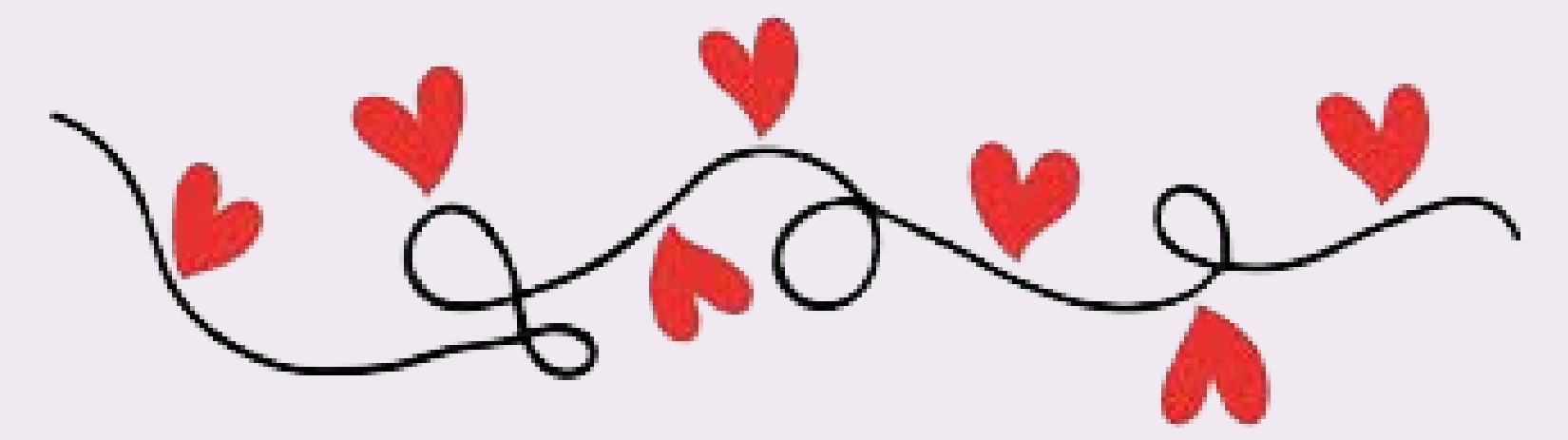


From First Impressions to Lasting Connections: Investigating Attraction and Relationship Success in Virtual Speed-Dating



Background

Samuel Isenberg, Jason Zheng, and Isabella Napoles
Supervised By: Dr. Andrea Meltzer, PhD
Attraction and Close Relationships Lab
Psychology Department

Methods

Initial Attraction

- As age increases, women become less selective with their partners, but men become more selective (Asendorpf et al., 2011).
- Women are more likely to consider additional qualities besides physical appearance when choosing a partner, including cues that indicate resource-providing potential such as education and income. In contrast, men place more value in physical attractiveness because it is an indicator of fertility (Asendorpf et al., 2011).
- Physical attraction best predicts initial relationship success (Asendorpf et al., 2011).
- Desirability for one-night stands is primarily influenced by attractiveness (Bryan et al., 2011).
- Men are generally more interested in casual sex (Sánchez et al., 2009).

Relationship Success

- Neuroticism has a negative association with relationship satisfaction, while agreeableness and conscientiousness have a positive association (Weidmann et al., 2017).
- Attractiveness and agreeableness both act as important predictors of relationship satisfaction. In long term relationships, participants experience higher relationship satisfaction when their partners are rated highly in agreeableness (Bryan et al., 2011).

Purpose

- The purpose of this study is to improve the understanding of initial attraction and the early formation of romantic relationships through the study of partner preferences, same-sex competition, and relationship dissolution. By gathering a combination of self-report, longitudinal, and behavioral data, we contribute a more well-rounded perspective to the speed-dating literature.

Participants

- Participants consist of current FSU students (undergraduate and graduate) who volunteer for a speed-dating event. Upon registration, they provide demographic information and select time slots for preferred event dates. After the event, individuals who have mutual matches receive invitations to schedule 30-minute virtual first dates; those without matches receive a separate notification.

Materials/Measures

- Email Templates: Standardized drafts for post-event notifications, scheduling instructions, confirmation messages, and reminders.
- Online Scheduling Poll: A web-based system for collecting and comparing participant availability.
- Research Assistants (RAs): Are assigned to host each scheduled first date.
- Follow-Up Surveys: Brief questionnaires are emailed after each first date (then weekly for four weeks) to assess participant experiences.

