

Hooking-up Through the Use of Mobile Applications

Randi L. Sager

Department of Psychology, University of Calgary

2500 University Drive NW, Calgary, Alberta, T2N 1N4, CANADA

E-mail: rlsager@ucalgary.ca

Kevin G. Alderson (Correspondence author)

Educational Studies in Counseling Psychology, University of Calgary

2500 University Drive NW, Calgary, Alberta, T2N 1N4, CANADA

E-mail: alderson@ucalgary.ca

Michael C. Boyes

Department of Psychology, University of Calgary

2500 University Drive NW, Calgary, Alberta, T2N 1N4, CANADA

E-mail: boyes@ucalgary.ca

Abstract: The purpose of this study was to uncover how university students are hooking-up through the use of hook-up mobile apps. To achieve this, interests, sexual behaviours, motivations, and emotions associated with hooking-up and the use of hook-up apps were examined. The study revealed several gender differences in motives for using hook-up apps. The main finding was that females scored higher than males on sexual-motives when using a hook-up app. Furthermore, women expressed more feelings of positive emotions prior to using hook-up apps than men. There was no gender difference in the first four factors (i.e., social-sexual, social-relationship, enhancement, and coping) extracted in regards to motives for hooking-up, but there was a gender difference in the fifth factor, conformity. Women were more likely to rate higher on conformity (e.g., “I hook-up because my friends do”) for their motivations when engaging in a hook-up. Moreover, it was found that males were more interested in hooking-up than women. Interestingly, both men’s and women’s opinion of someone who engaged in a hook-up was neutral. In other words, both men and women neither rated a person who participated in hooking-up positive nor negative. These findings suggest that hooking-up is becoming more accepted within our society.

Keywords: Hooking up, Cell Phones, Mobile Applications, University Students, College Students

“I find someone sexy I want.

I get him because I'm the little bitch who gets what she wants.

I hookup with him. If he's good I'll want to again, but no strings attached and no commitment shit. If he's just whatever, I'll be over it and probably stop responding to his texts.”

“This was basically our convo:

Hot British Actor (HBA): Hey how are you?

Me: Pretty good, how are you?

HBA: Good. What are you doing?

Me: Umm nothing exciting. I'm just laying on the couch in my sweats watching the Grammys and cuddling with my dog hah. What about you?

HBA: I'm really horny and am about to jack off.

Hey, whatever, at least we were both honest.

I gave him my phone number.”

—Confessions of a Tinder Whore (Tinder Whore, 2014)

1 Introduction

Hooking-up is an expression that has become pervasive among many young adults, particularly on college campuses throughout North America (Garcia & Reiber, 2008). The vagueness of this expression may allow individuals to influence others' perceptions of their sexual behaviour. In other words, rather than saying “I slept with this person I just met,” a person can say, “I hooked up with this person I just met.” Saying “hook-up” may appear to sound less judgmental and more socially acceptable.

Hooking-up is a single act involving sexual intimacy within a very particular context (Garcia, Reiber, Massey, & Merriwether, 2013). Currently there is no dictionary definition of what hooking-up is or entails. According to Bogle (2008), it is up to the person who engages in a hook-up to define what it means to them. This is problematic for researchers, however, as it maintains vagueness in the definition. *Hooking-up* will be defined as engaging in physically intimate consensual behaviours ranging from “deep kissing” (i.e., also known as French kissing, which involves open-mouthed kissing where a person’s tongue is inserted into the other's mouth) and or “heavy petting” (i.e., sustained erotic contact involving stimulation of the genitals but stopping short of intercourse), oral sex, anal sex, mutual masturbation, and/or intercourse with someone with whom you do not have a committed relationship with. Hooking-up is defined as something both people agree to (consensual), including how far they go (Garcia & Reiber, 2008; Kenney, Thadani, Ghaidarov, & LaBrie, 2013).

It is important to recognize that hooking-up is not the same concept as dating or casual sex (Bogle, 2008). Intentions and motivations in hooking-up are different compared to other types of uncommitted sexual relationships and casual encounters such as “friends with benefits,” prostitution, and one-night stands (Garcia & Reiber, 2008). Casual sex may appear to be the same as hooking-up as they both have relaxed restrictions on the relationship and are less effort than traditional romantic relationships. However, according to Garcia and Reiber (2008), casual sex typically includes a traditional romantic component that largely distinguishes it from a hook-up.

Hook-ups are becoming a common feature of the current college environment according to Garcia and Reiber (2008). In addition, Paul and Hayes' (2002) research indicated that the most common venues for hook-ups to occur were at college parties, dormitories/fraternity houses, bars/clubs, and cars. However, the hook-up scene may have been forever changed by technology. One no longer has to leave the comfort of the couch to find a hook-up: Today it is only a smart phone swipe away.

Currently there are several mobile applications (apps) that provide instant access to those who are looking for a hook-up. One app in particular, called Tinder, allows a person to view photos and pick and choose people they find attractive. If the feeling is mutual, a match has occurred, and the hook-up journey begins (Newall, 2016; Summers, 2013).

Previous research has indicated that there are several motivations for college students to hook-up. These motives range from sexual gratification to conformity to emotional reasons to hopes of developing a relationship (Garcia & Reiber 2008; Kenney, Lac, Hummer, & LaBrie, 2014; Owen, Fincham, & Moore, 2011). It has been suggested by previous researchers that in regards to perception, college students believe their friends are hooking-up more often than they are, and are open minded to the concept of hooking-up. Similarly, students often adopt the belief that their peers accept, glorify, and enjoy hooking-up (Kenney et al., 2013; Paul & Hayes, 2002).

However, these motivations may have shifted because of the use of mobile hook-up apps. While there is existing research on motivations for hooking-up, there appears to have been no work published on motivations for using hook-up apps.

2 Present Study

The purpose of the present study is to examine how university students are hooking-up through the use of hook-up mobile apps. To achieve this, we examine interests, sexual behaviours, motivations, and emotions in the act of hooking-up and the use of hook-up apps. The hypotheses are sevenfold.

1. *Hypothesis 1.* There will be a gender difference in motivation for hooking-up such that men's motives will be sexual while women's motives will be non-sexual.
2. *Hypothesis 2.* There will be a gender difference in motivation for using hook-up "apps" such that men's motives will be for sexual and women's motives will be non-sexual.
3. *Hypothesis 3.* There will be a gender difference in emotions before using hook-up apps.
4. *Hypothesis 4.* Males will view people who engage in hooking-up to be positive whereas women will view people who engage in hooking-up to be negative.
5. *Hypothesis 5.* Interest in hooking-up will be higher for males than for females.
6. *Hypothesis 6.* Interest in hooking-up will be higher for first year students than in subsequent years.
7. *Hypothesis 7.* There will be an interaction between year of study and gender such that first year female students will have the highest interest in hooking-up.

Even though hooking-up is not a new phenomenon, it may be undergoing change due to technology. To our knowledge, there has been no previous research conducted regarding the use of hook-up apps specifically. Our main objective is to understand how technology has contributed to the hook-up culture and how it has changed it, as well as understanding the motivations and emotions of individuals who use hook-up apps.

