

**Young and Midlife Single (or Recently Single) Heterosexual North  
American Adults' Typical First Date Scripts  
and Their Retrospective Perceptions of Their First Date Experiences**

**by**

**Erin Elizabeth Allard**

**A Thesis  
presented to  
The University of Guelph**

**In partial fulfillment of requirements  
for the degree of  
Doctor of Philosophy  
in  
Psychology**

**Guelph, Ontario, Canada**

**© Erin Elizabeth Allard, July, 2013**

## ABSTRACT

### **YOUNG AND MIDLIFE SINGLE (OR RECENTLY SINGLE) HETEROSEXUAL NORTH AMERICAN ADULTS' TYPICAL FIRST DATE SCRIPTS AND THEIR RETROSPECTIVE PERCEPTIONS OF THEIR FIRST DATE EXPERIENCES**

**Erin Elizabeth Allard**  
**University of Guelph, 2013**

**Advisor:**  
**Professor Serge Desmarais**

Midlife adults who have divorced or never married represent a growing demographic in North America. Despite this fact, little research has examined the dating and sexual behaviours of these individuals. Research has instead focused on the dating and sexual lives of young adults, particularly undergraduate students. The current research program examined young (aged 18-24 years) and midlife (aged 35-54 years) single (or recently single) heterosexual North American adults' typical first date scripts and their retrospective perceptions of their first date experiences. More specifically, Study 1 examined young and midlife adults' typical first date scripts. Participants were asked to list at least 20 actions that a woman would typically perform on a first date with someone new, from the beginning of the date to its end, putting the actions in the order in which they would occur. Participants were then instructed to carry out the task a second time, focusing on the actions that a man would typically perform on a first date with someone new. Study 2 examined young and midlife adults' retrospective accounts of their actual first date scripts, as well as their actual first date sexual behaviour. Participants were asked to list at least 20 actions that they performed on their most recent first date, from the beginning of the date to its end, putting them in the order in which they occurred.

They were also asked to complete a revised Guttman scale of sexual behaviours, checking off from a list the behaviours that occurred on their most recent first date. Across both studies, analyses revealed three key patterns with respect to gender roles. First, contrary to expectations, young adults tended to be more traditional than midlife adults with respect to first dates. Second, midlife adult women tended to be less traditional than expected with respect to first dates. Lastly, in keeping with expectations, women were depicted as taking a passive role and men were depicted as taking a more active role in the scripts. Implications of the findings and recommendations for future research follow.

## **Acknowledgements**

I would not have been able to complete this dissertation had I not had the support of several key individuals. First, thank you Dr. Serge Desmarais, my PhD supervisor, mentor, and friend. The guidance, support, and patience you showed me throughout my PhD studies were appreciated more than you know. You are wonderful. Thank you! To Daniel, my partner, thank you for your ongoing love, patience, and encouragement throughout the duration of my university studies. The understanding, caring way that you approached me during the stressful, roller-coaster-ride that was graduate studies makes you nothing short of a saint. Mom, dad, and Melissa, my sister, thank you for your never-ending love and support, and for instilling in me qualities which were pivotal to my success – both in my studies, and in life. In particular, mom, I credit you for making me realize at a very young age the value of education and the importance of being a well-rounded individual and citizen. Dad, while the financial support that you provided me throughout my studies, and entire life, is certainly worthy of many thanks, what I would like to thank you for most is instilling in me a strong work ethic and desire to succeed. Melissa, my thanks to you mostly center around your fulfilling your sisterly duties, and for doing so in an A+ manner. You have been a great listener, advice-giver, and source of encouragement for me from day one – literally – and for this I will always be grateful. To my friends, thank you for being there for me when I needed someone to chat with, bounce ideas off of, or relax with. You helped to keep me sane throughout the most trying of times. Finally, thank-you to my research assistant, Sarah Blackmore. Sarah, the hard work that you put into helping to code my data will never be forgotten. You were a true God-send, and you have become a great friend. Thank you!

## Table of Contents

List of Tables .....	x
List of Figures .....	xii
Chapter I: Introduction .....	1
The Growing Demographic of Single North American Adults .....	2
Over-Reliance on Young Adults in Dating and Sexuality Research .....	3
Gender .....	7
Gender and First Dates .....	8
Control Variables .....	11
Sociosexual Orientation .....	11
Adherence to the Sexual Double Standard .....	12
Attitude Towards Traditional/Egalitarian Sex Roles .....	13
Religiosity .....	14
Sexual Desire .....	14
First Date Experience .....	15
Contextual Variables .....	15
Date Partner Familiarity .....	16
Alcohol Consumption .....	17
Chapter II: Study 1 Literature Review .....	19
Young Adults' Hypothetical First Dates .....	20
Hypothetical First Dates: Typical First Date Scripts .....	21
Hypothetical First Dates: First Date Scripts Based on Scenarios .....	23
Hypothetical (Typical) and Actual First Dates: First Date Scripts .....	26

