



Clean House and Watch Oprah to be a Better Person

February 9, 2010 By [David Evans](#)

People are more likely to do good for others when they have watched others do good deeds or had their sense of smell aroused by “clean” scents. That’s the [verdict](#) from two studies published recently.

In one study, young women watched either an uplifting episode of “The Oprah Winfrey Show,” a neutral nature documentary or a British comedy special. They were then asked to either volunteer for another study or to complete a long and boring questionnaire. Guess who signed up? You guessed it. The Oprah fans.

In another study, researchers tested how altruistic people would be when exposed to either a neutral scented room or a room that smelled freshly cleaned. In this case, cleanliness was next to Godliness, and the people who sat in a minty fresh room were also the most likely to offer help to others.

Now imagine what a good person you’d be if you watched Oprah while sitting in a newly scrubbed living room. Hint, hint!?

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.sanemag.com/blog/clean-house-watch-oprah-better-person>