3 Method

3.1 Participants

This study received ethics approval from a midsize university situated in western Canadian. Students taking a psychology course and who were 18 and older were able to participate in this online study.

Analyses were based on 399 participants. Of these, 167 (41.9%) of the participants were female and 231 (57.9%) were male with an age range from 18-56. Of this pool, 247 (61.2%) were between the ages of 18 and 20, and 113 (28.4%) were between 21 and 23. In terms of sexual identity, the majority of participants, 365 (91.5%) identified themselves as heterosexual, 10 (2.5%) identified as gay or lesbian, and 11 (2.8%) as bisexual.

Regarding year of education, 69 (17.3 %) were first year's students, 99 (24.8 %) were second year students, and 109 (27.3%) were in their third year. A further 86 (21.6%) participants were in their fourth year while the remaining participants, 36 (9.0%), were in "other".

The majority of the participants were of a Christian religious background ($n= 143$, 35.8%) while 100 (25.1%) identified as Atheist, 69 (17.3%) Agnostic, 25 (6.3%) Muslim, 11 (2.8%) Sikh, 9 (2.3%) Buddhist, 6 (1.5%) Hindu, and 4 (1.0%) were Jewish. Thirty-one participants (7.8%) chose "other" as their religion.

With respect to ethnicity, the majority of participants were White ($n= 222$, 55.6%) with an additional 60 (15%) identifying as Asian or Pacific Island, 50 (12.5%) identified as South Asian, 9 (2.3%) were Latino, 5 (1.3%) were African Canadian, and 4 (1.0%) were Native Canadian. Thirty participants (7.5%) chose "other" as their ethnicity.

3.2 Procedure

Participants answered the questions online to preserve their anonymity. First, participants were asked to read the explanation of the study. In this section, they were also provided information about the purpose of the study, including (a) why the study is being conducted, (b) previous studies on hooking-up, and (c) why this is an important topic. This segment included the definition of hooking-up. Based on the information provided, participants could choose whether they wanted to participate or withdraw without penalty. Once the survey was completed, participants were automatically directed to the debriefing form and were asked to read the written debriefing form that offered the rationale for the study.

3.3 Materials

The survey contained five sections. The first section included six biographical questions. The second part included 16 questions regarding interests and activities. The third segment included a list of 80 emotions while the fourth included two questions regarding substance use. The last part of the survey included 19 questions from the Hookup Motives Questionnaire(HMQ; Kenney et al., 2014) with a further 30 questions designed for this study.

Biographical questions. The purpose of these six questions was to collect information about participants' age, biological sex (i.e., male or female), year of study, sexual identity(e.g., heterosexual, gay or lesbian, bisexual), ethnicity, and religious affiliation.

Interest and activities questions. These 16 questions were focused on hook-up interests and activities, mostly by using 3-, 4-, or 5-item Likert scales. Participants were first asked six questions to select which hook-up mobile apps have they already used or intended to use for those who had not hooked-up before. There were 23 hook-up apps listed and a 24th place to indicate "other".

Participants were then specifically asked if they had ever engaged in a hook-up. This question required a yes-no answer; if participants answered “no” they were finished completing the survey. If participants answered “yes”, they continued responding to the remaining survey. The remaining 10 questions were only answered by those with experience in hooking-up.

Emotion questions. The list of 80 emotions were extracted from Dr. Richard Niolin’s website called *PsychPage*. Forty emotions were regarded as positive and 40 as negative. Participants were asked to what extent were they were experiencing the following emotions before using a hook-up app on a 4-point Likert scale (0 = *not at all* to 4 = *high*). For instance, a positive emotion was “easy” whereas a negative emotion was “desperate.”

Substance use questions. Participants answered two questions about alcohol use and other drugs, respectively. Participants were required to put down a numeric value for both questions.

Motives for hooking-up (Part A) and using hooking-up app(s) questions. The fifth section of the survey included the HMQ (Kenney et al., 2014). The HMQ contains 20 questions and participants are asked to respond on a 5-point Likert scale ranging from 1 (*some of the time*) to 5 (*always*). Question 17 was a careless answer question to pick up respondents who were answering randomly (i.e., “Please pick half of the time”). The HMQ is comprised office subscales representing social-sexual, social-relationship, enhancement, coping, and conformity motives. The reliability for each subscale is very high; social-sexual ($\alpha = .88$), social-relationship ($\alpha = .84$), enhancement ($\alpha = .86$), coping ($\alpha = .88$) and conformity ($\alpha = .89$) (Kenney et al., 2014). This is the only scale known to the authors that measures motivations for hooking-up.

The second part of the fifth section was designed for this study. This section asked participants 30 questions regarding motives for using a hook-up app. For instance, “I use hook-up app(s) to find a hook-up”. Question 27 was a careless answer question copied from the HMQ. The reliability for these questions is very high ($\alpha = .95$).

4 Results

4.1 Preliminary Analyses

Of the total 417 participants, 17 were removed that failed the two careless response questions and 1 participant was excluded from the analysis because gender was not provided. The remaining sample consisted of 399 participants, and of this, 143 (35.83%) claimed they had engaged in a hook-up while 256 (64.17%) had not. Of the 143 participants who engaged in hooking-up, 56.64% ($n = 81$) were male, and 43.35% ($n = 62$) were female.

For all ANOVAs and multivariate analyses of variances (MANOVAs) conducted below, Levene’s test and Box’s M were all non-significant, indicating that the assumptions of normality and multivariate normality, respectively, were not violated. Table 1 contains descriptive statistics of all the variables used in the analyses to follow. However, it was not at all clear what sorts of emotions would be associated with hooking-up since we had asked a broad array of possible emotions. Prior to proceeding with the correlation analysis, we looked at the emotion data and identified those particular emotions that seemed to be at play in relations to hooking-up. Easy, affectionate, secure, and tenacious were examined and used in the analyses to follow.

Variable	<i>M</i>	<i>SD</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
1 Age	20.7	3.52	---														
2 Gender	1.59	.512	-.058	---													
3 Year of Study	2.80	1.21	.448*	-.48	---												
4 Interest in Hooking-up	2.63	1.20	-.048	-.112*	-.028	---											
5 View of Someone Hooking-up	2.92	.703	-.044	-.015	-.080	.263**	---										
6 Easy	1.12	1.68	.120*	-.093	.038	.540**	.208**	---									
7 Affectionate	1.20	1.78	.097	-.063	-.012	.534**	.200**	.871**	---								
8 Secure	1.10	1.65	.105*	-.074	.002	.524**	.203**	.868**	.926**	---							
9 Tenacious	1.07	1.59	.060	-.077	-.020	.536**	.195**	.884**	.907**	.951**	---						
10 Motives for Hooking-up App	.729	1.06	.088	-.063	-.014	.535**	.186**	.888**	.880**	.870**	.893**	(.938)					
11 Social-Sexual	.965	1.44	0.57	-.071	-.004	.559**	.226**	.858**	.814**	.819**	.844**	.863**	(.844)				
12 Social-Relationship	.78	1.23	.052	-.027	.012	.525**	.196**	.784**	.785**	.772**	.759**	.825**	.769**	(.864)			
13 Enhancement	1.39	1.94	.077	-.041	.014	.593**	.218**	.894**	.891**	.883**	.895**	.909**	.929**	.851**	(.863)		
14 Coping	.992	1.51	.044	-.044	-.043	.533**	.200**	.813**	.826**	.800**	.818**	.888**	.834**	.837**	.897**	(.887)	
15 Conformity	.519	.831	.060	-.115*	-.021	.482**	.124**	.786**	.764**	.737**	.768**	.835**	.777**	.784**	.810**	.810**	(.893)