Additional Research on Hypothetical First Dates .....	28
Gender of the Date Initiator and Hypothetical First Dates .....	28
Hypothetical First Date Goals .....	30
Midlife Adults' Dating and Sexual Behaviour .....	31
Comparing Young Adults' and Midlife Adults' Dating and Sexual Practices .....	33
Summary .....	36
Research Questions and Hypotheses .....	38
Chapter III: Study 1 Methods .....	39
Participants .....	39
Procedure and Measures .....	42
Informed Consent .....	42
Demographics and Sexual and Relational History, Including the Control Variable First Date Experience .....	42
The Remaining Control Variables .....	43
Sociosexual Orientation .....	43
Sexual Double Standard .....	44
Attitudes Towards Traditional/Egalitarian Sex Roles .....	44
Religiosity .....	45
Sexual Desire .....	45
Hypothetical (Typical) First Date Scripts .....	46
Debriefing .....	47
Chapter IV: Study 1 Results .....	47
Preliminary Analyses .....	47
Missing Data .....	47

Normality .....	48
Descriptive Statistics .....	48
Testing the Research Questions and Hypotheses .....	52
Chapter V: Study 1 Discussion .....	82
Chapter VI: Study 2 Literature Review .....	92
Young Adults' Actual First Dates .....	93
Retrospective Accounts of Actual First Date Scripts .....	93
Retrospective Accounts of Actual First Date Sexual Behaviour .....	93
Additional Research on Retrospective Accounts of Actual First Dates.....	94
Retrospective Accounts of Gender of the Date Initiator and Actual First Dates .....	94
Retrospective Accounts of Actual First Date Goals .....	95
Midlife Adults' Dating and Sexual Behaviour .....	97
Comparing Young Adults' and Midlife Adults' Dating and Sexual Practices .....	97
Comparing Young Adults' and Midlife Adults' Actual First Dates .....	98
Defining a Date .....	98
Differentiating a Date From Going Out With Friends .....	99
Retrospective Accounts of Actual First Date Goals .....	100
Summary .....	101
Research Questions and Hypotheses .....	103
Retrospective Accounts of Actual First Date Scripts .....	103
Retrospective Accounts of Actual First Date Sexual Behaviours .....	105
Chapter VII: Study 2 Methods .....	105
Participants .....	105

Procedure and Measures .....	108
Informed Consent .....	109
Demographics and Sexual and Relational History, Including the Control Variable First Date Experience .....	109
The Remaining Control Variables .....	109
Information About the Date Partner, Including the Contextual Variable Date Partner Familiarity .....	110
The Remaining Contextual Variable, Alcohol Consumption .....	110
First Date Goals .....	111
Sexual Behaviour In Which Participants Engaged .....	111
Retrospective Accounts of Actual First Date Scripts .....	112
Debriefing .....	113
Chapter VIII: Study 2 Results .....	113
Preliminary Analyses .....	113
Missing Data .....	113
Normality .....	113
Descriptive Statistics .....	114
Testing the Research Questions and Hypotheses .....	119
Retrospective Accounts of Actual First Date Scripts .....	119
Retrospective Accounts of Actual First Date Sexual Behaviours .....	135
Chapter IX: Study 2 Discussion .....	137
Chapter X: General Discussion .....	146
Limitations .....	153
Implications for Future Research .....	157

References .....	162
Appendices .....	176
Appendix A: Study 1 Consent Form .....	176
Appendix B: Studies 1 and 2 Demographics Questionnaire .....	179
Appendix C: Studies 1 and 2 Sexual and Relational History Questionnaire .....	182
Appendix D: Studies 1 and 2 Sociosexual Orientation Inventory .....	185
Appendix E: Studies 1 and 2 Sexual Double Standard Scale .....	187
Appendix F: Studies 1 and 2 Traditional/Egalitarian Sex Roles Scale .....	191
Appendix G: Studies 1 and 2 Religiosity Scale .....	194
Appendix H: Studies 1 and 2 Sexual Desire Inventory 2 .....	195
Appendix I: Study 1 Typical Female First Date Script Elicitation .....	198
Appendix J: Study 1 Typical Male First Date Script Elicitation .....	200
Appendix K: Study 1 Debriefing .....	202
Appendix L: Study 1 Typical Female First Date Script Actions, Post Collapsing ...	204
Appendix M: Study 1 Typical Male First Date Script Actions, Post Collapsing .....	213
Appendix N: Study 2 Consent Form .....	223
Appendix O: Study 2 Information About the Date Partner .....	226
Appendix P: Study 2 Alcohol Consumption .....	229
Appendix Q: Study 2 First Date Goals .....	230
Appendix R: Study 2 Sexual Behaviour in Which Participants Engaged .....	231
Appendix S: Study 2 Retrospective First Date Script Elicitation .....	232
Appendix T: Study 2 Debriefing .....	234
Appendix U: Study 2 Retrospective First Date Script Actions, Post Collapsing .....	236

