



Match or Mistake?

Investigating the influence of Matches vs. No Matches in Online Dating Apps on Well-being and
The Moderating role of Similarity in Physical Attractiveness.

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Abstract

Online dating apps are more popular than ever before and provide us with many potential partners. However, this infinite access to potential partners also leads to more rejections, of which not matching in the swiping phase is one. As little research has yet been conducted on the effects of this kind of rejection on well-being, this study examines this potential negative effect more closely. In addition, it is examined whether these effects are stronger when the rejecting profile owner is from the same league, that is, similar in terms of physical attractiveness. By using a prototype dating app, participants could choose to like or dislike 40 dating app profiles that varied in attractiveness. Based on the condition they were in, participants received either matches or were rejected by each profile they liked. Results show that rejected participants scored significantly lower on well-being than participants who received matches, and that this effect was not stronger when the participant and profile owners were similarly physically attractive. In contrast with the expectations, it did not matter whether the participants were rejected by people who were less, more, or equally attractive. These insignificant results suggest that the moderating effects of similarity in physical attractiveness do not exist for romantic rejections. Future studies should look into other ways of using the prototype to measure the effects of rejection on well-being.

Keywords: Rejections, match versus no match, online dating, similarity in physical attractiveness, well-being.

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Match or Mistake?

The use of online dating apps was something that was frowned upon for years but is now widely used to find romantic partners. With over 300 million online dating app users worldwide (Curry, 2022), using these apps has never seemed so appealing. With more than 75 million monthly users, Tinder is the world's most popular dating app, followed by Badoo and Bumble, with 45 and 60 million monthly users, respectively (Curry, 2022). The rise of online dating apps allowed people to select partners from such a large pool of options for the first time, increasing the likelihood of more filtered romantic encounters (Rosenfeld & Thomas, 2012).

Besides all the successful love stories that dating apps such as Tinder and Bumble brought into the world, research has also shown the potential negative consequences of dating app use (e.g., Her & Timmermans, 2021; Pernokis, 2018; Portingale et al., 2022; Strubel & Petrie, 2017). Studies on online dating found that using Tinder is negatively related to well-being, varying from well-being measures focusing on emotions (e.g., mood), self-perception (e.g., body (dis)satisfaction) and, actual behaviors (e.g., binge eating) (Her & Timmermans, 2021; Pernokis, 2018; Portingale et al., 2022; Strubel & Petrie, 2017). More specifically, research has shown that compared to non-dating app users, users score lower on joviality, higher on sadness and anxiety (Her & Timmermans, 2021), lower at overall life and relationship satisfaction (Pernokis, 2018), as well as on satisfaction with their face and body (Strubel & Petrie, 2017). Furthermore, individuals using online dating apps score higher on binge eat urges, a negative mood (Portingale et al., 2022) and different approaches to well-being such as sadness and anxiety (Her & Timmermans, 2021). All mentioned studies were survey studies that indicate different relationships between dating app usage on the one hand and well-being on the other hand, but raise questions regarding the causality between the two.

A few studies examined the relationship between rejection and well-being; one aspect that is associated with online dating and has been found to negatively relate to well-being (Halversen et al., 2022; Koessler et al., 2019; Kumar et al., 2021; Timmermans et al., 2020). The increasingly large number of online daters (Hobbs et al., 2017) increases the odds of being rejected by a person, in particular compared to being rejected offline. One possible form of rejection is rejection by not matching, meaning that the user's profile is not liked back by the other person. Yet, few studies focused on the effects of this form of rejection on well-being, as most previous research looked at the relationship between general and excessive dating app use and well-being (Her & Timmermans, 2021; Pernokis, 2018; Portingale et al., 2022; Strubel & Petrie, 2017) or at forms of rejection in later stages (during the conversation) and well-being (Halversen et al., 2022; Koessler et al., 2019; Timmermans et al., 2020).

The negative effect of not receiving matches on well-being may be influenced by the degree to which a profile owner matches the level of physical attractiveness of the potential romantic partner. This assumption, which has been investigated in the context of offline but not online dating, is based on the matching hypothesis. This hypothesis posits that individuals in the dating pool select a romantic partner by evaluating their own physical attractiveness and choosing potential matches whom they believe match in terms of physical attractiveness, and are also likely to be attracted to them (Taylor et al., 2011). This suggests that a rejection would affect well-being more if these come from people who match in terms of physical attractiveness than from people who do not. This is because singles who select potential romantic partners who are "in their league", increase their chances of a successful outcome (Jia et al., 2015; Taylor et al., 2011).

Therefore, this study aims to answer the following question: ‘What is the influence of rejection by means of not matching in online dating apps on well-being, and what is the role of similarity in physical attractiveness of romantic partners in this?’ This research question will be answered through an experimental study in which participants - prior to the experimental procedure - answer a series of questions to determine the extent to which they are physically similar to the profile owners. Then, they are exposed to a prototype of a swipe-based dating app in which they will swipe profiles of others, and will - dependent on the condition - be rejected or not. depending on the assigned condition. Well-being is then measured using a scale.

Theoretical Framework

Swipe-based dating apps

The popularity of online dating apps has grown significantly since its existence (Johnson et al., 2017). While using online dating apps was first considered as a social stigma, it is now generally acknowledged as a good way to meet new people (Smith & Anderson, 2014). Online dating made a transition from websites to apps, whereby apps are nowadays used way more than online dating websites (Jung et al., 2019). Most of the online dating apps are swipe-based, which refers to the gesture made while liking or rejecting a person on the app; users can swipe right to like a profile or swipe left to reject a profile (Potarca, 2022).

Once users download a swipe-based dating app, they can create a profile by adding multiple elements. First, users can add pictures of themselves to their profile. The pictures in an online dating profile are the leading indicators of liking someone on an online dating app, as individuals tend to base their choice of liking someone on the physical appearance of the person in the picture (Nair & Padmakumar, 2020; Shimokobe & Miranda, 2018; Strubel & Petrie, 2017). Second, users can add information about themselves to their profile, such as their education, current job, age, and/or interests (Hickert, 2016; Tyson et al., 2016). Additionally, they can add a short bio where users can write a short piece about themselves (Tyson et al., 2016). As a final step, users are asked to indicate their preferences regarding gender, age, and proximity of online dating partners. These preferences are used for seeking potential ‘matches’ and are not visible to other users (Sumter et al., 2017). Because profiles are the first point of contact between users, they highly influence the formation of impressions and how users judge the attractiveness and motives of others (Blackwell et al., 2022; Brown et al., 2005).

In swipe-based dating apps, users can swipe through several profiles to assess whether

they are interested in the profile owner. If they are, and want to connect with this person, they would swipe the profile to the right giving this person a 'like'. When two people have liked each other, they have a 'match' and can initiate a conversation on the app. If users are not interested in the profile owner, they swipe left to make the profile disappear and not match with the owner. If a user continues a new profile appears, and users have to make the same choice between liking or rejecting the profile (Unhjem et al., 2021).

This process of swiping on dating apps could be compared to social media use, as online dating apps offer their users a medium in which they can interact and give and receive peer approval; likes on Facebook or Instagram are equivalent to swiping right on Tinder or Bumble (Holtzhausen et al., 2020). According to Strubel and Petrie (2017), the concept of matching in online dating apps creates an impression of instant gratification or rejection, placing users in a vulnerable position. Moreover, Sumter et al. (2017) found this chase of self-worth validation to be an essential motivation for Tinder use among adults, increasing users' vulnerability to acceptance or rejection by others. This, in combination with the primary focus on physical appearance in online dating apps, may cause users to feel pressured by the likelihood of success, such as the number of matches they receive (Phan et al., 2021). This chase for external peer validation in swipe-based dating apps may also lead to poorer mental health outcomes among dating app users (Holtzhausen et al., 2020).

Online dating and well-being

The instant acceptance or rejection by peers associated with using dating apps might lead to decreased mental health. Additionally, studies have looked into the relationship between using online dating apps and various forms of well-being. First, using online dating apps is associated with a decreased mood, as dating app users score lower on joviality and higher on sadness and

anxiety (Her & Timmermans, 2021; Portingale et al., 2022). Moreover, users of online dating platforms seem to be less satisfied with their (romantic) lives and their faces and bodies (Pernokis, 2018; Strubel & Petrie, 2017). Lastly, regular dating app usage is associated with increased binge eating urges (Portingale et al., 2022). In conclusion, the aforementioned findings indicate that using online dating apps can adversely affect well-being through several pathways.

One aspect of online dating that might provoke this negative relationship between dating app use and well-being is the rejections individuals are likely to receive while dating online. These rejections can trigger various negative emotional responses, decreasing a person's well-being (Andrighetto et al., 2019; Blackhart et al., 2009; Leary, 2022). Studies on the broad concept of rejection have found several negative emotions resulting from rejection, including; loneliness, jealousy, guilt, shame, social anxiety, embarrassment, sadness, and anger (Leary, 2022). Experiencing these kinds of emotions might drive the rejected person to a more negative emotional state (Blackhart et al. 2009).

Rejections in online dating differ from offline romantic rejections, partially due to the affordances online dating apps offer. These online dating rejections can take place in different forms and in different stages of the online dating process (De Wiele & Campbell, 2019). De Wiele and Campbell (2019) describe six forms: ghosting, ignoring, swiping, rejection messages, unmatching, and blocking. Most of these forms of rejections usually happen at a later phase in the dating process when there has already been contact between two individuals (e.g., ghosting or receiving a rejection message). Different studies on these rejection forms have shown that being rejected in that way decreases one's well-being (Timmermans et al., 2021; Kolhoff, 2021), but little is known yet about the effects of rejections in the early online dating stage of swiping profiles of others.

While lacking success by being rejected is found to negatively relate to well-being, positive relationships are found when it comes to being successful in online dating and well-being (Pernokis 2018). For example, individuals who perceive themselves as more successful online daters tend to score higher on (romantic) life satisfaction, and positive affect, than those who perceive themselves as unsuccessful (Pernokis 2018).

Match/no match in online dating and well-being

One reason users might consider themselves unsuccessful on dating apps could be the lack of matches they receive when they like people, meaning that their profile is not liked back by other people. Due to the large number of online daters in combination with the low matching rates on these kinds of dating apps, this type of rejection is always lurking (Tyson et al., 2016).