Table 1 Descriptive Statistics and Correlations

Interestingly, interest in hooking-up negatively correlated with gender ($r = -.11, p < .05$). Furthermore, easy and secure were correlated with age, $r = .12, r = .10$. This suggests that both emotions, easy and secure, are related to age. Similarly, conformity negatively correlated with age ($r = -.11, p < .05$). In addition, motives for using a hook-up app significantly correlated with social-sexual, social-relationship, coping, and conforming motives, $r = .86, r = .82, r = .88, r = .83$, respectively. Furthermore, motives for using a hook-up app significantly correlated with enhancement ($r = .90, p < .001$). This suggests that a person’s main motivation for using a hook-up app is for enhancement (i.e., people use hook-up apps because it is sexually pleasurable or because it is fun).

4.2 Factor Analysis

In order to determine if males and females had different motivations for hooking-up, a factor analysis was conducted to group questions that were measuring the same construct. The 19 questions of the HMQ (Kenney et al., 2014) were subjected to principal component analysis with varimax rotation to identify and compute composite scores for the underlying factors. Five factors were extracted. Initial eigen values show that the first 3 factors explained 31.34%, 16.69%, and 11.40% of the variance, respectively. Factor 4 and 5 explained 8.61% and 5.69% of the variance,

respectively. A scree plot and rotated solutions were used to determine the number of factors. These factors are in correspondence to what Kenney et al. (2014) revealed within their study. The first factor was called social sexual, the second factor was called social relationship, the third, fourth, and fifth factors were called enhancement, coping, and conformity, respectfully.

The 30 remaining questions were questions about motives for using hook-up apps and these were subjected to principal component analysis using varimax rotation to identify and compute composite scores for the underlying factors. Four factors were extracted. Initial eigen values showed the factor 1 explained 76.70% of the variance. Factor 2, 3, and 4 explained 3.33%, 2.94%, 2.41% of the variance, respectively. A scree plot and rotated solutions were used to verify the number of factors. Since the first factor explained 76.07% of the total variance, it was decided to keep only the factor 1, which was called sexual motive.

4.3 Hypothesis 1

There will be a gender difference in motivation for hooking-up such that men's motives will be sexual while women's motives will be non-sexual. Between-groups analysis of variance (ANOVA) was used to compare males' ratings to females' rating on the five factors. The between-group analysis of variance showed that the difference between males and females was not significant on the first factor (i.e., social sexual), $F(1,141) = 5.01, p = .034$. The analysis showed that, overall, both males ($M = 2.51$) and females ($M = 2.91$) ratings were similar. For example, males and females ratings on questions such as, "I hook up because it allows me to avoid being tied down to one person" were similar.

The difference between males and females was not statistically significant on the second factor (i.e., social-relationship), $F(1, 141) = 0.06, p = .790$. The analysis showed that, overall, both males ($M = 2.17$), and females' ratings ($M = 2.22$) were not significantly different. For example, males and females had similar ratings on questions such as, "I hook up because it is the first step to forming a committed relationship".

The between-group analysis of variance showed that the difference between males and females was not statistically significant on the third factor (i.e., enhancement), $F(1, 141) = 1.91, p = .169$. Overall, both males ($M = 3.99$) and females' ratings ($M = 3.99$) were not significantly different. For example, males and females ratings were similar on questions such as "I hook up because it's fun".

The difference between males and females was also not significantly significant on the fourth factor (i.e., coping), $F(1, 141) = 1.740, p = .189$. Overall, both males ($M = 2.63$) and females' ratings ($M = 32.90$) were not significantly different. For example, males and females had similar ratings on questions such as "I hook up because it helps me feel less lonely".

The between-group analysis of variance showed that the difference between males and females was statistically significant on the fifth factor (i.e., conforming), $F(1, 141) = 19.13, p < .001$. The analysis showed that, overall, females had higher ratings ($M = 1.73$) than males ($M = 1.20$). As an example, females had higher ratings on questions such as, "I hook up because I feel I'll be left out if I don't".

Thus, the difference between males and females was not significant on the first four factors, but the difference was statistically significant on the last factor. Intriguingly, Kenney et al. (2014) reported within their results that men tended to score systematically higher than women on all five factors with the highest factor being conformity ($p < .05$).

4.4 Hypothesis 2

There will be a gender difference in motivation for using hook-up “apps” such that men’s motives will be for sexual and women’s motives will be non-sexual. A between-groups analysis of variance (ANOVA) showed that the difference between males and females was statistically significant on the factor (i.e., sexual motive), $F(1,142) = 7.39, p = .007$. The analysis showed that, overall, females had higher ratings ($M = 2.20$) than males ($M = 1.87$). As an example, females had higher ratings on questions such as, “I use hook up app(s) to find casual sex”. Thus, the difference between males and females was significant on the sexual motive factor but in the reverse direction of the hypothesis.

4.5 Hypothesis 3

There will be a gender difference in emotions before using hook-up apps. To investigate hypothesis 3, a one-way multivariate analysis of variance (MANOVA) was conducted. The categorical predictor was gender, whereas the multiple continuous criteria were the positive and negative emotions. Table 2 contains the summary of all of the hook-up app(s) that participants used.

Hook-up App(s)	N	%
Tinder	208	52.1
Grindr	11	2.8
Brenda	2	.5
Bang with Friends	4	1.0
Snap Chat	211	52.9
Blindr	5	1.3
Pure	2	.5
Date Map	0	0
Hinge	2	.5
Skout	2	.5
Swoon	0	0
Sonar	0	0
Scruffs	2	.5
POF (Plenty of Fish)	48	12
Meet Me	4	1.0
Badoo	3	.8
okc (OKCupid Dating)	17	4.3
ZOOSK	15	3.8
How About We	2	.5
Coffee Meets Bagel	6	1.5
Match.com	27	6.8
Mamba	0	0
Skout	0	0
Other	16	4.0

Table 2 Summary of Frequency of Hook-Up App(s) Used

There was a significant multivariate effect of gender difference in emotions found, $\Lambda = .61, F(40, 102) = 1.65, \eta^2 = .39, p < .05$. Specifically, there was a gender difference in 4 of the 40 positive emotions. There was no gender difference with the negative emotions. Females rated higher in positive emotions easy, affectionate, secure, and tenacious ($M = 3.56, SD = 1.04; M = 3.59, SD = 1.19; M = 3.33, SD = 1.15$ and $M = 3.27, SD = 1.04$, respectively) than males ($M = 2.79, SD = 1.29; M = 3.14, SD = 1.40; M = 2.87, SD = 1.29$ and $M = 2.76, SD = 1.21$, respectively). More particularly, easy was significantly related to using a hook-up app, such that female participants felt easy prior to using a hook-up app(s) ($b = .774, t = 3.85, \eta^2 = .10, p < .01$). Females also felt, prior to

using hook-up app(s), affectionate ($b = .461, t = 2.08, \eta^2 = .03, p < .05$), secure ($b = .462, t = 2.21, \eta^2 = .03, p < .05$) and tenacious ($b = .510, t = 2.633, \eta^2 = .05, p < .05$), respectfully. Therefore, females rated higher on some positive emotions prior to using hook-up app(s) than males.