## List of Tables

Table 1. Demographic Information for Study 1.....	41
Table 2. Means and Standard Deviations for the Control Variables for Study 1 By Country.....	49
Table 3. Means and Standard Deviations for the Control Variables for Study 1 .....	49
Table 4. Pearson Correlations Between the Control Variables for Study 1 .....	50
Table 5. Typical Female First Date Script (TFFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	54
Table 6. Typical Female First Date Script (TFFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	55
Table 7. Typical Female First Date Script (TFFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	56
Table 8. Typical Female First Date Script (TFFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	57
Table 9. Typical Male First Date Script (TMFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	58
Table 10. Typical Male First Date Script (TMFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	59
Table 11. Typical Male First Date Script (TMFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	60
Table 12. Typical Male First Date Script (TMFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	61
Table 13. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘F Shops For Clothes And Or Dresses Nicely’ in the Typical Female First Date Script .....	63
Table 14. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘They Drink During The Date’ in the Typical Female First Date Script .....	64
Table 15. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Makes Conversation With F’ in the Typical Male First Date Script .....	66

Table 16. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Pays For Own Food Beverage And Or Meal’ in the Typical Male First Date Script .....	67
Table 17. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Pays For Fs Food Beverage And Or Meal’ in the Typical Male First Date Script .....	68
Table 18. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Indicates Goodbye’ in the Typical Male First Date Script .....	69
Table 19. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘They Meet At A Mutual Location For The Date’ in the Typical Male First Date Script .....	70
Table 20. Demographic Information for Study 2 .....	107
Table 21. Means and Standard Deviations for the Control and Contextual Variables for Study 2 By Country .....	115
Table 22. Means and Standard Deviations for the Control and Contextual Variables for Study 2 .....	116
Table 23. Pearson Correlations between the Control and Contextual Variables for Study 2 .....	117
Table 24. Retrospective First Date Script (RFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	121
Table 25. Retrospective First Date Script (RFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	122
Table 26. Retrospective First Date Script (RFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants .....	123
Table 27. Retrospective First Date Script (RFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants .....	124
Table 28. Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Left Or Went Home’ in the Retrospective First Date Script .....	125

## List of Figures

Figure 1. The Significant Interaction Between Gender and Age Group on Typical Female First Date Script (TFFDS) Mean Traditionality Index Scores .....	74
Figure 2. The Significant Interaction Between Gender and Age Group on Typical Male First Date Script (TMFDS) Mean Sexual Behaviour Index Scores .....	81
Figure 3. The Significant Interaction Between Gender and Age Group on Retrospective First Date Script (RFDS) Mean Opposite Sex Index Scores .....	132
Figure 4. The Significant Interaction Between Gender and Age Group on Retrospective First Date Script (RFDS) Mean Sexual Behaviour Index Scores .....	135

## **Chapter I: Introduction**

Sex. Dating. Both are topics that North American popular culture explores extensively. However, we are presented with a skewed view of these concepts – one that primarily focuses on the young. As Weitz (2010) has noted, “[e]ven though midlife sexuality is increasingly visible in television and film, from Madonna’s videos to *Sex and the City*’s Samantha and beyond, mainstream American culture more often than not equates sexuality with youth” (p. 19). In a reality where many heterosexual North American midlife adults are choosing to remain or become single during middle adulthood (Statistics Canada, 2001, 2006; U.S. Census Bureau, 2000, 2006), these topics bear serious consideration. Despite this, research on single heterosexual midlife adults’ dating and sexual lives is seriously lacking. Conversely, a large number of studies have focused on the dating and sexual lives of single heterosexual young adults (primarily undergraduate students). It is these two populations, young and midlife single (or recently single) heterosexual North American adults, which were of central foci in the present research. This research program consisted of two studies. Study 1 examined young and midlife adults’ typical first date scripts. Study 2 examined young and midlife adults’ retrospective accounts of their actual first date scripts, as well as their actual first date sexual behaviour. Similarities and differences with respect to age and gender took center stage.

For the purposes of this research, a ‘date’ was defined as “any pre-planned social activity where [an individual] arranged to meet a person where there was some romantic interest or the potential for (or investigation of) romantic interest” (Muehlenhard & Linton, 1987, as cited in Mongeau & Johnson, 1995, p. 304). ‘Single’ referred to

individuals who had never married or always been single, those who were separated but still legally married, those who were divorced, and those who were widowed. 'Recently single' referred to individuals who were in a romantic partner relationship that began less than 60 days prior, before which they were single. I defined 'young adults' as individuals aged 18-24 years, chosen so that comparisons could easily be made with past research conducted on undergraduate participants. I defined 'midlife adults' as individuals aged 35-54 years, chosen because that range encompassed the years in between one being considered a young adult and one being considered an older adult - terms that had been variously defined in past research.

Prior to reviewing past research about first dates, I will first describe how current North American demographic and social factors, along with a general over-reliance on young adults in relationship research, necessitate further research on the dating and sexual lives of single heterosexual midlife adults. That section will be followed by a discussion on gender, as well as an outline of the key control variables and contextual variables included in the research.