So far, two studies have focused on the negative relationship between receiving no matches in this first swiping phase and well-being (Andrighetto et al., 2019; Van der Veen et al., 2019). Andrighetto et al. (2019) created a fictitious online dating platform where participants could select three potential partners. After they selected the potential partners, half of the participants' requests for a match were declined, while the other half got a service error message and did not see if they obtained matches or not. Their results showed that the participants in the rejection condition scored higher on anger, anxiety, hurt feelings, and sadness and lower on happiness than participants who received the service's error message and did not receive rejections. Also, van der Veen et al. (2019) created a fictitious dating website that included participants' personal information and photos. People from the opposite sex then evaluated the profiles and decided if they would date this person. After participants assessed the photos, they received the contact information of their matches which thus allowed them to see if persons rejected them or not. The results showed that when one participant liked someone and the other

rejected him, the brain's pain network got activated, indicating that the participant was experiencing negative feelings. The findings of these studies suggest that when a person is rejected by a person they liked, their well-being is negatively affected. However, these studies did not examine how other factors, such as the similarity between potential partners in terms of physical attractiveness, might impact the effect of rejection on well-being. Therefore, the current study also looks at the similarity in physical appearance between partners and how this might moderate the relationship between rejection and well-being.

The previously mentioned studies on (fictitious) online dating sites suggest that individuals who do not get matches showed increased negative feelings (Andrighetto et al., 2019; Van der Veen et al., 2019). It is therefore expected that when an individual does not obtain matches, these negative feelings give a lower score on well-being than those who obtain matches. This leads to the following hypothesis:

H1: Individuals who receive no matches score lower on well-being than individuals who receive matches.

Similarity in physical attractiveness

One of the essential aspects of a person's dating preferences is physical attractiveness (Lee et al., 2008). Opposed to what might be expected, not everyone in the dating scene tends to go for highly attractive individuals. According to previous studies, individuals tend to search for individuals who are about equally physically attractive as themselves when seeking romantic partners (Buston & Emlen, 2003; Jia et al., 2015; Montoya et al., 2008; Taylor et al., 2011). This phenomenon of individuals seeking romantic partners who are about as physically attractive as themselves has been shown to have several benefits, including a higher probability of a successful outcome (Jia et al., 2015; Montoya et al., 2008; Taylor et al., 2011). In the present

study, two partners are considered equally physically attractive if the participant and the persons on the dating app profiles are linked to the same attractiveness category (e.g., low attractive - low attractive). If this is not the case, two outcomes can appear. It could be that someone is more attractive than the other (i.e., "out of your league"), or it could be that someone is less attractive than the other ("under your league"). Participants will then be categorized as more or less attractive than the persons depicted on the dating profiles.

Individuals who seek partners that are approximately as attractive as themselves are in line with the "matching" hypothesis, which states that individuals on the dating market seek partners whose social desirability, in the form of physical attractiveness, is similar to their own (e.g., a person that perceives themselves as highly attractive, has a preference for a dating partner that is also highly attractive) (Jia et al., 2015; Taylor et al., 2011). Moreover, the matching theory states that individuals searching for a romantic partner assess their self-worth and choose the best available candidates to match their self-worth. After these candidates do a similar self-worth check, they are likely to be attracted to them as well (Jia et al., 2015; Taylor et al., 2011). Thus, individuals tend to choose partners with similar social desirability because by choosing partners who are "in their league", this might increase their chance of a successful outcome (Jia et al., 2015; Taylor et al., 2011).

The reason why individuals might prefer romantic partners who are around equally physically attractive as themselves could be explained by other social theories, such as the social exchange theory (Thibaut & Kelley, 1959) and the equity theory (Walster et al., 1973). These theories posit that people are motivated to form relationships where partners make equal contributions, in this case in terms of physical attractiveness, which also leads to most relationship satisfaction. Furthermore, similarity is also linked to interpersonal attraction

(Montoya et al., 2008). This relationship implies that when individuals share attributes such as attitudes, personalities, or physical characteristics, they are more likely to feel attracted to one another (Montoya et al., 2013; Štěrbová et al., 2019). This is also found in long-term partners, indicating that similarity is a key element for maintaining relationships (Luo & Klohnen, 2005).

Lee et al. (2008) provided further support for these theories when they examined whether one's own physical attractiveness affected their selection of romantic partners. Using data of dating platform HOTorNOT.com, they found a significant relationship between one's own attractiveness and the attractiveness of the individuals they were willing to meet, implying that individuals with similar levels of physical attractiveness tended to date one another. Thus, less attractive individuals were more likely to accept less attractive individuals as dates, while more attractive individuals were more likely to accept more attractive individuals as dates.

Based on the abovementioned studies, it can be concluded that a similar level of attractiveness between two partners is of great value for forming romantic relationships and the satisfaction it brings individuals. In this study, this could imply that individuals searching for romantic partners on online dating apps could experience stronger feelings of rejection when these rejections come from profile owners who are considered equally attractive in terms of looks, than when they come from profile owners who are more attractive (i.e., 'out of your league') or below the standards an individual would usually go for (i.e., 'under your league'). It is therefore hypothesized that rejections would influence well-being more strongly when potential romantic partners match in terms of physical attractiveness than partners who do not match in terms of physical attractiveness.

H2: Individuals who are equally physically attractive as the dating app profiles will experience stronger negative effects on well-being when being rejected than those who are not equally

physically attractive.

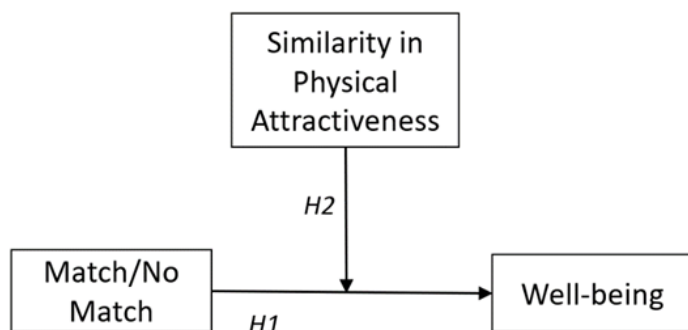
Finally, an exploratory sub-question is added to further investigate if well-being scores differ when participants are less or more attractive than the persons on the dating app profiles. In the present study, two people are considered equally physically attractive if the participant and the persons from the dating app profiles are from the same attractiveness category (e.g., low attractive – low attractive). If this is not the case, the participant will either be categorized as less attractive (‘out of my league’) or more attractive (‘under my league’) than the potential romantic partners depicted on the profiles. Having these two categories of being less or more attractive than the persons on the dating profiles leaves space for questions regarding the potential differences in well-being between these two categories once one gets rejected. On the one hand, being rejected by profile owners who are more attractive may be worse because people prefer to have a partner as attractive as possible, but on the other hand, being rejected by people who are less attractive may make an individual doubt their self-worth and therefore affect well-being more strongly. For this reason, it will be examined if well-being scores differ when people are rejected by people who are out of their league (more attractive) than by people who are under their league (less attractive).

Sub research question: Do well-being scores differ when participants are rejected by profile owners who are “out of their league” (more attractive) or “under their league” (less attractive)?

Based on the hypothesis, the following conceptual model is proposed.

Figure 1

Proposed conceptual model for the effect of the IV on the DV including a moderator.



Method

Design

This study used a 2x2 between-subject design. Matching (match vs. no match) was the binary independent variable and well-being was set as the dependent variable. There was also one binary moderator namely: physical attractiveness similarity (physical attractive similarity vs. no physical attractive similarity). The study made use of a prototype swipe-based dating app that was created for a previous study of the master thesis project of Korver (2022) who let participants swipe 30 profiles, after which they either received notifications indicating they had a match or not a match. In the current study, a similar setup was used, but then participants saw 40 profiles. In addition, the similarity in physical attractiveness between the participant and profile owners was measured to examine whether this similarity in physical appearance might strengthen the effect of rejection on well-being.

Prior to the experiment, a pretest was conducted to categorize the pictures of the profile owners in the prototype dating app into three groups (low attractive, moderately attractive, highly attractive). These three groups were then used in the experiment where participants could

swipe through one of these attractiveness groups in the dating app prototype. Based on the answers participants gave regarding their own perceived attractiveness, they also classified themselves into one of the attractiveness groups (low attractive, moderately attractive, highly attractive). After the experiment, it was examined if the participants were as attractive as the profile owners they saw in the prototype (physical attractiveness similarity) or not (no physical attractiveness similarity). The survey can be found in Appendix F.

Participants

In order to participate in this study, participants must meet two criteria: they needed to be between 18 and 35 years and needed to be single. Initially a total of 274 started participating, but data of 65 participants could not be used for the analyses, because they did not give consent ($n = 8$), did not complete the experiment ($n = 54$), or did not meet the age and relationship status requirement ($n = 3$). The final sample consisted of 209 participants of which 58 indicated to be male (27.8%), 150 indicated to be female (71.8%) and one person preferred not to say (0.5%). The mean age was 23.3 years old ($SD = 2.93$). Regarding the dating preferences, 140 reported to be interested in males (67%), while 63 reported to be interested in females (30.1%), and one was interested in both males and females (0.5%). Furthermore, 114 (54.5%) reported their highest completed or current education level was a HBO or WO bachelor (University of applied science), 44 participants (21.1%) reported this was vocational education (MBO), 42 participants (20.1%) reported this was a Pre-Master, Master or PHD, eight participants (3.8%) reported this to be higher secondary education (HAVO or VWO) and finally one participant reported this was lower secondary education (VMBO) (0.5%).

Materials

Pretest

Prior to the experiment, a pretest was executed to categorize the pictures for the dating profiles on physical attractiveness. Therefore, 240 free stock photos (retrieved from Pexels, Unsplash, Freepik, Stockvault) of males (120) and females (120) were collected as stimuli for the pretest. The photos only showed a face and not a whole person.