4.6 Hypothesis 4

Males will view people who engage in hooking-up to be positive whereas women will view people who engage in hooking-up to be negative. A between-groups analysis of variance (ANOVA) showed that the difference between males and females was not statistically significant, $F(1,142) = .174, p = .68$. Overall, both males ($M = 3.11$) and females' ratings ($M = 3.06$) were not significantly different. Thus, both males' and females' ($M = 3.10$) viewed someone who was engaging in a hook-up as neutral.

4.7 Hypotheses 5, 6, and 7

Hypothesis 5. Interest in hooking-up will be higher for males than for females. Hypothesis 6. Interest in hooking-up will be higher for first year students than in subsequent years. Hypothesis 7. There will be an interaction between year of study and gender such that first year female students will have the highest interest in hooking-up.

To test hypothesis 5, 6, and 7, a 2(Biological sex: male, female) x 2(Degree of interest in hooking-up, year of study) between-subject analysis of variance (ANOVA) was conducted. The data for 143 participants were analyzed to examine the degree of interest in hooking-up based on (a) gender, and (b) year of study. The independent variables for the analysis were male and female gender, respectively, whereas the dependent variable was interest in hooking-up scale as in measured in a Likert scale with 1 being the lowest and 4 being the highest in interested.

The analysis indicated that, overall, there was a main effect of gender, $F(1,133) = 4.03, p < .05$ but there was no significant main effects for year of study, $F(2, 133) = .53, p = .72$. Furthermore, there was no significant interaction between the two independent variables, $F(2,133) = 1.04, p = .39$. Therefore, the main effect of gender was such that females were less interested in hooking-up ($M = 3.44$) than males ($M = 3.69$).

4.8 Supplemental Analyses

Of the 399 participants, 251 (62.9%) reported that the role they would like to take on during a hook-up was either/both (i.e., in control/giving or being directed/receiving). Remaining participants, 83 (20.8%) reported they would like to be in control or giving during a hook-up and 65 (16.3%) participants reported they would like to be directed or receiving while participating in a hook-up.

In terms of how often participants would like to hook-up, of the 399 participants, 115 (28.8%) indicated they would like to once or rarely. One hundred fifteen (28.8%) participants indicated they were indifferent/unsure to hooking-up. Ninety seven (24.3%) participants claimed they would never hook-up, 68 (17.0%) indicated they would like to hook-up frequently, and 4 (1.0%) claimed they would always like to hook-up. In regards to which hook-up app(s) participants had used, 211 (52.8%) participants used Snap Chat to find a hook-up, followed by 208 (52.1%) participants used Tinder. The third most popular hook-up app was Plenty of Fish (POF) with 48 (12%) participants using POF as a hook-up app.

In terms of how many times a participant engaged in a hook-up, Table 3 contains the summary of participants' age of when they first hooked-up. Additionally, in respect to how many times a participant engaged in a hook-up, Table 4 encompasses the number of hook-ups' participants have engaged in.

In terms of sexual behaviour participants had engaged in during a hook-up (opposite sex), 139 (97.2%) participants specified heaving kissing was involved. One hundred and six (74.1%) claimed to engage in heavy petting, 105 (73.4%) engaged in vaginal sex, and 99 (69.2%) engaged in giving and receiving oral sex. Also, of the 143 participants, 81 (56.6%) stated that they had masturbated their partner with orgasm during a hook-up and 71 (49.7%) had reported being masturbated by their partner with orgasm. Sixty-five(45.1%) indicated they had masturbated their partner without orgasm and 79 (55.2%) participants claimed to have been masturbated by their partner without orgasm. Finally, 62 (43.4%) participants claimed to engage in mutual masturbation and 20 (14%) claimed to have anal sex involved while engaging in a hook-up. Table 5 contains the summary of frequency of sexual behaviours (opposite sex) involved during a hook-up.

In regards to engaging in sexual behaviours during a hook-up with the same gender, 33 (23.1%) participants indicated heaving kissing was involved, 15 (10.5%) claimed to engage in heavy petting, 7 (4.9%) engaged in vaginal sex, 14 (9.8%) engaged in receiving oral sex, and 13 (9.1%) engaged in giving oral sex. Of the 143 participants, 7(4.9%) stated that they had masturbated their partner with orgasm during a hook-up and 6 (4.2%) had reported being masturbated by their partner with orgasm. Furthermore, 7(4.9%) claimed to have masturbated their partner without orgasm and 8 (5.6%) participants claimed to have been masturbated by their partner without orgasm. Finally, 9(6.30%) participants claimed to engage in mutual masturbation and 5 (3.5%) claimed to have anal sex involved while engaging in a hook-up. Table 6 contains the summary of sexual behaviours that participants had engaged in during a hook-up with the same gender.

<u>Number of Hook-ups</u>	<u><i>n</i></u>	<u>%</u>
0	2	1.4
9	1	.7
12	1	.7
13	3	2.1
14	13	9.1
15	11	7.7
16	22	15.4
17	22	15.4
18	38	26.6
19	16	11.2
20	5	3.5
21	2	1.4
22	2	1.4
23	2	1.4
26	2	1.4
42	1	.7

Note. *n* = 143

Table 3 Summary of Age of First Hook-Up

Number of Hook-ups	<i>n</i>	%
0	21	14.7
1	15	10.5
2	16	11.2
3	18	5.6
4	8	7.7
5	11	3.5
6	5	1.4
7	2	4.9
8	7	1.4
9	2	8.4
10	12	2.1
12	3	.7
13	1	1.4
15	2	3.5
20	5	.7
25	1	2.8
30	4	.7
36	1	2.1
40	3	2.8
50	4	1.4
100	2	.5

Note. *n* = 143

Table 4 Summary of Frequency of Hook-Ups

Sexual Behavior	<i>n</i>	Percent (%)
Heavy kissing	139	97.2
Heavy petting	106	74.1
Masturbating partner w/o orgasm	65	45.1
Masturbating partner w/ orgasm	81	56.6
Being masturbated by partner w/o orgasm	79	55.2
Being masturbated by partner w/ orgasm	71	49.7
Mutual masturbation	62	43.4
Giving oral sex	99	69.2
Receiving oral sex	99	69.2
Vaginal sex	105	73.9
Anal sex	20	14.0