### **The Growing Demographic of Single North American Adults**

While single adults comprised approximately 28% of the adult population in the United States in 1970, by 2002 they comprised more than 40% (U.S. Census Bureau, 2002, as cited in DePaulo & Morris, 2005). As of 2006, the percentage had risen further: 47.3% of those aged 15 and over were single, meaning never married, separated, divorced, or widowed (U.S. Census Bureau, 2006). Canadian census data from 1996 and 2001 told a similar story: 40.8% of individuals aged 15 and over were single in 1996 (Statistics Canada, 1996), whereas 50.9% were single in 2001 (Statistics Canada, 2001),

rising further still to 52.1% in 2006 (Statistics Canada, 2006). Interestingly, the growth in this demographic occurred for both the young and midlife adult populations (Statistics Canada, 2001, 2006; U.S. Census Bureau, 2000, 2006). In 2000, there were approximately 33,722,200 young adult singles aged 15-24 living in the United States, but that number had risen to 37,654,000 by 2006. In Canada, there were approximately 3,856,670 in 2001, yet 4,084,525 in 2006. Similarly, in 2000 there were approximately 26,553,300 midlife adult singles aged 35-54 living in the United States, yet 28,816,000 in 2006. As for Canada, the population comprised 3,465,185 individuals in 2001, but 3,846,890 in 2006.

### **Over-Reliance on Young Adults in Dating and Sexuality Research**

While dating has long been a North American heterosexual practice, some dating patterns change from generation to generation (Bailey, 1988; Cate & Lloyd, 1992; Mongeau, Jacobsen, & Donnerstein, 2007). Although the study of dating has an extensive history in the social sciences, the research has limited generalizability due to the overrepresentation of university students; “being single is not limited to being in college” (Mongeau et al., 2007, p. 527). Nevertheless, until recently (e.g., Cooney & Dunne, 2001; Coupland, 2000; King & Scott, 2005; Levesque & Caron, 2004), writing and research on dating among non-university student samples, such as midlife adults, was scarce (Mongeau et al., 2007; Montenegro, 2003).

As Mongeau et al. (2007) have pointed out, the social experience of the typical university student is very different from that of the typical midlife adult. While university students frequently spend time in cross- and mixed-sex groups with individuals who are of a similar age as themselves (ideal environments for the development of relationships),

older single adults may not have access to such environments (Mongeau et al., 2007). It may thus not be surprising that non-university student adults have indicated that the primary frustrations they face in the dating and romance realms are not meeting enough people and not knowing where they should go to meet people (Mongeau et al., 2007; Montenegro, 2003).

Considering the different social experiences that university students and midlife adults have, it certainly seems possible that dating research conducted on university students may not generalize to midlife adults (Mongeau et al., 2007). It is for this reason that researchers such as Coupland (2000) caution “against assuming that the norms of young daters apply to all ages” (Mongeau et al., 2007, p. 528). Mongeau et al. (2007) have noted that many perspectives underscore the notion that dating norms may not generalize from young adults to midlife adults. Three separate perspectives are briefly outlined here.

First, Erikson (1968) argues that young adults and midlife adults are in different stages of psychosocial development, and thus, these individuals likely differ with respect to the concerns impacting their dating processes (Mongeau et al., 2007). Erikson argued that young adults face the psychosocial crisis of intimacy versus isolation, whereas those in middle adulthood face the psychosocial crisis of generativity versus stagnation.

Second, evolutionary perspectives propose that many relational processes, such as the criteria used to select a mate, change with age (Buss, 2003; Mongeau et al., 2007), and that those processes affect young and midlife adults differently based on both age and life situation (Mongeau et al., 2007). For example, young adults are at the stage of life

that is ideal for reproducing, whereas for midlife adults that stage has come and gone (Mongeau et al., 2007).

Third, young adults (particularly university students) and midlife adults live in different social worlds, and this may impact access to similar-aged opposite-sex potential dates (Mongeau et al., 2007). These individuals are also likely to have different demographic situations (Mongeau et al., 2007). The average university student, for example, is many years away from the average age of first marriage, whereas the average midlife adult may have already experienced marriage (Mongeau et al., 2007) and separation, divorce, or widowhood. Further, unlike young adults, midlife adults are likely to be deep into a career and to already have children (Mongeau et al., 2007). These circumstances help to create a scenario where young adults are easily able to engage in many short-term romantic relationships that increase their experience in the relational realm (Glenn & Marquardt, 2001; Mongeau et al., 2007), better preparing them for longer-term relationships; experiences from which midlife adults have already had the opportunity to benefit. Moreover, midlife adults “may have insufficient time, energy, or available partners to play the field” (Mongeau et al., 2007, p. 539).

Regardless of whether one takes the evolutionary, psychosocial development, or social world perspective, all indications suggest that young adults and midlife adults are faced with different biological, developmental, and social factors that affect how they approach and negotiate dating and romantic relationships. Research, for example, has found that young adults and midlife adults differ with respect to preferred characteristics of real (Levesque & Caron, 2004) and ideal (Coupland, 2000; Levesque & Caron, 2004) date partners, sex guilt (Abramson & Imai-Marquez, 1982), safe sex intentions (Wulfert

& Wan, 1995), condom use (Upchurch, Kusunoki, Simon, & Doty, 2003; Warren, 2006; Wulfert & Wan, 1995), number of sexual partners (Upchurch et al., 2003), and likelihood of being in non-exclusive relationships or having unfamiliar partners (Warren, 2006). These differences will be described in detail in the literature review for Study 1.