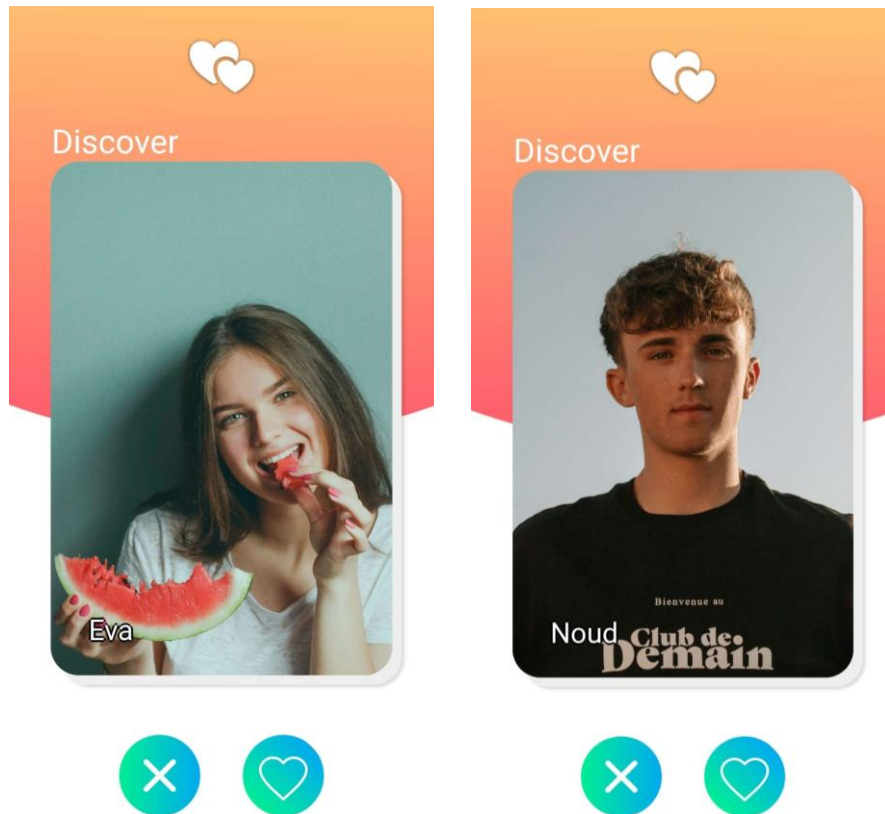
To categorize the dating app profile pictures into three attractiveness categories (i.e., low, moderately, and highly attractive), a pretest survey was completed among 71 adults between 18 and 35 years ($M = 23.26$, $SD = 2.04$) (see Appendix D). In this pretest, each participant saw 40 pictures of males or females based on the indicated sexual preference. They were asked to indicate for each picture how attractive they found the person in the picture on a scale from 1-10. The 120 male pictures were each rated between 15 and 20 times, and the 120 female pictures between 10 and 18 times. The male and female photos were then categorized into three categories of 40 pictures (low attractive, moderately attractive, highly attractive) based on these mean scores. On average, the female pictures ($M = 5.50$, $SD = .88$) received higher scores than the male pictures ($M = 3.80$, $SD = 1.16$), which was also found in all the other categories. In the low attractiveness category, male pictures had an average rating of 2.34 ($SD = 1.04$), while female pictures were on average rated 3.72 ($SD = 1.10$). In the moderate attractiveness category, this average was 5.87 ($SD = .89$) for female pictures and 3.35 ($SD = 1.36$) for male pictures. Not surprisingly, the high attractiveness category showed a similar difference where female pictures were, on average, rated with a 7.27 ($SD = .75$), and male pictures with 5.55 ($SD = 1.33$). The final groups can be found in Appendix A.

Profiles and Prototype swipe-based dating app

To create the profiles, 240 popular names (120 male names, 120 female names) were selected and randomly assigned to the pictures of the pretest. Subsequently, the profiles were set up in the prototype that was based on a swipe-based dating app. In swipe-based dating apps like Tinder there is a choice to either swipe left to reject someone or right to like someone. This feature was also included in the prototype in which participants swiped the 40 profiles. Thus, each recreated dating profile contained a (pretested) photo (within a certain physical attractiveness category), a randomly assigned name, and the like or reject button. Examples of a female and male profile in the prototype can be seen in Figure 2. Furthermore, every time participants in the match condition liked a profile, they received a notification with the text ‘You have a match!’. In the no match condition, participants received a notification with the text ‘Sorry it is not a match’. After the participants swiped 40 profiles they were - in the case of the match condition - redirected to a window with all the matches they received. In the no match condition participants saw a window with the text ‘No matches today’. Examples of the used materials can be found in Appendix E.

Figure 2

Examples of a female (high attractive) and male (moderate attractive) dating profile.



Operationalizations

Similarity in physical attractiveness

The participant's own attractiveness and the attractiveness of the profile owners in the dating app determined whether they were considered equally physically attractive or not. Therefore, one's own perceived attractiveness and the attractiveness of the dating app profiles needed to be measured. The attractiveness of the 240 dating app profiles (120 males, 120 females) was already rated in the pretest and equally categorized in three attractiveness groups (40 low attractive, 40 moderately attractive, 40 highly attractive).

In order to determine similarity in physical attractiveness, the three categorized

attractiveness groups (low attractive, moderately attractive, highly attractive) from the pretest were used to test which from the categories participants classified themselves into. For this purpose, the three groups were visualized in collages and displayed together in a random order prior to interacting with the prototype (e.g., moderately attractive, highly attractive, low attractive). Participants were asked to choose the group in which they thought they would fit best in terms of how they look (i.e., in which group do you think you fit best based on your appearance?). The group they selected thus indirectly indicated which attractiveness category they believed to belong to; low attractive ($n = 7$), moderately attractive ($n = 101$) or highly attractive ($n = 101$). This approach was chosen because of the reason that people show a modesty bias when a positively worded self-rating is asked (Farh & Cheng, 1997). This bias was indeed found, as the majority, 118 participants, rated themselves a 7 (56.5%). Furthermore, 45 participants gave their appearance an 8 (21.5%), 33 a 6 (15.8%), and five a 5 (2.4%). Then three individuals rated their appearance with a 9 (1.4%), as well as three participants with a 3 (1.4%). Finally, only one person gave their appearance a 3 (0.3%), and one participant a 10 (0.5%).

Following, the (attractiveness) category the participants believed to belong to was compared to the attractiveness group of the dating app profiles the participant was (randomly) assigned to. The participant and profile owners were considered similarly physically attractive if the participant and the randomly assigned attractiveness category of the dating app profile owners were from the same attractiveness category (e.g., selected category: low attractive - presented category: low attractive). If this was not the case, the participant was either categorized as less attractive than the pictures in the presented category (e.g., selected category: moderately attractive - presented category: highly attractive) or more attractive (e.g., selected category: highly attractive - presented category: low attractive). To test H2, the latter two categories were

combined into one measure representing the no physical attractiveness similarity group ($n = 142$), which was compared with the physical attractiveness group ($n = 67$). To answer the sub research question related to being rejected by people that were not similarly attractive, comparisons were made between the less ($n = 37$) and more attractive group ($n = 105$).

Well-being measurement

Well-being is measured with the Warwick–Edinburgh Mental Well-being Scale (WEMWBS; Lloyd & Devine, 2012). This scale contains 14 statements measuring an individual's mental well-being. The existing scale was modified for the current study because the WEMWBS scale is based on a more extended period, whereas the current measurement only focuses on the present time. In the end, 11 statements were used to measure well-being. Examples of statements are 'I feel confident' and 'I am interested in new things'. Participants could indicate their feelings on a 5-point scale (1 = strongly disagree, 5 = strongly agree). In the end, - as intended by the original authors - a total sum score of all statements was used to measure well-being, which means that a maximum score of 55 could be obtained ($M = 37.95$, $SD = 6.59$). The reliability was good, Cronbachs $\alpha = .858$. All items of the well-being scale are listed in Appendix F.

Procedure

The participants were collected using snowball-sampling. Via the survey link participants were directed to the Qualtrics survey (Appendix F). This survey started with an introduction letter that included information about the study topic, and some relevant information about the study. Participants then gave their informed consent for participating in this study and answered some demographic questions (i.e., gender, age, education level, relationship status, and dating preference). After the demographic questions, two questions about the participant's perceived

own attractiveness were asked. Participants rated their appearance on a scale from 1-10 and classified themselves to one of the attractiveness groups based on the collages. Participants were then randomly assigned to either the match or no-match condition.

Subsequently, participants were instructed about how the dating app prototype works. They were informed that swiping left meant 'dislike' and swiping right meant 'like', and that they could find all their matches in a separate window when all 40 profiles were evaluated. It was also explained that they would get notified if they received a match or not. In case of a match, a pop up appears with the text 'You have a match!'. If they did not obtain a match, they received another pop-up with the text 'Sorry, it's not a match'. Examples of the pop-up can be found in Appendix E. After swiping 40 profiles and checking the overview window with matches, participants were redirected to the Qualtrics questionnaire, where they had to answer the 11 well-being statements. Then the participants were thanked, and the questionnaire ended. The experiment took about seven minutes.

Data Analysis

The collected data were exported to SPSS. A factorial anova was used to examine if obtaining matches or not influence well-being, and whether this effect is moderated by partners who are equally physically attractive. In this case, the independent variables were thus match/no match and similar physical attractiveness or not, and the dependent variable was well-being measured via the total sum score of the items of the WEMWBS scale.

Results

Descriptive Statistics

On average, participants liked 7.68 profiles ($SD = 7.44$) from the 40 profiles they saw in total, with male profiles receiving on average fewer likes ($M = 5.43$, $SD = 5.53$) than female profiles ($M = 12.58$, $SD = 8.60$). The average number of likes was lower in the low attractive condition, with an average of 2.52 ($SD = 3.95$) profiles being liked. Unsurprisingly, it turns out that the more attractive the pictures, the more likes the profiles in that attractiveness category received: 7.86 ($SD = 6.21$) profiles were on average liked in the moderate attractive condition, and 13.13 profiles ($SD = 7.57$) in the high attractive condition. The means, standard deviations, and number of participants for the three categories of attractiveness can be found in Table 1.

Table 1

Mean scores (SD) of well-being for each condition.

	Equally attractive as profile owners ($n = 67$)	Not equally attractive as profile owners ($n = 142$)	
		Less attractive than profile owners ($n = 37$)	More attractive than profile owners ($n = 105$)
No match	37.80 (6.20)	38.47 (4.64)	35.67 (7.30)
Match	39.81 (5.15)	38.23 (6.63)	38.85 (6.99)
Total	38.76 (5.77)	38.32 (5.84)	37.30 (6.59)

Note. Well-being scores could range from 1 (*negative score*) to 55 (*positive score*).