Note. *n* = 143

Table 5 Summary of Frequency of Sexual Behaviors (Opposite Sex)

<u>Sexual Behavior</u>	<u><i>n</i></u>	<u>%</u>
Heavy kissing	33	23.1
Heavy petting	15	10.5
Masturbating partner w/o orgasm	7	4.9
Masturbating partner w/ orgasm	7	4.9
Being masturbated by partner w/o orgasm	8	5.6
Being masturbated by partner w/ orgasm	6	4.2
Mutual masturbation	9	6.3
Giving oral sex	13	9.1
Receiving oral sex	14	9.8
Vaginal sex	7	4.9
Anal sex	5	3.5

Table 6 Summary of Frequency of Sexual Behaviors (Same Sex)

<u>Number of Hook-ups</u>	<u><i>n</i></u>	<u>%</u>
0	29	20.3
1	35	24.5
2	20	14.0
3	21	14.7
4	8	5.6
5	8	5.6
6	4	2.8
7	5	3.5
8	3	2.1
9	2	1.4
10	3	2.1
15	3	2.1
20	2	1.4

Note. $n = 143$

Table 7 Summary of Frequency of Hooking-Up in the Last 12 Months
without Using a Hook-Up App

In terms of how many times a participant engaged in a hook-up in the last 12 months without the use of a hook-up app, Table 7 contains the frequency of participants and the number of hook-ups participants have engaged in. In addition, in respect to of how many times a participant engaged in a hook-up in the last 12 months with the use of a hook-up app, Table 8 summarizes the frequency of participants and the number of hook-ups' participants have engaged in.

When participants were asked when using a hook-up app had they hooked-up with someone with communicating less than 24hours with them, of the 143 participants, 36 (25.2%) said yes and 101 (70.6%) said no. In terms of meeting a person from a hook-up app, participants were asked if they had hooked-up with a person less than 24 hours of physically (in person) meeting them. Fifty-two (36.4%) participants said yes and 84 (58.7%) said no.

<u>Number of Hook-ups</u>	<u><i>n</i></u>	<u>%</u>
0	72	50.3
1	37	25.9
2	16	11.2
3	5	3.5
4	5	3.5
5	5	3.5
6	1	.7
7	1	.7
16	1	.7

Note. n = 143

Table 8 Summary of Frequency of Hooking-Up in the Last 12 Months with Using a Hook-Up App

Finally, participants were asked how many standard drinks they usually consume prior to using a hook-up app. Table 9 contains the frequency of drinks consumed before using hook-up apps. In terms of other substance uses, participants were asked if they had consumed any drugs prior to using a hook-up app. Of the 143 participants, 13 (9.1%) indicated they had used marijuana, 1 (.7%) participant indicated they had used MDMA (Ecstasy) and 1 (.7%) other participant reported of using nicotine.

<u>Number of Drinks</u>	<u><i>n</i></u>	<u>%</u>
0	79	55.2
1	6	4.2
2	21	14.7
3	9	6.3
4	7	4.9
4.5	1	.7
5	8	5.6
6	4	2.8
7	2	1.4
8	2	1.4
9	1	.7
10	3	2.1

Note. n = 143

Table 9 Frequencies for Number of Drinks Consumed

5 Discussion

Existing research on the topic of hooking-up and the use of hook-up apps is limited. The topic of hook-up apps is very recent and to our knowledge there has been no research conducted on this topic. Most studies on hooking-up have focused on the act of hooking-up and specifically on issues such as the hook-up culture, culture shift in dating, alcohol, and motivations and perceptions. The purpose of this study was to examine interests, sexual behaviours, motivations, and emotions behind hooking-up and the use of hook-up apps.

The first hypotheses of this study purposed that there would be a gender difference in motivation for hooking-up such that male motives will be sexual and female motives will be non-sexual. A factor analysis revealed five factors (i.e., social-sexual, social-relationship, enhancement, coping, and conformity).

The results showed that there are no differences between males and females on the first four factors, but there were differences found on the last factor (i.e., conformity). Females were more likely to have higher ratings on conformity than males. Therefore, women were more likely to claim they hook-up because of compliance reasons (e.g., “I feel left out if I don't,” or “I feel pressure from my friends”).

These results are not consistent with previous studies. Kenney et al., (2014) asserted that there were gender differences in all five factors, and, more specifically, that males scored higher than females in all factors. The reason why our research does not coincide with past research may be due to the limitations of our study. Participants were students taking at least one psychology course, and they may have more motivated by the awarding of credit instead of by responding honestly. In contrast, Kenney et al., had sampled an entire university as opposed to a particular department. It is important to note that Kenney et al., (2014) study was conducted in the United States while the current study was at a Canadian university. There may be a possible cultural difference in this matter.

The second hypothesis was there will be a gender difference in motivation for using hook-up “app(s)” such that male motives will be sexual and female motives will be non-sexual. A factor analysis was conducted to group questions that were measuring the same construct. Only one factor was extracted that we called sexual-motive. A between-group analysis of variance (ANOVA) was conducted.

The results indicated that females scored higher on sexual-motives than males when using a hook-up app (e.g., “I use hook-up app(s) to be sexually adventurous”). These results cannot be compared with previous studies because to our knowledge, no other published study has researched motives for using hook-up apps. It is possible that women feel more empowered while using an app. It has been noted by previous researchers such as England, Fitzgibbons Schafer, and Fogarty (2008) that society’s view of women who engaged in a hook-up could be negative, and they could be labeled as a “slut”. The use of a hook-up app could decrease the chance of being viewed as a “slut” or “whore” because a woman can decide when and where to meet her hook-up.

In addition, Bogle (2008), Gilmartin (2006), and Stinson (2010) reported that females have reputations that are more delicate than males. Moreover, they must be socially accepted among their peers but also not appear to be too “slutty”. Therefore, using a hook-up app could protect a woman’s image in society. Women also may rate higher on sexual-motive constructs because they are comfortable with their sexuality/sexual activities. Furthermore, when using hook-up apps, it can be speculated that a person is among a group that shares similar interests (i.e., hooking-up) and so there is less judgment upon a woman in regards to her sexual activities.

The third hypothesis was there will be a gender difference in emotions *before* using hook-up app(s). No research has measured emotions prior to using a hook-up app(s) while previous research has measured feelings *after* a hook-up has occurred. Herold and Mewhinney (1993) found 72% of females within their study had felt more guilt after engaging in a hook-up, whereas only 32% of the males in the study had felt guilt. Furthermore, Fielder, Walsh, Carey, and Carey (2014) research measured the correlation of hooking-up and depressive symptoms that occurred after the hook-up.

A multivariate test was done for each positive and negative emotion. The results showed that there were no differences between males and females in negative emotions; however, there was a gender difference for 4 of the 40 positive emotions. In fact, females rated higher on the positive emotions than males did prior to using a hook-up app. Therefore, females were more likely to claim

that they experienced positive emotions (i.e., easy, affectionate, secure, and tenacious) prior to using a hook-up app. It is unknown why females rate higher on these particular emotions, but one could speculate. Perhaps women have a sense of control in their choice of a particular hook-up partner. While in the comforts of their home or wherever they may be using a hook-up app, women are feeling relaxed and secure. Women could have also been feeling friendly knowing there are others out there in the hook-up app realm that have similar interests as them. Perhaps women feel these emotions because they have control over the situation. Females have the power and authority to decide who they want to meet and where. Furthermore, females also could feel tenacious because their motive is a sexual one. Moreover, females could be determined to meet their sexual needs and a hook-up app allows them to meet that need.