Considering that age group differences have been found for a variety of general dating processes, there is ample reason to believe that such differences may also be found for first dates. Many researchers who study first dates (Laner & Ventrone, 1998; Morr & Mongeau, 2004; Rose & Frieze, 1989) have noted that an important direction for future research would be to examine first dates among different age groups. As Morr and Mongeau (2004) have noted, “because cultural influences change over time, it is likely that there are generational differences in dating norms and expectations. An older population of adults who may be dating again following the divorce or death of a spouse would probably have different expectations for dates than a 19-year-old college sophomore” (p. 29). Despite recommendations that first dates be examined beyond young adulthood, only one study (Mongeau et al., 2007) has examined first dates among midlife adults in conjunction with research on young adults. That study, which focused on defining the term ‘date’, differentiating a date from going out with friends, and identifying first date goals, will be discussed in detail in the literature review for Study 2. No study to date has examined typical first date scripts (the focus of Study 1), actual first date scripts (the first focus of Study 2), or actual first date sexual behaviour (the second focus of Study 2) for midlife adults.

Just as it is important to recognize that significant differences may exist between young adults and midlife adults when it comes to dating and sexual behaviour, it is also

important to recognize that there may be significant differences between men and women in those realms. Indeed, past research has documented that gender differences exist for various aspects of social relationships. The following section will review some of these differences.

## **Gender**

Men and women differ in many ways during the early stages of romantic relationships and associated events, such as first dates (Mongeau, Serewicz, & Therrien, 2004). The cause of these differences has been rigorously debated (Mongeau et al., 2004). As Mongeau et al. (2004) have noted, Hyde and Oliver (2000) have examined various theoretical positions on gender differences (such as neoanalytic, sociobiology, evolutionary psychology, social learning, social role, and feminist theories) and have remarked that “although operating under considerably different assumptions, [the theories] actually make predictions that are more similar than different” (p. 65). While an extensive review of all of the theories would be beyond the scope of this paper, several of the theories will be mentioned throughout.

One may gain a better understanding of gender differences by having an understanding of gender schema theory and script theory. A schema is a cognitive framework that helps to organize and guide an individual’s perceptions. According to gender schema theory, as children develop they gain schemata that guide their cognitions pertaining to gender (Brannon, 2005). Bem (1981) has claimed that all individuals have a gender schema that predisposes them to process information along the lines of gender. One of the implications of gender schema theory is that stereotypes may thus be very slow to change. It is believed that this theory may have utility in explaining the

prevalence of traditional gender role stereotypes in reports of first date scripts, irrespective of the many changes that have occurred in that realm.

Script theory distinguishes schemata from scripts. Put simply, schemata are representations of knowledge. Scripts, on the other hand, are types of schemata that are used to organize experiences (Laner & Ventrone, 2000). Typically, they consist of a series of stereotypical actions performed in a temporal sequence (Ginsberg, 1988). Scripts allow individuals to predict how others will act. They also give individuals a guide as to how they are expected to behave (Laner & Ventrone, 2000). Sexual scripts are the cognitive models used to choose and evaluate behaviour in the sexual and relational realms (Laner & Ventrone, 2000; Simon & Gagnon, 1986). The fundamentals of sexual scripts, particularly gender roles, are acquired during the child and adolescent years, largely via socialization. Behaving in ways that are consistent with one's gender role is associated with feelings of self-worth and perceived competence and social support (Cramer & Skidd, 1992, as cited in Laner & Ventrone, 1998). Since society "continue[s] to raise children to find rewards in gender-stereotyped behaviours and attitudes, we should not be surprised at the persistence of these behaviours and attitudes into adulthood, despite claims of a movement to egalitarianism" (Laner & Ventrone, 1998, p. 474). These stereotyped gender roles designate males as proactive initiators of sex and women as reactive gatekeepers.

**Gender and first dates.** According to the sociobiologically-based sexual strategies theory (Buss & Schmitt, 1993), men focus more on short-term mating than do women (Mongeau & Johnson, 1995). Consequently, it is thought that men and women develop different solutions to the mating problems they encounter (Mongeau & Johnson,

1995), and thus, their typical first date scripts are likely to differ. Research on hypothetical (typical) first date scripts (Laner & Ventrone, 1998) has found that many of the actions listed only for women seem to indicate that first dates have greater importance in the lives of women than men.

Rose and Frieze (1993) have noted that gender roles are more salient and operative earlier in a relationship because, during this initial phase, individuals tend to look to socially defined roles to guide how they behave. The earliest stage of most dates is date initiation, where one individual asks the other individual out. Although first date initiation was traditionally considered a man's job, first dates initiated by women are now common among undergraduate students (McNamara & Grossman, 1991). In one study, 83.5% of men reported that a woman had asked them out on a first date, a number that is considerably higher than the 63.1% of women who reported that they had asked a man out on a first date (Mongeau, Hale, Johnson, & Hillis, 1993). A more recent study reported a somewhat lower rate. In a sample of 190 undergraduate women, 100 of them reported that they had never initiated a first date whereas 90 women reported that they had done so (Emmers-Sommer et al., 2010). These numbers suggest that first date initiation by a woman still represents a departure from the traditional script. Asking for the date is a key component of the man's initiative in the cultural first date script (Emmers-Sommer et al., 2010; Morr & Mongeau, 2004). The initiation of first dates is important because it is usually one of the first opportunities that the asker has to explicitly communicate his or her interest in a romantic relationship with the person whom they are asking out (Harris, 1993; Mongeau & Carey, 1996). This could explain men's higher sexual expectations for first dates that females initiate and further explain

research showing that men find date rape to be less unjustifiable when the date is initiated by a woman (Muehlenhard, Frieddman, & Thomas, 1985).