Factorial Anova

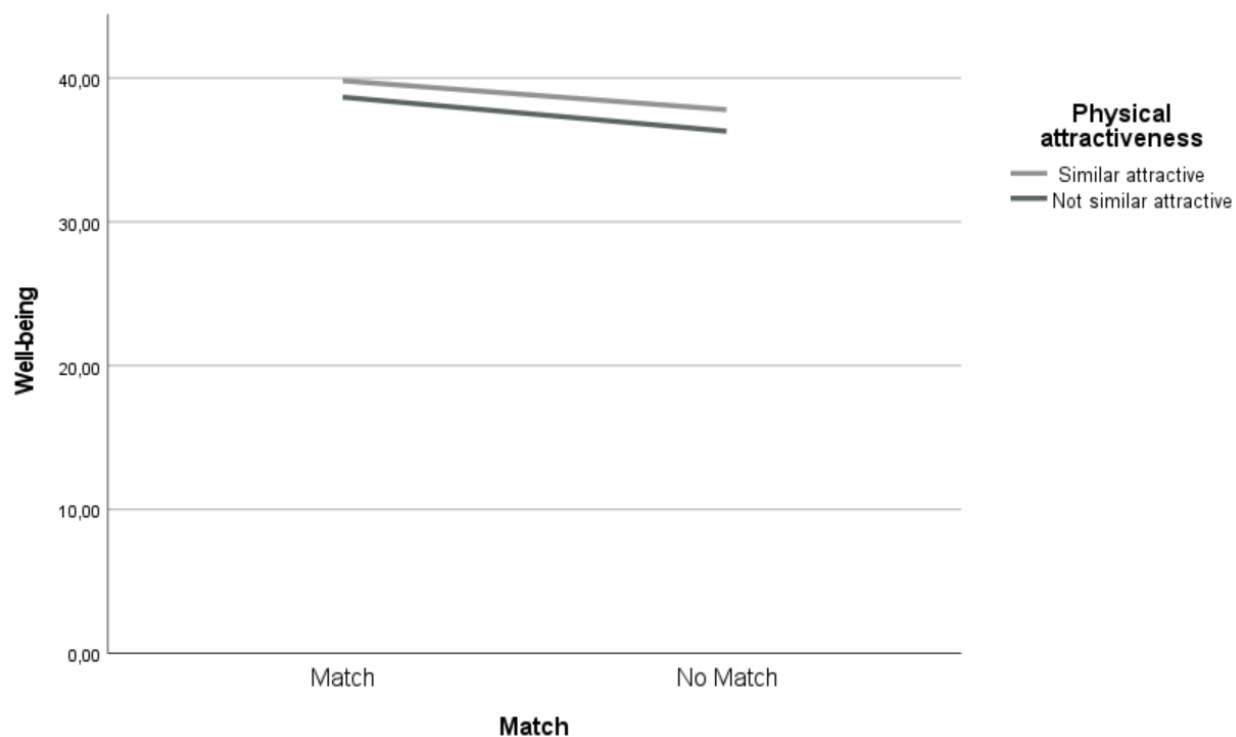
The first hypothesis posed that individuals who would receive no matches would score lower on well-being than individuals who receive matches. The ANOVA showed a significant main effect of match or no match on well-being, $F(1, 205) = 5.13, p = .025$. Results show that participants in the match condition ($M = 39.01, SD = 6.39$) score higher on well-being than those in the no match condition ($M = 36.82, SD = 6.65$), indicating a small effect, $\eta^2 = .024$. This means that individuals who receive no matches score slightly lower on well-being than individuals who receive matches, supporting H1.

The second hypothesis posed that the negative effect of a rejection would be stronger when these rejections come from profile owners who match in terms of physical attractiveness than when they come from profile owners who do not match the participants. The results show comparable well-being scores for the condition in which rejected participants were similar physically attractive as the profile owners ($M = 37.80, SD = 6.20$) and the condition where rejected participants were not similarly attractive as the profile owners ($M = 36.30, SD = 6.86$). The interaction effect was thus not significant, $F(1, 205) = 0.03, p = .854, \eta^2 = .001$, and is visualized in Figure 3. These results indicate that the negative effect of being rejected is not stronger when the rejections come from others who are equally physically attractive than when they come from others who are not equally attractive. does not strengthen the negative effect of rejection on well-being. H2 is thus not supported.¹

¹Gender was added as an additional factor to the ANOVA. There was no significant interaction effect between gender and match on well-being, ($F(1, 200) = .56, p = .454$), $\eta^2 = .003$, nor between gender and physical attractiveness similarity, ($F(1, 200) = 1.67, p = .198$), $\eta^2 = .008$. These results indicate that not receiving matches does not affect males' and females' well-being differently.

Figure 3

Well-being scores by Match/No-match and Similarity in Physical Attractiveness.



Finally, the additional sub question of this study was: “To what extent do well-being scores differ when participants are rejected by someone who is “out of their league” (more attractive) or “under their league” (less attractive)?” Results show that there is no difference in well-being of rejected participants who were less attractive than the profile owners ($M = 38.47$, $SD = 4.64$) and rejected participants who were more attractive than the profile owners ($M = 35.67$, $SD = 7.30$). This means no significant difference was found, $F(2, 203) = 1.23$, $p = .293$, $\eta^2 = .012$. These results suggest that participants’ well-being does not depend on whether they are rejected by people “out of their league” (more attractive) or “under their league” (less attractive).

Discussion

This study aimed to examine whether the rejection of receiving no matches in online dating apps affects one's well-being and if this effect is stronger when one is rejected by someone who matches their own physical attractiveness. This was examined by an experimental study in which participants swiped profiles in a swipe-based dating app prototype where two variables were manipulated: whether the participant got matches when they liked a person (match vs. no match) and the attractiveness of the profile owners (i.e., low attractive, moderately attractive or highly attractive). Before participants could swipe on the prototype dating app, they had to answer questions about how they consider their own attractiveness. One question required participants to classify themselves into one of the attractiveness groups (i.e., low attractive, moderately attractive, or highly attractive). This attractiveness group participants considered themselves in, combined with the type of profile owners the participant saw in the prototype (i.e., low attractive, moderately attractive, or highly attractive) determined whether there was a match in physical attractiveness or not. After participants swiped the profiles, they answered some questions related to their well-being.

General findings

The first hypothesis, which posed that individuals who receive no matches score lower on well-being than individuals who receive matches, was supported. Differences in well-being were found between those who were and those who were not rejected, although the differences were small. This finding is in line with previous experimental studies that suggested romantic rejection by not matching was linked to the experience of negative feelings (Andrighetto et al., 2019) and activated the brain's pain network (Van der Veen et al., 2019), indicating a decrease in well-

being. However, these studies looked into the emotions and brain responses evoked by rejection, while the present study looks into rejection and well-being, which has not been done previously.

In contrast with the second hypothesis, the results did not show that the negative effect of rejection was stronger when the rejections came from profile owners who were similarly physically attractive as the participant than when they came from profile owners who were not similarly attractive.² This finding is inconsistent with previous research on similarity in physical attractiveness between potential partners, which found that people are motivated to form relationships where partners make equal contributions (i.e., in terms of physical attractiveness; Taylor et al., 2011; Walster et al., 1973). Additionally, this finding is not consistent with research by Montoya et al. (2008) who showed that similarity was linked to mutual attraction between partners. These studies indicate that individuals tend to seek partners who are similarly attractive to themselves, which should lead to mutual attraction. Thus, it could be expected that negative feelings of rejection were less present when rejections came from profile owners who did not match the participants' attractiveness (i.e., they were lacking in similarity anyway). However, results showed that well-being did not differ between participants who considered themselves as equally physically attractive as the profile owners and those who did not.

One reason for this inconsistency could be that physical attractiveness is an important determinant of attraction because of cultural norms for sexual romantic behavior (Berscheid & Walster, 1974). It might be that culture imposes that the only adequate targets for dating, relationships, and romantic interactions are highly attractive individuals. Consider, for example, the small number of movies, novels, or advertisements that depict romantic protagonists with an average level of physical attractiveness. The main characters are either highly attractive, or else

² For hypothesis 2, In case of unequal attractiveness, no difference was made between participants being highly or lowly physically attractive. Thus, participants were categorized as equally or not equally attractive.

the plot revolves around the ‘tragic’ and unrequited love of a moderately attractive protagonist. In both examples, there is a cultural norm that people are expected to only respond to sexual attraction and romantic love when it comes to physically attractive individuals. Those who feel great romantic affection for someone who scores low on attractiveness often expect to be the subject of sceptical looks and even to be questioned about their reasons for involvement (Berscheid & Walster, 1974). In online dating, this could mean that individuals may prefer handsome individuals anyway and thus find it worse to be rejected by profile owners who are more attractive than they consider themselves.

In the sub question that followed, it was examined if well-being scores differed when participants were rejected by someone "out of their league" (more attractive) or "below their league" (less attractive). For example, it could be that rejections would be more painful if these came from profile owners who were more attractive than the participant and be less painful when these came from profile owners that were less attractive than the participant. However, results showed this was not the case, as well-being scores did not differ between groups. One possible explanation for not finding significant results could be that being rejected leads to unpleasant feelings anyway, no matter how attractive the rejecting person is. Previous research about rejection states that rejection, in every kind, belongs to the most stressful and impactful events in people’s lives, leading to several emotional, psychological, and interpersonal consequences (Leary, 2022). In terms of the current study, this could mean that the attractiveness of the rejecting profile owners did not play a role in the strength of the feelings of rejection on well-being, as the rejection itself was already bad enough.

A final explanation for not finding any significant result might be due to the number of rejections a participant received, which also applies to H2. Because of the differences in the level

of attractiveness of the profile owners, the number of likes (i.e., received rejections) also differed strongly among participants. Participants who observed the low attractive profile owners liked only three profiles on average, while the average number of likes for the highly attractive profile owners was 13. This means that participants who swiped the highly attractive profiles received a plausibly greater number of rejections, which may feel different than receiving a few rejections.

A similar finding was found regarding the number of likes participants gave. The number of likes depended on the attractiveness of participants and the attractiveness of the profiles they interacted with. For example, participants that were considered highly attractive liked fewer profiles of the lower attractive categories (i.e., moderate and low attractiveness), while low attractive participants gave more likes to more attractive profiles (i.e., moderate and high attractiveness). In the experiment, participants gave, on average, only five likes when they were more attractive than the profile owners, compared to 12 likes when they were less attractive than the profile owners they saw. Therefore, it could be that the number of rejections a participant received resulted in different feelings about these rejections. Thus, this might have influenced the outcome of well-being.

Implications

The findings of this experiment have several implications that can be added to the literature. First, on the theoretical level, the findings suggest that not matching in online dating apps leads to a decrease in well-being, which is consistent with previous studies about online dating app usage and well-being (Andrighetto et al., 2019; Halversen et al., 2022; Koessler et al., 2019; Kumar et al., 2021; Timmermans et al., 2020). However, this is one of the first experimental studies examining the influence of not matching on well-being. The fact that a dating app prototype was used in this study, made the swiping experience as close as possible to

real dating apps. The swiping mechanism and colors similar to Tinder included in the prototype contributed to participants' experience of evaluating real profile owners, as well as the feeling of being evaluated by others. The representation of real dating app use increases the validity of the study. Using a similar prototype, future studies could investigate if other characteristics of the dating app profiles might influence the effect of rejection on well-being. It could, for instance, be that the information users themselves mention in the bio of their dating app profiles influences this effect.