The fourth hypothesis was “males will view people who engage in hooking-up to be positive whereas women will consider people who participate in hooking-up to be adverse”. A univariate analysis of variance (ANOVA) was conducted. The results exhibited that there was no difference between genders. Thus, there is no difference between males and females on how they view others engaging in a hook-up.

One of the more interesting findings of this study is that both men and women had a neutral opinion toward other men and women who engaged in a hook-up (65.7%; $n = 262$). Our results do not coincide with previous research. Allison and Risman (2013) reported that almost half of college students regarded both male and females with equivalent sexual histories by the same standard and held negative attitudes towards both their male and female peers equally. Allison and Risman stated that approximately 48% of the college students were egalitarian conservatives. In other words, these students judged men and women with similar sexual pasts by the same standard and lost equal respect for those who they believed had hooked-up excessively. Furthermore, it was found that 54% of women were more likely to have egalitarian conservative attitudes compared with 35% of males (Allison & Risman, 2013).

Paul and Hayes (2002) had reported in their study that women possibly have misperceptions of hooking-up, which results in that act being glorified in a way that does not correspond to the reality of hook-up experiences. It was suggested in these findings that women might engage in more hooking-up because of these misperceptions. Our results indicated that men and women both viewed hooking-up as being neutral but yet we found from our first hypothesis that the primary motive for women to hook-up was for conforming reasons. In other words, women are more likely to engage in a hook-up because their friends will tease them if they don't, or it helps them to fit in. This does not coincide with Paul and Hayes (2002) findings that females engage in hooking-up because they view others who have engaged in hooking-up as having a positive experience. Instead, it suggests that females are engaging in hooking-up because they will feel left out if they do not.

Two other recent studies reported that both men and women had reactions to hook-ups that were more positive than negative. It could be speculated that hooking-up is becoming a social norm (i.e., rules of behaviour that are considered acceptable in a group or society). Paul and Hayes (2002) research was conducted over 10 years ago whereas Allison and Risman's (2013) study was published 2 years ago. What has changed during this time? Hooking-up has become acceptable and even normalized possibly because of television shows, books, and music.

Furthermore, media may have encouraged, glorified, and normalized the act of hooking-up (Garcia & Reiber, 2008). This can be found in reality television shows such as *Online Dating Rituals of the American Male* and *Jersey Shore*. *Online Dating Rituals of the American Male* depicts men who are not only looking for love but also men who were just looking to get “lucky” (Bravo, 2014). *Jersey Shore* portrays reality television stars engaging in countless hook-ups night after night and boasting about it afterward. Movies have also glorified the act of hooking-up, such as in *Hooking-up*, a comedy about the intersections of love, power, and hooking-up (IMDb, 2009).

Lastly, researchers such as Stinson (2010) reported that hooking-up has become the normative relationship on college campuses. A possible reason for this is media embracing and accepting it as a normal activity to do. Garcia, Reiber, Massey, and Merriwether (2012) stated that hook-ups are becoming more embedded in our culture and so it no surprise that our participants would view hooking-up as neutral.

The fifth, sixth, and seventh hypotheses, respectively, were that “interest in hooking-up will be higher for males than females”, “interest in hooking-up will be higher for first year students than in subsequent years”, and that “there will be an interaction between year of study and gender such that first year female students will have the highest interest in hooking-up”. A univariate analysis of variance was conducted (ANOVA). The results of these analyses did find a significant main effect in gender, but there was no significant effect for year of study. Furthermore, there was no significant interaction found between gender and year of study. Therefore, males were more interested in hooking-up than females and year of study did not matter for either gender.

It is difficult to align our findings with previous findings because previous researchers have focused on the activity of hooking-up among college students (Bogle, 2008; Reid, Elliot, & Webber, 2011; Stinson, 2010) along with focusing on females and the adverse effects of hooking-up (Eshbaugh & Gute, 2008; Fielder, Walsh, Carey, & Carey, 2013; Fielder et al., 2014; Kenney et al., 2013). In addition, Kenney et al., (2013) reported that overall sexual behaviours increase among women during the first year of college. Fielder, Carey, and Carey (2013) also reported that 40% of women (first year college students) reported hook-ups during their first year, with the monthly occurrence ranging from 7% to 18%. To our knowledge, there is no current research reporting interest in hooking-up and the difference between genders.

One can speculate why there is a gender difference in terms of interest in hooking-up. The gender difference is perhaps because of the sexual double standard for hooking-up (Allison & Risman, 2013; England et al., 2008). Women may fear showing an interest in hooking-up because they have possibly been viewed by society in a negative manner when engaging in a hook-up, whereas males are seen in a more positive way. Previous research reported that men have been less judged for their sexual activities and their sexual reputation is enhanced (England et al., 2008; Reid et al., 2011), whereas females have been labeled as “slutty” for hooking-up (Bogle, 2008; Gilmartin, 2006; Stinson, 2010). Therefore, even though both males and females view others engaging in hooking-up to be neutral, there may be still a fear of judgment for females when they display interests in hooking-up. Additionally, this may be a plausible explanation for why females experience positive emotions prior to using a hook-up app; they feel protected from those who may judge them and are free to display interest in hooking-up.

It is important to mention that there were several questions from the survey that were excluded from the analysis. The reason for this was that those questions were qualitative in nature.

6 Limitations and Future Direction

Limitations of this study suggest directions for future research. First, some of the questions that were used in this study were not tested for their reliability or validity. Several of the questions were from the study that was conducted by Kenney et al. (2014), and the remaining questions were created for the purpose of this study. The motivation section was the only part tested for reliability. It is imperative for future researchers to test the internal consistency, reliability, and validity of these questions, and also examine the extent to which these items accurately measure hook-up interests, emotions, and motivations.

Second, we sampled students enrolled in one or more undergraduate psychology courses from a single university, which limits the generalizability of our results. Moreover, studies should include undergraduate students from various types of majors along with students in high school and perhaps

collecting samples from various places. It might be interesting to find whether or not location (i.e., province/state) influences hook-up activities.

Third, the majority of the participants were very young and, therefore, it is difficult to generalize the findings to older participants. Of the 399 participants, 260 (62.4%) were between the ages of 18 and 20, and 117 (28.0%) were between 21 and 23. Would older participants engage in hooking-up and if they would let their children hook-up? Also, what would be the appropriate age to engage in this practice?