Regardless of who initiates a first date, it appears that both men and women expect that the level of sexual activity will increase as a dating relationship progresses. McCabe and Collins (1984) asked participants aged 18-48 years to indicate which sexual behaviours from a list they had engaged in with a date at each of three stages of dating: the first date, after several dates, and when going steady. As the dating became more involved, the level of sexual activity increased for all participants. In a second study by the same authors (1984) however, participants aged 16-25 years were asked to indicate which sexual behaviours from a list they would like from a date at each of the same three dating stages. The results revealed that men desired significantly higher levels of sexual activity on a first date than women, but that men and women desired similar levels of sexual activity after several dates and when going steady. Along similar lines, Roche (1986) examined the differences between what young adults believed was proper premarital sexual behaviour, what they themselves did, and what they thought their peers were doing at five stages of dating. Men were more permissive than women in their attitudes of what was acceptable sexual behaviour in the early stages of dating. Both men and women tended to be more permissive in their own reported behaviour than they were when they defined what was considered acceptable sexual behaviour. Men were considerably more permissive than were women in their own reported behaviour, but the differences disappeared or reversed in later stages of dating. Participants perceived their peers as being more permissive than they were, and overall, women did not perceive their peers as being as sexually active as men did. This was especially true for the early stages

of dating. Years later, Roche and Ramsbey (1993) replicated this research with another sample of young adults with essentially the same results. In general, men were more permissive than women in their attitudes of what was acceptable sexual behaviour in the early stages of dating. Participants of both genders were most conservative in what they believed was proper sexual behaviour, more permissive in their actual sexual behaviour, and most permissive in their beliefs about the types of sexual activities done by others. Further, as dating proceeded through its stages, participants expected and engaged in more intimate sexual behaviour.

In the previous sections, I reviewed findings from key studies to highlight the importance of including age and gender in the present research as independent variables. I now turn to reviewing the key control variables and contextual variables that were included in the research.

### **Control Variables**

Social psychological research has noted that the influence of age and gender on dating norms and dating behaviour tends to be impacted by other important variables. In this section, I review and provide a rationale for the inclusion of six control variables in the present research: sociosexual orientation, adherence to the sexual double standard, attitude towards traditional/egalitarian sex roles, religiosity, sexual desire, and first date experience. Each of these variables was included as a control variable in both Study 1 and Study 2.

**Sociosexual orientation.** Sociosexuality refers to “systematic individual differences in willingness to engage in uncommitted sexual relations in the absence of strong affectional bonds” (Simpson & Gangestad, 1991, p. 878). Men have been shown

to exhibit a less restrictive sociosexual orientation and more permissive attitudes toward sexual involvement than women (Simpson & Gangestad, 1992), especially during the early stages of relationships. For example, men are more likely than women to accept an invitation to engage in intercourse with a stranger (Clark, 1990; Clark & Hatfield, 1989). This gender difference may be explained by social learning theory and its relation to the fact that women are often punished for sexual activities, such as having multiple partners, whereas men are not (Oliver & Hyde, 1993).

**Adherence to the sexual double standard.** As mentioned above, women are more often punished for sexual activities such as having multiple partners and engaging in casual sex (Oliver & Hyde, 1993). This reflects the sexual double standard, a standard by which premarital sex is only considered acceptable for men. Recent research indicates that there are many factors that may play a role in whether the sexual double standard will be exhibited. For example, it has been found that the sexual double standard is less likely to be exhibited when there is support or acceptance provided from an immediate network of similarly situated friends (Lyons, Giordano, Manning, & Longmore, 2011), when full as opposed to divided attention is paid to the target being evaluated (Marks, 2008), and when individual participants as opposed to collaborative groups evaluate targets (Marks & Fraley, 2007). Research (Marks & Fraley, 2006) also indicates that pervasive belief in the sexual double standard results in a confirmation bias - that people tend to notice information that confirms the double standard whereas they tend to fail to notice information that refutes it. Although recent research evidence for the existence of the sexual double standard is mixed, with some research even indicating that individuals now hold a single standard (e.g., Milhausen & Herold, 2001), several studies, including

one review of over 30 studies published since 1980 (Crawford & Popp, 2003), indicate that the sexual double standard remains. Moreover, in much of that research (e.g., Sprecher & Hatfield, 1996), the standard was found to be more strongly endorsed by men than women.