Another important implication is that this study showed that a simple no-match in online dating apps is enough to influence one's well-being. This study revealed that a basic form of online rejection such as a non-match of the desired partner in online dating apps is enough to trigger feelings of rejection. As more and more people start using online dating apps, this information is of great value to gain knowledge concerning which factors can cause someone to feel rejected. Later, then can be looked at coping mechanisms that individuals might use to control or reduce such feelings.

Although no significant relationships were found in line with existing literature about equal attractiveness in romantic partners, important implications can be added to the literature. The findings of this study suggest that the moderating effects of partners being similarly attractive do not exist for romantic rejections. This is essential information because it raises questions about theories such as the matching hypothesis, which posits that individuals are more likely to form romantic relationships with people who are equally attractive (Jia et al., 2015; Montoya et al., 2008; Taylor et al., 2011). These results could imply that people desire highly attractive romantic partners more than equally attractive romantic partners (Berscheid & Walster, 1974). On the other hand, it could also be the case that the matching hypothesis does not hold for

rejections, implying that individuals do not experience stronger feelings of rejection when they get rejected by people who are equally attractive to them. Follow-up studies should establish if other factors related to online dating affect the effect of rejection on well-being. For example, someone who uses dating apps while doing other things, such as watching television, might not experience the negative effect of rejection as much as someone who is only swiping on the dating app. Future studies could thus look at whether other factors in online dating might strengthen or weaken the effect of no matches on well-being.

Finally, this study also provides practical implications for online daters and owners of dating platforms. Since rejection by not matching can almost certainly not be avoided when using swipe-based dating apps, online daters should be aware of the potential adverse effects of receiving rejections on their well-being. If individuals feel they are unable to cope with these kinds of rejections, they could decide to use another – non-swipe-based - dating platform, or of course, to (temporarily) quit online dating in general. Moreover, the owners or developers of dating apps should be made aware of this as well and are recommended to react to these potential negative consequences for their users. They could, for example, consider putting external links in their app, leading to sites where users could get support if they feel they need more confidence or question why they do not obtain matches.

Limitations and future research

Although these results provide valuable insights into the relationship between not matching on online dating apps and well-being, the results should be interpreted with some caution due to some limitations of the study which require some follow up study in the future.

Two possible limitations of the present study are discussed below.

First, the way in which participants and profile owners were classified as physically

equally attractive or not, using three categories (low attractive, moderately attractive, and highly attractive), might not have been the most optimal approach to measure similarity in physical attractiveness. Participants were asked to rate their attractiveness indirectly using three collages of males or females based on the attractiveness scores that emerged from the pre-test (i.e., each collage consisted of the nine people who scored highest, lowest, or precisely in the middle based on attractiveness). This approach was chosen because, in advance of the experiment, it was predicted that people exhibit a modesty bias when asked for a positively worded self-assessment (Farh & Cheng, 1997). In this study, it was assumed that most participants would rate themselves a 7, which, based on the direct approach, also turned out to be the case. To avoid this kind of bias, one's own attractiveness was measured using collages. However, in real life, attractiveness is not as black and white as approached in the present study. In the current experiment, two females could be categorized as highly attractive, but in reality, one will always be slightly more attractive than the other. Because of the indirect way that was used to rate one's own attractiveness, it was measured as a categorical variable, while in reality, attractiveness can be seen as a concept with a continuous scale. This could have influenced the results to the extent that participants could not identify with the profiles presented to them, even though they were classified in the same attractiveness category (e.g., moderately attractive participant vs moderately attractive profile owners). Therefore, well-being outcomes could have been influenced by the method by which participants and profile owners were classified as similarly physically attractive or not. Future research could therefore look into other ways to operationalize this variable. For instance, by creating a scale on which one's attractiveness can be measured using several items. Existing scales, such as the Sexual Attractiveness Scale, could also be used (Amos & McCabe, 2015). This measures attractiveness as one's desirability as a

sexual partner and could be applied to both the participant and the profile owners. This method gives more nuanced results by using a continuous scale instead of categories, resulting in a more accurate measure of similarity in physical attractiveness.

The second limitation is that the independent variable of receiving matches vs no matches might lack nuance. Two extremes were compared, as participants received a match or no match with each person they liked. This does not fully reflect reality, as it is more likely that the numbers of matches and no matches are more balanced when swiping on actual online dating apps, with sometimes receiving matches and sometimes receiving rejections. As a result, receiving the same reward (matches) or rejection (no matches) could have led participants to find out how the experimental mechanism worked, influencing their responses to the well-being statements. Future studies should explore a more balanced situation in which matches and no matches are more mixed. This could be done by showing the participants more profiles, increasing the chances of liking more profiles.

Conclusion

The central aim of this study was to examine how receiving no matches in swipe-based dating apps affects well-being and to what extent this effect is stronger when one is rejected by someone who matches their own physical attractiveness. The current study is the first experimental study to investigate this, adding valuable insights to the existing literature on online dating and rejections. Based on the results of this study, a few conclusions can be drawn. First, receiving no matches in online dating apps significantly affected well-being, indicating that receiving no matches negatively influences well-being. Secondly, similarity in attractiveness does not seem to strengthen the effect of rejection of well-being. Additionally, no differences were found in the effect of rejection on well-being when participants were rejected by people

who were more or less attractive than themselves. This means there is no relationship between equal attractiveness in partners and the effect of rejection on well-being. This study's results have both theoretical and practical implications, explaining why rejection by not matching in online dating may lead to decreased well-being. Future studies should examine if not receiving matches in online dating apps influences well-being and investigate if similarity in physical attractiveness does not play a role, as indicated by this study.

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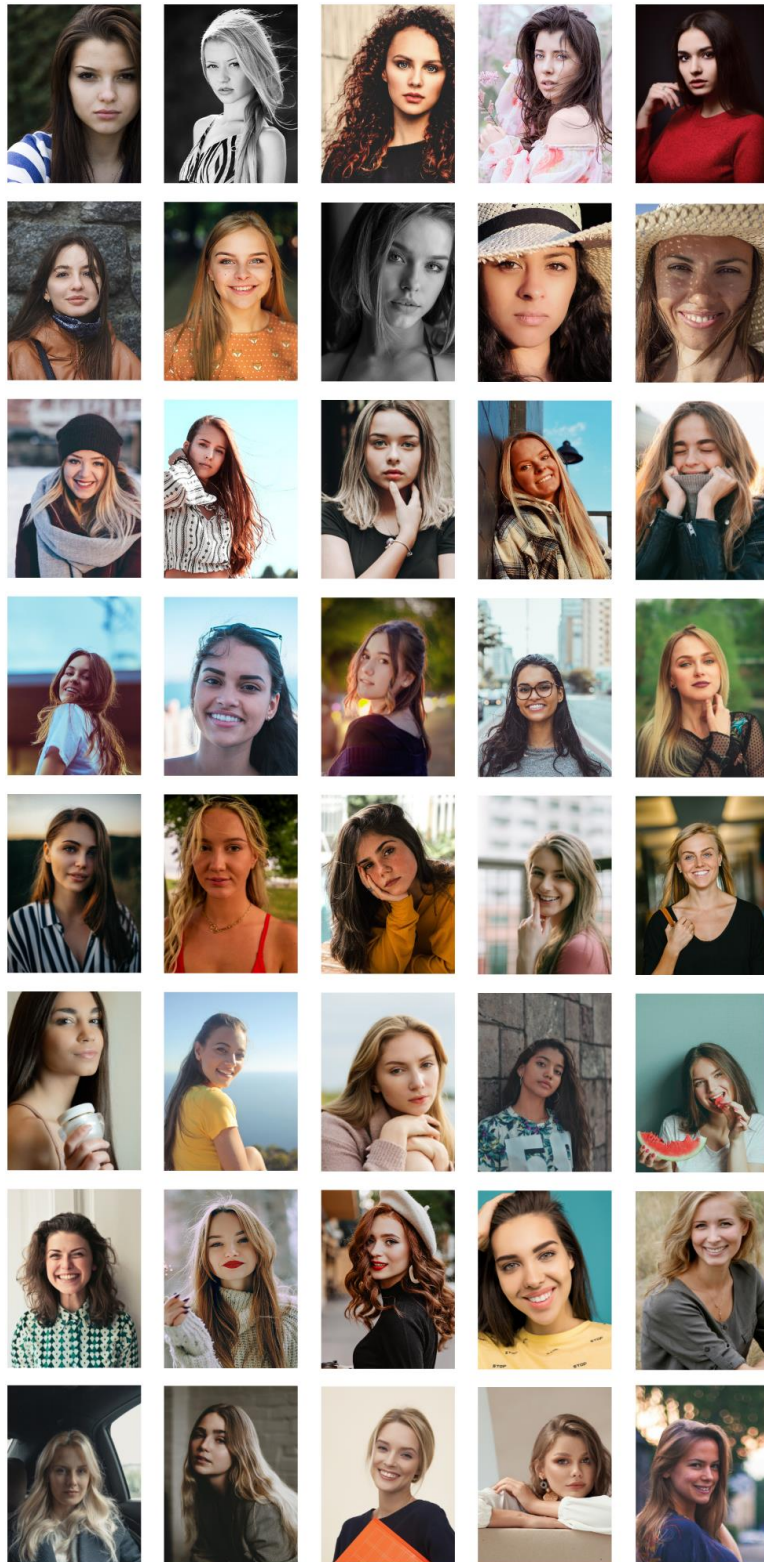
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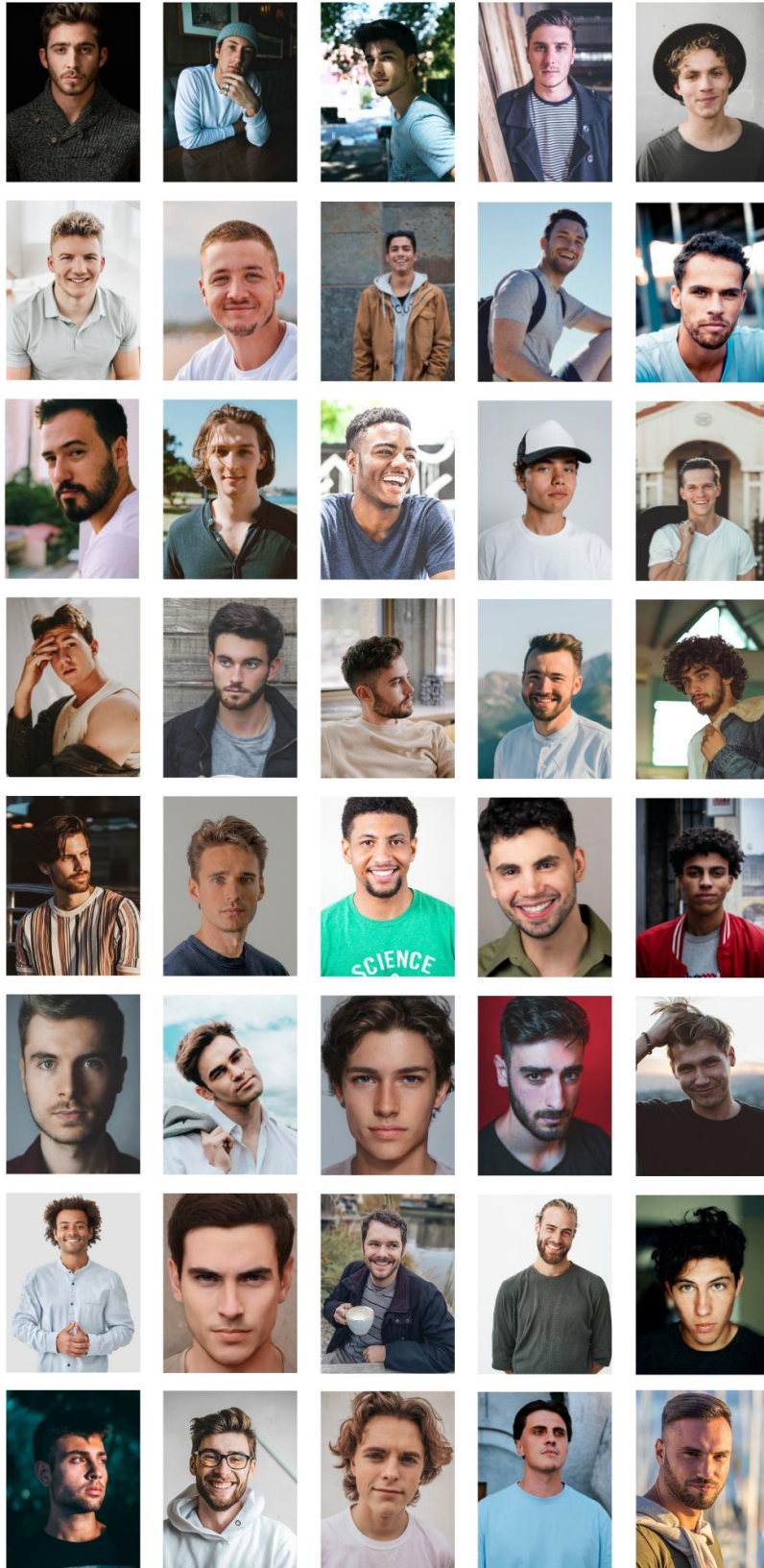
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Appendix A