Fourth, although we asked participants about their motives for hooking-up, it is unclear whether people engage in the practice of hooking-up because they have permissive sexual attitudes or whether they have permissive sexual attitudes as a result of hooking-up. Perhaps individuals can become more open about his or her sexuality as a result of hooking-up. Therefore, it is necessary for researchers to observe the directionality of the link between sexual attitudes and hooking-up, specifically the difference between males and females. This is important because Herold, Maticka-Tyndale, and Mewhinney (1998) discovered that men who reported having previous hook-ups held further permissive attitudes toward sex than females. Moreover, such views decided the link between past hook-up activities and intentions to engage in future hook-ups.

Fifth, it is important for further research to explore the impact that the use of hook-up apps has had on the hook-up culture. It is unknown how or if at all that hook-up apps has shifted the hook-up culture. Additionally, we only observed people's motivation for using hook-up apps and so future research could explore the consequences of using these apps. It has been suggested in an online news article that hook-up apps such as Tinder have impacted girls' self-esteem in a negative way (Rapini, 2014). Having said that, Rapini (2014) reported that the girls were looking for relationships on Tinder whereas the boys were looking for a hook-up. This resulted in the girls being disappointed with the relationship because it did not play out as they had expected, which then in turn lowered their self-esteem.

Future research could observe if female self-esteem is impacted when engaging in looking for a hook-up. How does it affect a person, when they show interest in a particular person, but their interest is not returned? Another important area of future research in regards to using hook-up apps is exploring the security of these apps. In other words, are hook-up apps safer for users than going to a traditional hook-up venue (e.g., bars, clubs, college party)? Are users lessening their chance of being physically or psychologically harmed when using a hook-up app? Does the feeling of control over the situation/location matter?

7 Conclusion

The main finding of the present study is that women rated higher than men on sexual motives in terms of using hook-up apps. Women were more likely to claim that they use these apps to be more sexually adventurous. In addition, the findings indicated that women expressed feelings of positive emotions (i.e., easy, affectionate, secure, and tenacious) prior to using hook-up apps. Another important finding of this study is that there was no gender difference on the first four factors (social-sexual, social-relationship, enhancement, and coping) in terms of motives for hooking-up. However, there was a gender difference on the fifth factor, conformity. Females were more likely to claim they hook-up because they feel pressure from friends or feel left out if they don't.

Moreover, it was found in this present study that men were more interested in hooking-up than women. An interesting finding was that both males and females viewed someone who engaged in a hook-up to be neutral. In other words, both males and females neither perceived someone positive or negative if they engaged in a hook-up. This suggests that hooking-up has become a social norm, especially among university students. While the present study extends our knowledge about

hooking-up, further quantitative and qualitative studies are required to understand hooking-up and the use of hook-up apps that has become very common among young people.

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Appendix

What Motivates Students to use hook up Mobile Apps?

Hook up Scale

Please note that the term *hook up* is used extensively throughout this questionnaire. Please use the definition of hookup below when answering the questions that follow.

Definition of *Hook Up*– Engaging in physically intimate consensual behaviours ranging from "deep kissing" (i.e., also known as French kissing, which involves openmouthed kissing where a person's tongue is inserted into the other's mouth) and or "heavy petting" (i.e., sustained erotic contact involving stimulation of the genitals but stopping short of intercourse) oral sex, anal sex, mutual masturbation, and/or intercourse with someone with whom you do not have a committed relationship with. Hooking up is defined as something both people agree to (consensual), including how far they go.

Part 1 – Profile

- 1) Age

- 2) Gender:
 - a. Female
 - b. Male
 - c. Trans*
 - d. Other - Please Specify _____

- 3) What year of study are you in?
 - e. First year
 - f. Second year
 - g. Third year
 - h. Fourth
 - i. Other –Please Specify _____

- 4) How would you characterize your sexual identity?
 - a. Heterosexual
 - b. Gay or Lesbian
 - c. Bisexual
 - d. Pansexual
 - e. Queer
 - f. I don't use a label
 - g. Other – Please Specify _____

- 5) What is your ethnicity?
 - a. European /White
 - b. Latino
 - c. Asian or Pacific Islander
 - d. African Canadian
 - e. Native Canadian
 - f. South Asian
 - g. Bi- / Multi-Racial
 - h. Other – Please Specify _____

- 6) What is your religious affiliation?
 - a. Christian
 - b. Muslim
 - c. Jewish
 - d. Buddhist
 - e. Hindu
 - f. Sikh
 - g. Atheist

- h. Agnostic
- i. Other: _____

Part 2 –Interests & Activities

7) How would you rate your interest level in hooking-up?

- 1 = I would not like to do this
- 2 = I am unsure
- 3 = I am curious and would like to do this, but have not yet
- 4 = I have done this activity

8) If you were to participate in hooking-up, what role would you like to take on during this activity?

- 1 = In control or giving
- 2 = Being directed or receiving
- 3 = Either / Both

9) Ideally, how often would you like to hook-up?

- 1 = Never
- 2 = Once or rarely
- 3 = Indifferent / Unsure
- 4 = Frequently
- 5 = Always

10) How would you characterize your view of people of someone who engages in hooking up?

- 1 = Very Negative
- 2 = Negative
- 3 = Neutral / Uncertain
- 4 = Positive
- 5 = Very Positive

11) Which of the following hook up mobile app(s) have you already used (or intended to use for those who have not actually had a hook up before)?

1. Tinder
2. Grindr
3. Brenda
4. Bang with Friends AKA Down
5. Snap Chat
6. Blendr
7. Pure
8. Date Map
9. Hinge
10. Skout
11. Swoon
12. Sonar
13. Scruffs
14. POF (Plenty of Fish)
15. Meet Me
16. Badoo
17. okc (Okcupid Dating)
18. ZOOSK
19. How About We
20. Coffee Meets Bagel
21. Match.com
22. Mamba
23. Skout
24. Other: Please list any other hook-up apps that you have used (or know about)?

12) Have you ever engaged in a hook up?

1. YES (if “yes,” please answer the remaining questions)
2. NO (if “no,” you are now finished)

NOTE: If you have never actually had a hook up, you are now done the questionnaire. Thank you for your participation.

13) How old were you when you first engaged in a hook up?

14) How many times have you engaged in a hook up? _____

15) Which of the following sexual behaviours have you *ever* engaged in with a hook up partner of the *opposite sex*? (Note: write “0” if behaviour has never occurred).

- a. Heavy Kissing _____
- b. Heavy Petting _____
- c. Masturbating your partner without orgasm _____
- d. Masturbating your partner to point of orgasm _____

- e. Being masturbated by your partner without orgasm _____
- f. Being masturbated by your partner to point of orgasm _____
- g. Mutual masturbation _____
- h. Giving oral sex to your partner _____
- i. Receiving oral sex from a partner _____
- j. Vaginal sex _____
- k. Anal sex _____

16) *In the last 12 months*, which of the following sexual behaviours have you engaged in with a hook up partner of the *opposite sex*? (Note: write “0” if behaviour has never occurred).

