13, 14, 16, 21, 30, 38, 48, 51, 56, 57

*Current Intimate Touch (CIT) (14 items)*

11, 17, 18, 23**R**, 25, 27, 29, 36, 41, 45, 46, 49, 53**R**, 54

*Childhood Touch (ChT) (9 items)*

5, 6, 9**R**, 15, 22, 32, 33, 35, 42

*Attitude to Self-Care (ASC) (5 items)*

2, 7, 43, 52, 55

*Attitude to Intimate Touch* *(AIT)* *(13 items)*

8, 10, 12, 19, 20, 24, 26, 31, 34, 40, 44, 47, 50

*Attitude to Unfamiliar Touch (AUT) (5 items)*

1**R,** 3**R**, 28**R**, 37**R**,39**R**

Path Diagram of the original component structure of the Touch Experiences and Attitudes Questionnaire (TEAQ) for Confirmatory Factor Analysis (CFA). Abbreviations: FFT – Friends and Family Touch, CIT – Current Intimate Touch, ChT – Childhood Touch, ASC – Attitude to Skin Care, AIT – Attitude to Intimate Touch, AUT – Attitude to Unfamiliar Touch.