**Attitude towards traditional/egalitarian sex roles.** University students and older adults may label themselves as being egalitarian, but research shows that conceptions of masculinity and femininity continue to reflect traditional stereotypes (Laner & Ventrone, 2000). Moreover, even when couples identify with egalitarianism, they tend to behave in a traditional manner when they begin a relationship (Ganong & Coleman, 1992; Ganong, Coleman, Thompson, & Goodwin-Watkins, 1996). As Ganong et al. (1996) have noted, many “college students have grown up in a traditional family in which women have had to assume the majority of household tasks whether they worked outside the home or not. Rather than true egalitarian models... neither they nor their partners are relinquishing the value they place on women’s domestic and nurturing activities” (p. 772). This discrepancy between attitude and behaviour suggests that, even for those who reject them, traditional gender roles continue to play an important role - even if at a subconscious level (Serewicz & Gale, 2008). As Geis, Brown, Jennings, and Corrado-Taylor (1984) have said: “equality is sincerely endorsed when it is the focus of conscious attention, but most of the time habit and automatic assumptions create inequality” (p. 772). Comparisons between men and women (e.g., Larsen & Long, 1988) have found that women consistently score higher in the direction of egalitarian attitudes than do men.

**Religiosity.** Many researchers have found that older individuals are more religious than younger individuals, and that women generally score higher on religiosity than do men (Argue, Johnson, & White, 1999; Levin & Taylor, 1993; Levin, Taylor, & Chatters, 1994; Taylor, Mattis, & Chatters, 1999). Religion and sexuality are intertwined for many individuals, as virtually every religion attempts to regulate sexual behaviour to some extent (Worthington, 2004). Research on undergraduate students has revealed that higher degrees of religiosity are associated with negative attitudes toward non-procreative sexual activities, less likelihood of engaging in sexual intercourse, and fewer sex partners if sexually experienced (Davidson, Moore, & Ullstrup, 2004). Similar findings have been found for non-undergraduate samples. For example, Barkan (2006) found that for never-married adults, religiosity is associated with having fewer sexual partners.

**Sexual desire.** It seems obvious that there may be a relationship between one's sexual desire and what sexual activity one may engage in on a first date. Research (e.g., McCabe & Collins, 1984) has revealed that men desire more intimate sexual involvement on first dates than women. In fact, men have been found to generally have higher levels of dyadic and solitary sexual desire in both young adulthood and old age (Spector & Fremeth, 1996). Older individuals often report that they are left of the middle of the spectrum when it comes to sexual desire, and midlife and older adults experience episodes of desire less frequently and with less intensity than do young adults. This is due in part to the biologically-driven reductions in sexual inclination most apparent in the fifties when most people seem to become more comfortable with not having sex as often (Levine, 2003).

**First date experience.** By and large, those who are more knowledgeable about an event tend to have more developed scripts for that event (Chase & Simon, 1973; Larkin, McDermott, Simon, & Simon, 1980; Rose & Frieze, 1989). However, those individuals may also feel freer to modify standards for behaviour (Rose & Frieze, 1989). Research examining the relationship between hypothetical first date scripts and dating experience (Rose & Frieze, 1989) has found that while women and men do not differ in dating experience, gender roles are more prevalent in the scripts of experienced daters. Further, experienced daters tend to provide longer, more elaborative hypothetical first date scripts for women than they do for men. Research on actual first date scripts (Rose & Frieze, 1993), conversely, has found that dating experience makes no difference in the length of actual first date scripts. In the present research, first date experience was included as a control variable in both Study 1 and Study 2. Although previous research examined past dating experience more generally, first date experience was thought to be a more appropriate variable for inclusion given the focus of the research.

### **Contextual Variables**

Not all dates occur under the same set of circumstances. Given the well-established social psychological tenet that context influences people's perceptions and behaviours, this program of research took into account two key contextual variables that have been shown to affect first date expectations: date partner familiarity and alcohol consumption. These variables were not considered in both studies. They were only of relevance to, and thus included as contextual variables in, Study 2, which examined participants' experiences in a recent dating event. In this section, I review these two variables and provide a rationale for their inclusion as contextual variables.

**Date partner familiarity.** First dates may occur between two strangers or between two individuals who already know one another. The relationship between two date partners may impact the level of intimacy that is expected on their first date, as well as the level of intimacy that occurs on their first date. Research (McCabe & Collins, 1984; Oliver & Hyde, 1993) has revealed that men tend to expect more intimate sexual behaviour in early stages of relationships than women, and that these differences disappear as the relationship progresses. This gender difference may, in part, reflect women's awareness of the sexual double standard, which holds that premarital sex is acceptable for men but not for women. In line with social learning theory, women may learn that society expects them to have lower sexual expectations than men for casual, less developed relationships (Abbey & Melby, 1986, as cited in Morr and Mongeau, 2004), and that they should avoid engaging in sexual behaviour early on in a relationship. When a woman is close friends with a man she begins dating, however, she may perceive an existing level of commitment and intimacy that may lead her to expect and engage in more intimate relations with him (Morr & Mongeau, 2004). She may think that the existing level of commitment and intimacy with her date partner may prevent him from viewing her negatively should she engage in sexual behaviour with him (Morr & Mongeau, 2004). Findings by Mongeau et al. (2004) and Morr and Mongeau (2004) provide some support for this notion.