- a. Heavy Kissing _____
- b. Heavy Petting _____
- c. Masturbating your partner without orgasm _____
- d. Masturbating your partner to point of orgasm _____
- e. Being masturbated by your partner without orgasm _____
- f. Being masturbated by your partner to point of orgasm _____
- g. Mutual masturbation _____
- h. Giving oral sex to your partner _____
- i. Receiving oral sex from a partner _____
- j. Vaginal sex _____
- k. Anal sex _____

17) Which of the following sexual behaviours have you *ever* engage in with a hook up partner of the *same sex*? (Note: write “0” if behaviour has never occurred and write “NA” if it is not applicable).

- a. Heavy Kissing _____
- b. Heavy Petting _____
- c. Masturbating your partner without orgasm _____
- d. Masturbating your partner to point of orgasm _____
- e. Being masturbated by your partner without orgasm _____
- f. Being masturbated by your partner to point of orgasm _____
- g. Mutual masturbation _____
- h. Giving oral sex to your partner _____
- i. Receiving oral sex from a partner _____
- j. Vaginal sex _____
- k. Anal sex _____

18) *In the last 12 months*, which of the following sexual behaviours did you engage in with a hook up partner of the *same sex*? (Note: write “0” if behaviour has never occurred and write “NA” if it is not applicable).

- l. Heavy Kissing _____
- m. Heavy Petting _____
- n. Masturbating your partner without orgasm _____
- o. Masturbating your partner to point of orgasm _____
- p. Being masturbated by your partner without orgasm _____
- q. Being masturbated by your partner to point of orgasm _____
- r. Mutual masturbation _____
- s. Giving oral sex to your partner _____

- t. Receiving oral sex from a partner _____
- u. Vaginal sex _____
- v. Anal sex _____

19) In the last 12 months, how many people have you hooked up with where you did *not* use a hook up app?

20) In the last 12 months, how many people have you hooked with where you *used* a hook up app?

21) Upon meeting persons from one of the hook up apps you listed above, how many had you communicated with for less than 24 hours before you hooked up?

- 1. YES
- 2. NO

22) Upon meeting a person from one of the hook-up apps you listed above, had you hooked up with them less than 24hrs of *physically (in person)* meeting them?

- 1. YES
- 2. NO

Part Three—Emotions

23) To what extent were you experiencing the following feelings before you used the hookup app?

0 = Not at all

1 = Unsure

2 = Low

3 = Moderate

4 = High

Accepting _____

Confident _____

Receptive _____

Interested _____

Easy _____

Relaxed _____

Encourage _____

Great _____

Joyous _____

Satisfied _____

Important _____

Elated _____

Affectionate _____

Attracted _____

Playful _____

Impulsive _____

Frisky _____

Thrilled _____

Courageous _____

Snoopy _____

Inquisitive _____

Certain _____	Loving _____	Curious _____
Free and Easy _____	Loved _____	Intrigued _____
Bright _____	Warm _____	Absorbed _____
Eager _____	Free _____	Irritated _____
Keen _____	Impulsive _____	Bitter _____
Bold _____	Rebellious _____	Hateful _____
Daring _____	Secure _____	Insulting _____
Optimistic _____	Tenacious _____	Hostile _____
Lousy _____	Upset _____	Alone _____
Disappointed _____	Doubtful _____	Inferior _____
Discouraged _____	Embarrassed _____	Empty _____
Ashamed _____	Shy _____	Pathetic _____
Miserable _____	Sceptical _____	Hesitant _____
Insensitive _____	Fearful _____	Crushed _____
Dull _____	Anxious _____	Deprived _____
Bored _____	Nervous _____	Rejected _____
Reserved _____	Wary _____	Offended _____
Cold _____	Restless _____	Alienated _____
Lonely _____		
Anguish _____		
Pessimistic _____		
Unhappy _____		
Desperate _____		

Part Four –Substance Use

24) How many drinks would you or do you usually consume before using a hook up app? (Please specify either 0 or the number of standard-size drinks. Note that a standard size drink equals a 12-ounce beer, 5-ounce glass of wine, or 1.5-ounces of hard liquor). _____

25) What other drugs, if applicable, have you used before using a hook up app? Please list:

Part Five— Part A—Motives for hooking up

26) Thinking of all the times you have hooked up, how often would you say that you hook up for each of the following reasons? There are no right or wrong answers; we just want to know what you think personally.

Answer options are *almost never/never* (1), *some of the time* (2), *half of the time* (3), *most of the time* (4), and *almost always/always* (5).

1. I hook up because it allows me to avoid being tied down to one person.
2. Hooking up provides me with “friends with benefits.”
3. Hooking up provides me with sexual benefits without a committed relationship.
4. Hooking up enables me to have multiple partners.
5. I hook up because hooking up is a way to find a relationship.
6. I hook up because it is the first step to forming a committed relationship.
7. I hook up because it can help me decide if I want something more serious with my hookup partner.
8. I hook up because it’s fun.
9. I hook up because it’s sexually pleasurable.
10. I hook up because I’m attracted to the person.
11. I hook up because it’s exciting.
12. I hook up because it makes me feel good when I’m not feeling good about myself.
13. I hook up because it makes me feel attractive.
14. I hook up because it cheers me up when I’m in a bad mood.
15. I hook up because it helps me feel less lonely.
16. I hook up because I feel pressure from my friends to hook up.
17. I hook up because my friends will tease me if I don’t.
18. I hook up because it helps me fit in.
19. I hook up because I feel I’ll be left out if I don’t.

Part B—Motives for using Hook-up app(s)

27) To what extent do the following motives apply using a hookup app?

Answer options are *almost never/never* (1), *some of the time* (2), *half of the time* (3), *most of the time* (4), and *almost always/always* (5).

1. I use hook up app(s) to find casual sex.
2. I use hook up app(s) to find a hook up.
3. I use hook up app(s) to feel good about myself.
4. I use hook up app(s) to find a date.
5. I use hook up app(s) to find a relationship.
6. I use hook up app(s) to have a good time (fun).
7. I use hook up app(s) to look at others profiles.
8. I use hook up app(s) because my friends do.
9. I use hook-up app(s) because I am bored.
10. I use hook-up app(s) for sexual freedom.
11. I use hook-up app(s) to be sexually adventurous.
12. I use hook-up app(s) to meet my sexual needs.
13. I use hook-up app(s) to feel powerful.
14. I use hook-up app(s) to have control.
15. I use hook-up app(s) to cheat on my partner.
16. I use hook-up app(s) to be more selective of a hook-up partner.
17. I use hook-up app(s) because it is convenient.
18. I use hook-up app(s) to make someone jealous.
19. I use hook-up app(s) to seek attention.
20. I use hook-up app(s) to feel attractive.
21. I use hook-up app(s) to increase the number of sex partners.
22. I use hook-up app(s) for immediate access to resources (accepting gifts of money and other trinkets, for putting out).
23. I use hook-up app(s) to seek out mate sexual compatibility.
24. I use hook-up app(s) because I am shy.
25. I use hook-up app(s) because it is safer.
26. I use hook-up app(s) because I feel uncomfortable in public places.
27. I use hook-up app(s) because I give a bad first impression.
28. I use hook-up app(s) because it allows me to present how I want others to see me.
29. I use hook-up app(s) because I do not go to bars/pubs.
30. I use hook-up app(s) because I do not attend parties.