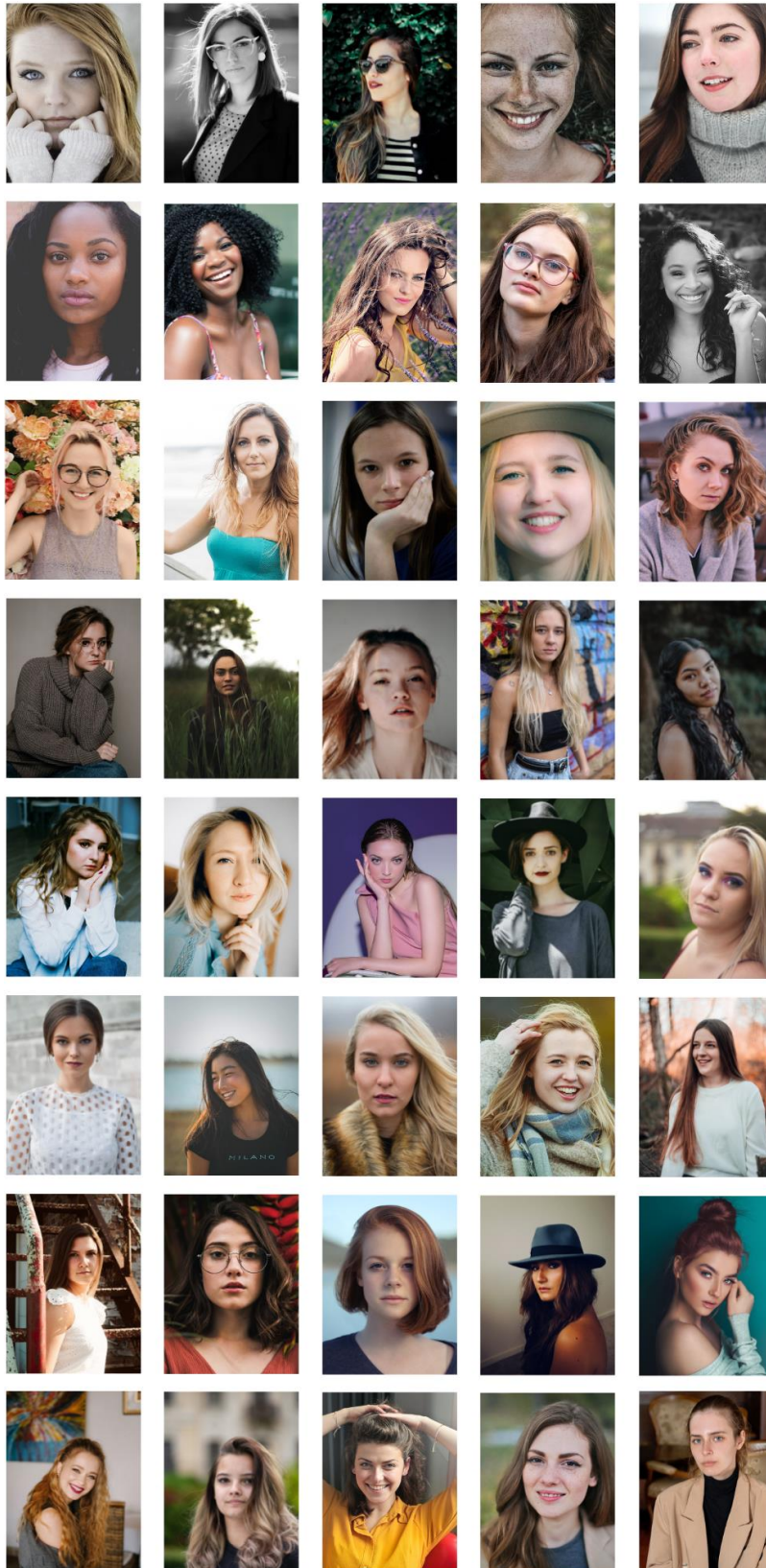
High attractive stimuli

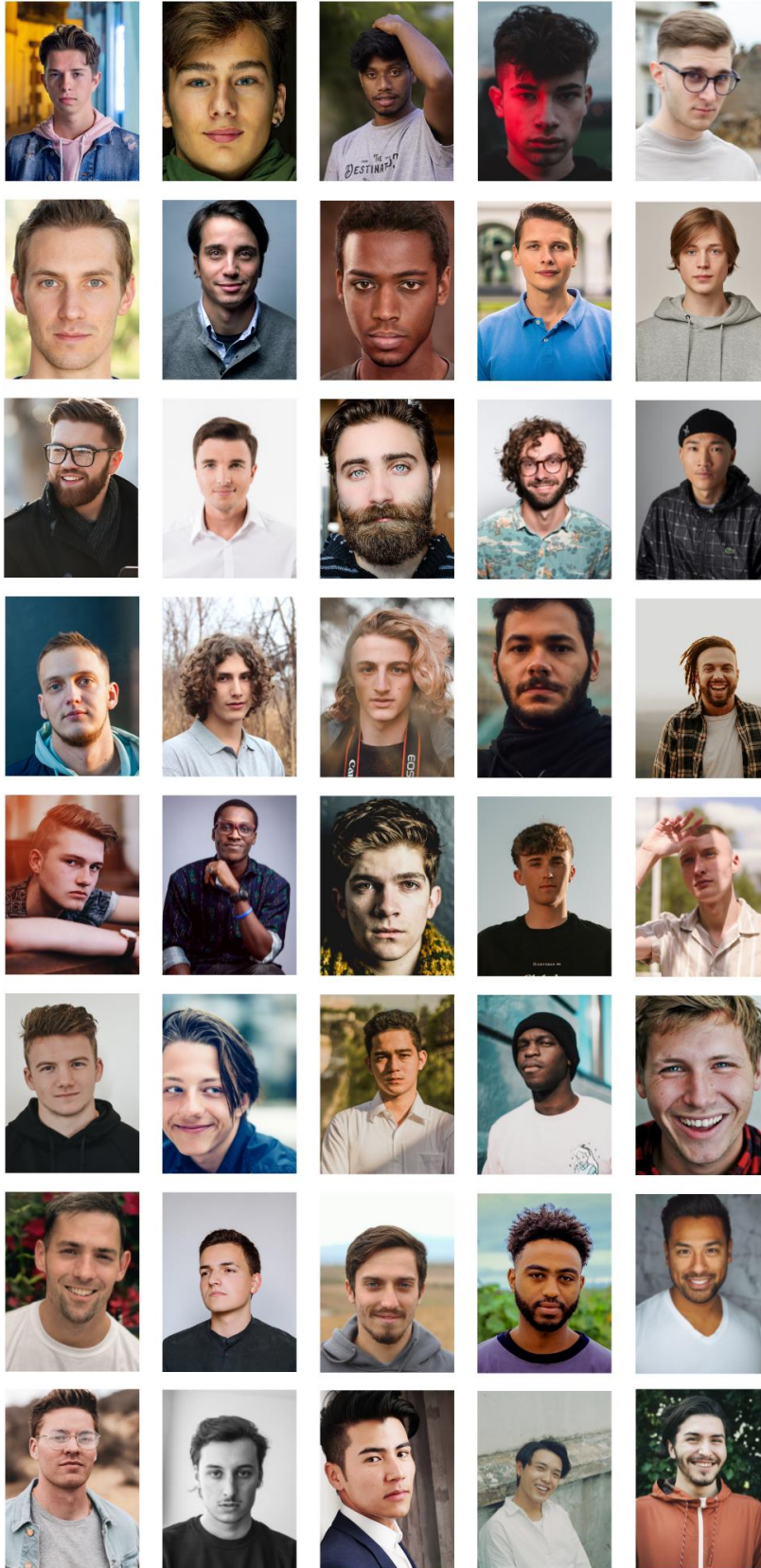




Appendix B

Moderate attractive stimuli

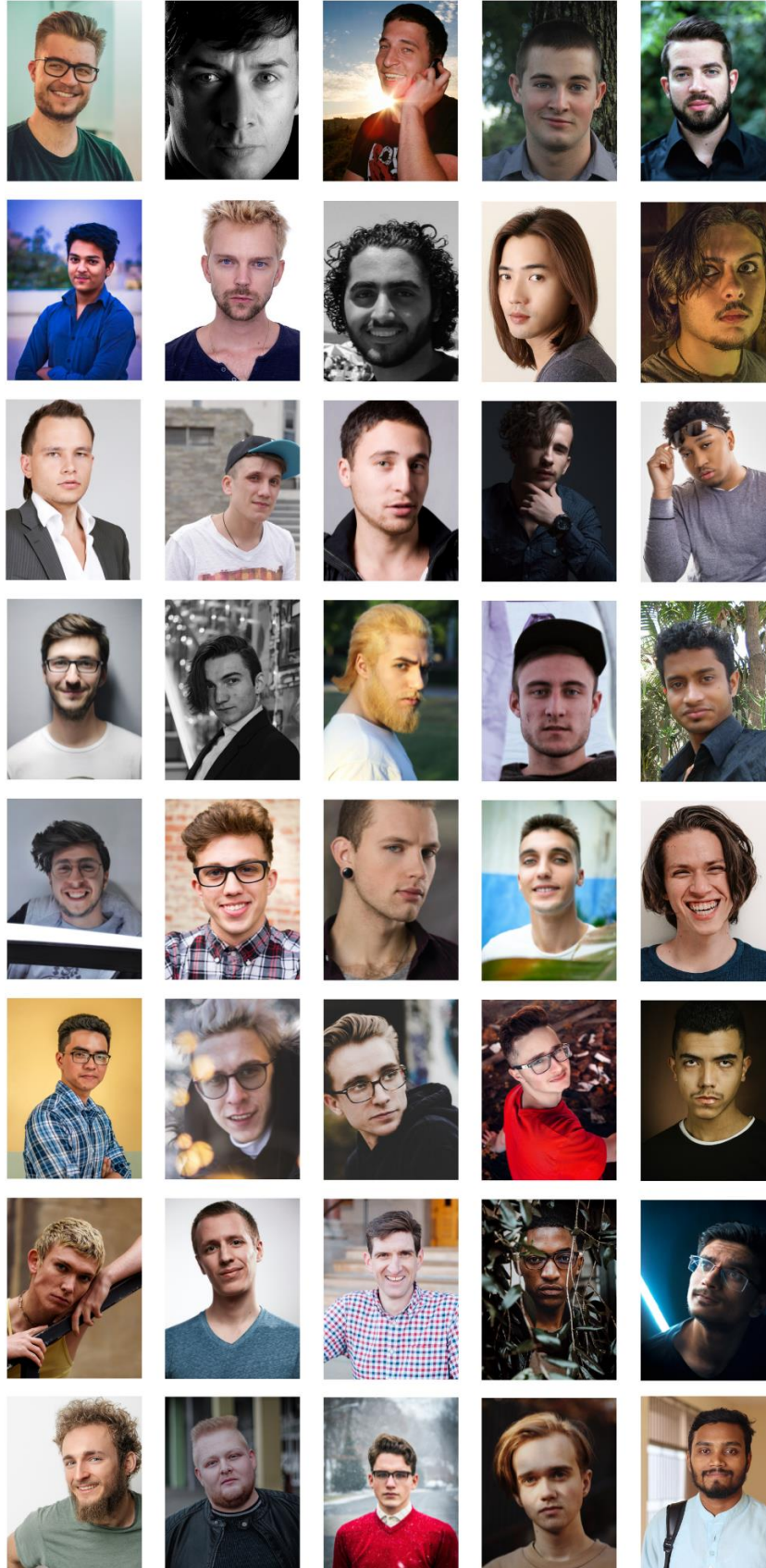




Appendix C

Low attractive stimuli





Appendix D

Questionnaire pre-test

Welkom!

Fijn dat je mee wilt doen aan dit onderzoek. De resultaten van dit onderzoek zullen gebruikt worden voor een toekomstig experiment. Het doel van dit onderzoek is om te meten hoe aantrekkelijk verschillende personen worden gevonden. Daarom krijg je straks na het beantwoorden van drie korte vragen 50 foto's te zien. Ik vraag je de aantrekkelijkheid van elke persoon te beoordelen op een schaal van 1 tot 10. In totaal zal dit ongeveer 10 minuten duren.

Voor deelname aan dit onderzoek is het belangrijk dat je tussen de 18 en 35 jaar oud bent. Alle gegevens van dit onderzoek worden volledig geanonimiseerd. Ook is deelname aan dit onderzoek volledig vrijwillig en heb je het recht om je op elk moment, om welke reden dan ook en zonder negatieve gevolgen terug te trekken.

Mocht je op een later tijdstip nog vragen hebben over dit onderzoek, dan kun je contact opnemen met: Anne van den Heuvel - a.l.t.vdnheuvel@tilburguniversity.edu

- Ik heb het bovenstaande gelezen en ga akkoord met mijn deelname aan de studie.
- Ik heb het bovenstaande gelezen en wil niet deelnemen aan de studie.

Demographic questions

- Wat is jouw leeftijd (in jaren)?

- Met welk geslacht identificeer jij je het meest?
 - Man
 - Vrouw
 - Non-binair
 - Anders, namelijk _____
 - Zeg ik liever niet

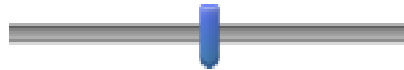
- Tot welk geslacht voel jij je het meest aangetrokken?
 - Mannen
 - Vrouwen
 - Mannen en vrouwen
 - Anders, namelijk _____
 - Zeg ik liever niet

Instruction