Procedures

- Post-Event Match Notification: Participants with matches receive scheduling instructions; those without are informed separately.
- First Date Scheduling: Participants submit their availability via the online poll. Organizers match participant availability with RA schedules and emailed confirmations.
- Reminders and Confirmation: On the morning of each scheduled date, participants receive a reminder email.
- Immediate Follow-Up: Thirty-five minutes after the start of the first date, an initial post-date survey link reaches participants.
- Subsequent Follow-Ups: Additional surveys are administered at weekly intervals over four weeks. Reminder emails are sent to non-responders.
- Data Management: Scheduling logs and survey responses are stored securely and are later analyzed to evaluate participant outcomes.

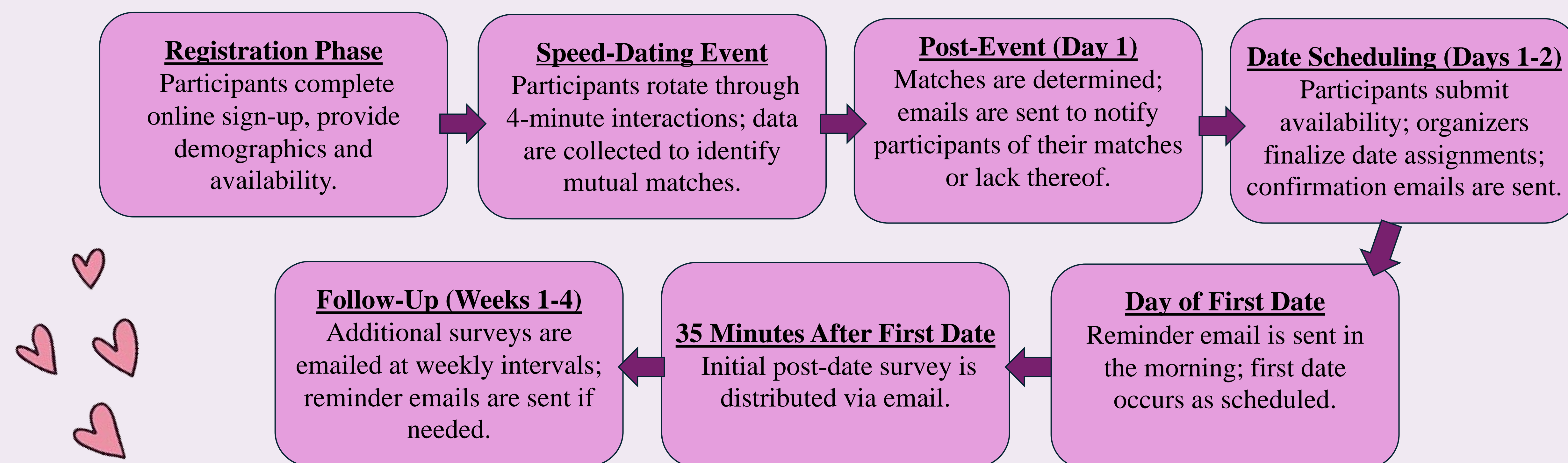
Expected Results

- This study seeks to answer the question: What factors predict initial attraction?
- The study is ongoing; however, we anticipate several key findings:
 - Physical attractiveness will have the biggest impact on initial attraction.
 - Women will be more likely to value additional qualities such as cues indicating resource providing potential.
 - We expect men to be more interested in short-term relationships than women.
 - We expect agreeableness and conscientiousness to predict relationship formation.

Implications

- Results will help create a better understanding of what predicts initial attraction and long-term relationship success.
- The study also serves as a potential guide for future research using Zoom to conduct speed-dating studies.
- These results may have limitations:
 - The study partially relies on self-reporting of personality, meaning that the data could be biased.
 - The participant pool consists of college students, making the data difficult to generalize to a larger age group.

Timeline



References

- Asendorpf, J. B., Penke, L., & Back, M. D. (2011). From dating to mating and relating: Predictors of initial and long-term outcomes of speed-dating in a community sample. *European Journal of Personality*, 25(1), 16–30. <https://doi.org/10.1002/per.768>
- Bryan, A. D., Webster, G. D., & Mahaffey, A. L. (2011). The big, the rich, and the powerful: Physical, financial, and social dimensions of dominance in mating and attraction. *Personality and Social Psychology Bulletin*, 37(3), 365–382. <https://doi.org/10.1177/0146167210395604>
- Sánchez, F. J., Bocklandt, S., & Vilain, E. (2009). Gender role conflict, interest in casual sex, and relationship satisfaction among gay men. *Psychology of Men & Masculinity*, 10(3), 237–243. <https://doi.org/10.1037/a0016325>
- Weidmann, R., Ledermann, T., & Grob, A. (2017). Big Five traits and relationship satisfaction: The mediating role of self-esteem. *Journal of Research in Personality*, 69, 102–109. <https://doi.org/10.1016/j.jrp.2016.06.001>