12-2  Relationships between health-related QOL and habitual bathing
—SF36v2, visual analog scale—

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Introduction: The health-related QOL is important for an index to prescribe health condition, but there is little analysis that what kind of bathing method the person whom this index has good performs. In this study, health-related QOL and habitual bathing was intended to clarify relationship, correlation.

Methods: The participants were 198 employees of a quasi-drug manufacturing company and their family members who could and cooperated in the present study. The study was conducted as a self-report survey from October 1–30, 2010, with questionnaires being distributed to and collected from subjects before and after this period. Participants were asked about their sex, age, bathing number of times in week, frequency of bath additive use in week, temperature of bathing, bathing duration, and water level when in the bath, health, and sleep quality. Health-Related Quality of Life was assessed using the Short-Form Health Survey (SF-36v2), and self-rated health and quality of sleep were assessed using a Visual Analog Scale (VAS).

Results: When I divided it at the average age concerning a bathing method and the age, there was much frequency of bathing per week in late debut as an entertainer 45 years old or older, and under 45 years old had a short bathing time, and water level when in the bath was shallow. The shallow tendency that water level when in the bath was observed in that level in female. Relationship SF-36v2 and bathing method, it was suggested that a Social functioning significantly (p<0.01) increases so that temperature of bathing was low, a Role physical significantly (p<0.05) increases so that there was much bathing number of times in week, a General health significantly (p<0.05) increases so that there was much frequency of use of bath additives per week. Each of subjective self-rated health, quality of sleep by VAS, it was good in conjunction with frequency of use of bath additives per week.

Discussion: This study applied to an authorized company employee, and there was a limit that the external validity was weak, but was related to General health, social functioning, Role physical and bathing method. The influence of bathing habits such as full-bath bathing and the use of bath additives on a person’s physical and psychological state as found by our study can be regarded as a way of maintaining health among those in the prime of life. Because our study uses a cross-sectional design, interpretation had a limit, and it was thought that a prospective study would be necessary in future.

Keywords: Bathing, QOL, Bath additive, Self-rated health, Quality of sleep