Dan krijg je zo de eerste foto te zien. Beoordeel de aantrekkelijkheid van de persoon op de foto op een schaal van 1 (helemaal niet aantrekkelijk) tot 10 (heel erg aantrekkelijk).

- Beoordeel aantrekkelijkheid

Hoe aantrekkelijk vind je deze persoon op een
schaal van 1-10?



→ These question is repeated for al the 40 pictures every participant sees

Debriefing

Dit is het einde van het onderzoek, nogmaals bedankt voor je deelname! De resultaten van deze studie zullen worden gebruikt in een groter experiment waarin het gedrag en welzijn van mensen tijdens het gebruik van online datingapps wordt onderzocht. Voor dit experiment is het belangrijk te weten hoe deze foto's scoren op aantrekkelijkheid.

Heb je nog vragen? Aarzel dan niet om contact met mij op te nemen:

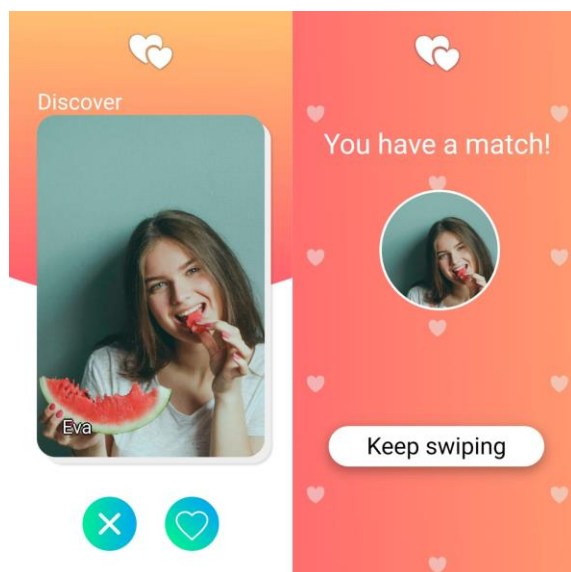
Anne van den Heuvel - a.l.t.vdnheuvel@tilburguniversity.edu

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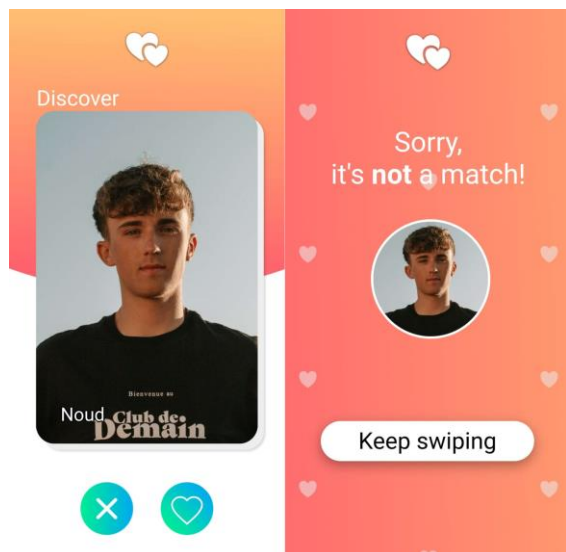
Appendix E

Examples of dating profiles in prototype

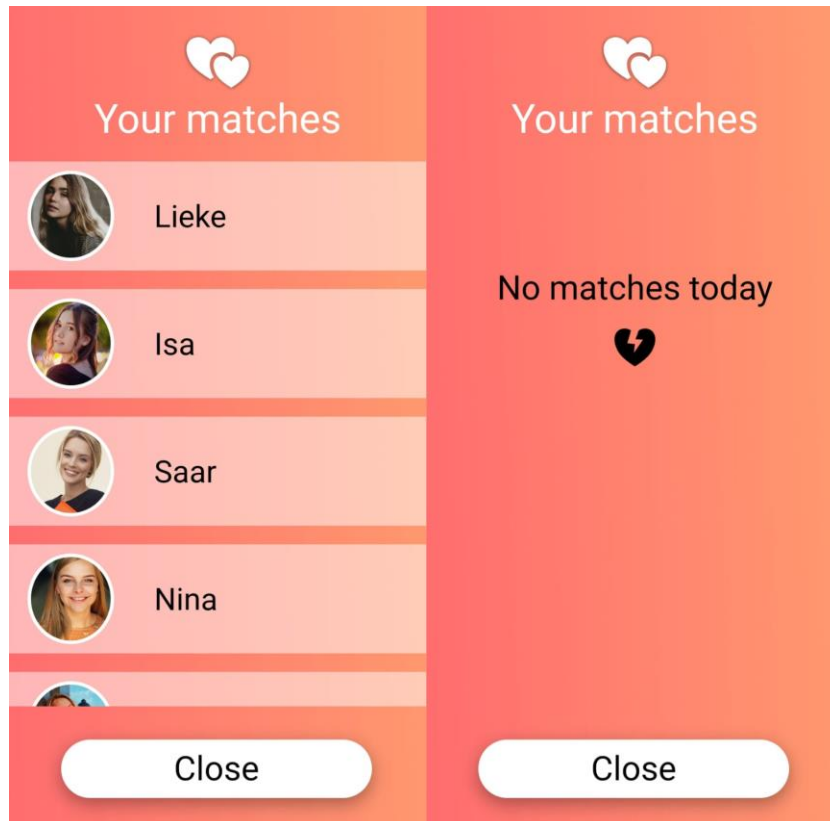
Example dating app profile female - high attractive - match



Example dating app profile male - moderate attractive - no match



Example endscreen - matches vs. no matches



Appendix F

Questionnaire experiment

Recruitment text

Ben jij tussen de 18 en 35 jaar oud, single en heb je 5 minuutjes over? Ter afronding van mijn master Communicatie- en Informatiewetenschappen schrijf ik een thesis over online dating apps. Graag vraag ik je om me te helpen bij het afstuderen door deel te nemen aan een korte studie. Het betreft een experiment waarin je via een prototype van een datingapp veertig profielen mag bekijken en beoordelen. Het kost je ongeveer 5 minuutjes en dank is groot!

Via onderstaande link word je doorgestuurd naar het onderzoek. Deelname is geheel vrijwillig en anoniem, en er zijn geen risico's verbonden aan deelname. Meer informatie kun je vinden wanneer je het onderzoek start. Jouw deelname is ontzettend waardevol voor mij.

Je kunt hem het beste via je telefoon invullen :)

Introduction

Beste deelnemer,

Bedankt voor je interesse om deel te nemen aan dit onderzoek van Tilburg University. Hieronder kun je alle informatie lezen die nodig is voordat je kunt starten met het onderzoek. Het is belangrijk dat je dit goed doorleest. Met dit onderzoek wil ik meer inzicht krijgen in het gebruik van datingapps en hoe dit jou als persoon beïnvloedt. Hiervoor ga jij straks verschillende

onlinedatingprofielen bekijken en beoordelen. Dit ga je doen door zelf te gaan swipen in een fictieve datingapp.

Je bent geschikt om mee te doen aan dit onderzoek als je tussen de 18 en 35 jaar oud en single bent. Deelname aan dit onderzoek zal ongeveer vijf minuten in beslag nemen. Er zijn geen risico's aan deelname aan dit onderzoek verbonden. Alle dataverzameling gaat conform de AVG (Algemene Verordening Gegevensbescherming) regels en de Research Ethics and Data Management Committee (REDC) van Tilburg School of Humanities and Digital Sciences heeft toestemming gegeven voor het uitvoeren van dit onderzoek. Je gegevens zullen volledig anoniem verwerkt worden en hoogst vertrouwelijk behandeld worden. Jouw naam zal nooit verbonden worden aan de resultaten, aangezien je aan het begin van het onderzoek een unieke code krijgt toegewezen. De geanonimiseerde data van deze studie zullen tien jaar bewaard blijven en kunnen alleen met anderen gedeeld worden voor niet-commerciële doeleinden.

Het onderzoek is geheel vrijwillig en tijdens het onderzoek heb je het recht om je deelname op elk mogelijk moment terug te trekken, om welke reden dan ook en zonder dat dit nadelige gevolgen voor je heeft. Als je op een later moment nog vragen hebt over het onderzoek dan kun je contact opnemen met hoofdonderzoeker Tess van der Zanden (T.vdrZanden@tilburguniversity.edu) of met Anne van den Heuvel (A.l.t.vdnheuvel@tilburguniversity.edu). Voor eventuele opmerkingen of klachten over het onderzoek kan je ook contact opnemen met de Research Ethics and Data Management Committee van Tilburg School of Humanities and Digital Sciences, via tshd.redc@tilburguniversity.edu

Nogmaals bedankt voor je deelname! Druk nu op de pijl om door te gaan.

Informed consent

Wanneer je aangeeft mee te willen doen aan het onderzoek, geef je aan dat je:

- de bovenstaande informatie goed hebt doorgelezen;
- ouder bent dan 18 jaar;
- weet dat er een mogelijkheid is om bij vragen contact op te nemen met de onderzoeker;
- weet dat je je op elk moment, zonder reden en zonder negatieve gevolgen terug mag trekken;
- ermee instemt dat je geanonimiseerde data tien jaar opgeslagen zullen worden;
ermee instemt dat de geanonimiseerde data eventueel gebruikt kan worden voor eventueel vervolgonderzoek of wetenschappelijke publicaties;
- ermee akkoord gaat dat de geanonimiseerde data gedeeld kan worden met anderen (voor niet-commerciële doeleinden);
 - Ik ga hiermee akkoord en wil starten met het onderzoek.
 - Ik ga hier niet mee akkoord en wil niet deelnemen aan het onderzoek.

Demographics

Om gebruik te kunnen maken van de fictieve datingapp, zal je eerst een eigen profiel aan moeten maken. Beantwoord hiervoor de volgende vragen.

- Wat is jouw leeftijd (in jaren)?

- Met welk geslacht identificeer jij je het meest?
 - Man
 - Vrouw
 - Non-binair
 - Anders, namelijk _____
 - Zeg ik liever niet

- Wat is jouw hoogst voltooide of huidige opleidingsniveau?
 - Basisonderwijs
 - Lager secundair onderwijs (VMBO)
 - Hoger secundair onderwijs (Havo of VWO)
 - Beroepsonderwijs (MBO)
 - Bachelor aan een hogeschool of universiteit (HBO of WO-bachelor)
 - Master, Post-master of PhD

- Ben jij single?
 - Ja
 - Ja, maar ik ben wel met iemand aan het daten
 - Nee
 - Dat weet ik niet
 - Dat wil ik liever niet zeggen

- Tot welk geslacht voel jij je het meest aangetrokken?
 - Mannen
 - Vrouwen
 - Mannen en vrouwen
 - Anders, namelijk _____
 - Dat zeg ik liever niet

Own attractiveness

Hieronder zie je drie collages met daarin verschillende personen. Stel je voor dat je jezelf zou moeten indelen in een van de groepen op basis van je uiterlijk.

- In welke groep denk je dat je het best past?
 - Image:High attractive males collage



- Image:Low attractive male collage

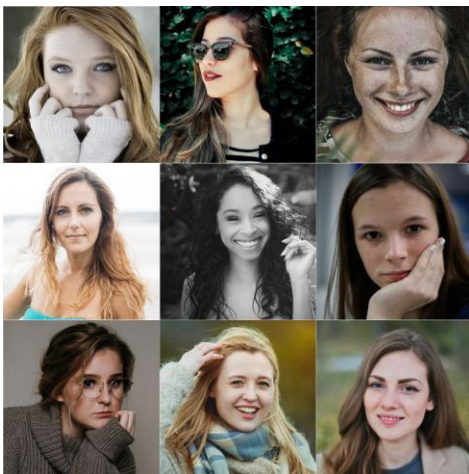


o Image:Moderate attractive males collage



Or (based on dating preference)

o Image:Moderate attractive females collage



- o Image:Low attractive female collage



- o Image:High attractive females collage



- Welk cijfer geef je je eigen uiterlijk?

1-10



Dating app prototype

In het volgende deel wil ik je vragen een prototype van een datingapp te gebruiken. In deze app

krijg je 40 profielen van potentiële partners te zien. Beoordeel deze persoon zoals je dat normaal op een datingapp zou doen. Vind je iemand leuk? Swipe dit profiel dan naar rechts. Swipe juist naar links als je iemand niet leuk vindt. Na het beoordelen van de 40 profielen zie je jouw persoonlijke matches nog eens op een scherm. Hierna word je automatisch teruggestuurd naar de enquête om het onderzoek af te ronden.

Veel plezier en succes!

Well-being

In de volgende stellingen zullen er vragen worden gesteld met betrekking tot hoe je je voelt na het gebruik van de datingapp.

*Selecteer voor elke stelling het antwoord dat het meest van toepassing is **op dit moment***

	Sterk mee oneens	Mee oneens	Niet mee eens, niet mee oneens	Mee eens	Sterk mee eens
Ik voel me zelfverzekerd.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ik voel me goed over mezelf.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ik voel me opgewekt.	0	0	0	0	0
Ik kan helder denken.	0	0	0	0	0
Ik voel me nauw verbonden met andere mensen.	0	0	0	0	0
Ik voel me ontspannen.	0	0	0	0	0
Ik voel me nuttig.	0	0	0	0	0
Ik voel me geliefd.	0	0	0	0	0
Ik voel me geïnteresseerd in andere mensen.	0	0	0	0	0
Ik heb energie over.	0	0	0	0	0
Ik ben optimistisch	0	0	0	0	0

over de
toekomst.

Debriefing

IDnummer: \${e://Field/RandomID}

Deze studie ging over afwijzing in online datingapps en of het wel of niet ‘matchen’ met anderen invloed heeft op het welzijn van een individu. Wanneer iemand een like geeft op een datingapp en daarmee aangeeft interesse te hebben, kan het als pijnlijk worden ervaren als deze interesse niet wederzijds blijkt te zijn (no-match). Om dit te onderzoeken werden deelnemers willekeurig toegewezen aan een conditie waarin zij of een match kregen met iedereen die zij leuk vonden of met niemand.

Daarnaast willen we ook kijken of de aantrekkelijkheid van degene die je afwijst, invloed heeft op hoe pijnlijk de afwijzing wordt ervaren. Op basis van eerder onderzoek zou het goed kunnen dat het vervelender is om afgewezen te worden door iemand die ongeveer even aantrekkelijk is als jij. Met dit onderzoek willen wij kijken of dit inderdaad het geval is. Tot slot wordt de foto die eventueel hebt geüpload verwijderd. Deze optie is enkel toegevoegd om de fictieve app zo realistisch mogelijk te maken.

Wil je jouw deelname alsnog intrekken? Mail dan jouw unieke code, die je bovenaan deze tekst kunt vinden, naar Tess van der Zanden (T.vdrZanden@tilburguniversity.edu) en/of Anne van

den Heuvel (A.l.t.vdnheuvel@tilburguniversity.edu). Al je gegevens zullen dan uit de database verwijderd worden en daarna ook je e-mailadres. Overige vragen en/of opmerkingen kun je hieronder in het tekstvak achterlaten, of door contact op te nemen met een van de onderzoekers. Tess van der Zanden. Voor eventuele opmerkingen of klachten over dit onderzoek kun je ook contact opnemen met de Research Ethics and Data Management Committee van Tilburg School of Humanities and Digital Sciences via tshd.redc@tilburguniversity.edu.

Vergeet niet om op de pijl te klikken om je antwoorden op te slaan.