Mongeau et al.'s (2004) research on young adults' hypothetical first date goals has revealed that young adults report higher sexual activity goals for a first date with a friend than with an acquaintance. Further, they are more likely to report investigating romantic potential as a goal for a date with a friend than with an acquaintance. Similarly,

Morr and Mongeau (2004) found that young adults expect greater communication intimacy on a hypothetical first date with a friend than with an acquaintance and that women expect less intimacy than men with an acquaintance than with a friend. Despite the consistencies in these findings, however, some research has yielded contradictory findings which confuse the issue. For example, Laner and Ventrone (1998) and Serewicz and Gale (2008) have found no significant differences in the scripted intimacy on hypothetical first dates for acquaintances versus friends. It was hoped that the present research would help to clarify the role that date partner familiarity plays in first date scripts by examining the role that familiarity (measured by asking participants how well they felt they knew their date partner at the time of the date) played in actual first date scripts. Date partner familiarity was only included as a contextual variable for Study 2 of the present research because the script elicitation procedure used for Study 1 requested that participants list the actions that a man and woman would typically perform “on a first date with someone new.” There was no variability in date partner familiarity in Study 1 as the relationship was held constant across participants.

**Alcohol consumption.** Research on first dates has revealed that alcohol consumption is indeed a part of young adults’ actual (Rose & Frieze, 1993) and hypothetical (Laner & Ventrone, 1998) first date scripts. In fact, one study (Mongeau & Johnson, 1995) found that 50.2% of university students reported that they, their date, or both, consumed alcohol on their most recent actual first date, and that half of those dates included binge drinking. In another study (Morr & Mongeau, 2004) based on hypothetical scenarios, even in a first date situation that was intended to be representative of no alcohol availability, about a third of participants thought that some alcohol

consumption would take place. In the event that alcohol was available, all participants thought that they, their date, or both, would consume it, with many anticipating binge drinking.

Given its presence in first date scripts, it should not be surprising that alcohol consumption has been found to have an impact on expected and actual first date sexual behaviour. Cooper and Orcutt (1997) examined the link between alcohol consumption and the probability of sexual intercourse on two first date occasions for adolescents and young adults interviewed four and one half years apart. The probability of sexual intercourse was found to be significantly higher when the male, but not his female counterpart, consumed alcohol.

With respect to hypothetical first dates, young adults in George, Gournic, and McAfee's (1988) scenario research rated a drinking woman as significantly more aggressive, impaired, and sexually available; significantly more likely to engage in foreplay and intercourse; and significantly less attractive, than a non-drinking woman. Further, perceptions of her sexual disinhibition and likelihood of sex play were significantly enhanced if the man bought the drinks as opposed to if she bought them. Compared to their own perceptions of her, participants thought that her date would view her as significantly more disinhibited and socially skilled, and as less impaired (George et al., 1988). Using a similar scenario approach, Corcoran and Bell (1990) found that when a female character had consumed alcohol, young adult men thought that sexual activity was less likely. Young adult women thought that sexual activity was more likely when the male had consumed alcohol. Both men and women reported that there was no relation

between level of alcohol consumption and the attractiveness of their respective opposite sex story characters.

Finally, Corcoran and Thomas (1991) examined young adults' perceptions of the likelihood of male and female initiation of sexual intercourse in a first date scenario in which one character consumed a couple of cocktails, whereas the other character either had a couple of cocktails, had soft drinks, or became slightly intoxicated. Participants perceived men to be more likely than women to initiate intercourse across all of the drinking conditions, although they believed that sexual activity was more likely to be initiated when the characters consumed alcohol as opposed to soft drinks. Thus, this study further supports the notion that the expectancy for the initiation of sex appears to be triggered by the presence of alcohol; it did not significantly increase for a higher amount of alcohol consumed. On the basis of this research, alcohol consumption, namely the number of alcoholic drinks that participants consumed during the date, was included as a contextual variable in Study 2 of the present research. Alcohol consumption was not included as a contextual variable in Study 1 because the typical first date script elicitation procedure that was used for Study 1 did not allow alcohol consumption to be manipulated. An in-depth description of Study 1 and relevant literature follows.

## **Chapter II: Study 1 Literature Review**

Numerous studies have investigated ongoing intimate relationships, but few have focused on first dates. Moreover, the few studies that have examined first dates have largely been restricted to undergraduate samples. No study to date has examined first date scripts for midlife adults. Study 1 of the present research addressed this limitation by

examining first dates in a large, diverse sample of young adults, as well as among a large, diverse sample of midlife adults.

The main aim of Study 1 was to add to the existing body of literature by examining young and midlife single (or recently single) heterosexual North American adults' typical first date scripts. More specifically, Study 1 was designed to provide insight into what young and midlife adults think a typical first date entails (i.e., what actions comprise the typical first date script for a man and a woman, separately), and to determine whether there are age group and/or gender differences in people's views of typical first dates. Where gender and age differences were found, the study also examined what circumstances affected the discrepancies.

Researchers have taken one of two approaches when examining first date scripts: 1) they have examined first date scripts for hypothetical first dates, either for typical first dates or for first dates in scenarios given, or 2) they have compared the first date scripts for hypothetical (typical) first dates and actual first dates, retrospectively. Even though Study 1 of the present research only examined hypothetical (typical) first date scripts, this section will review all prior work for both approaches, making a clear distinction between hypothetical and actual first date research. This distinction is one that many researchers have failed to make in the past. The following section will begin with a review of the research on young adults' first dates. Thereafter, research examining midlife adults' dating and sexual lives in general will be examined, as will research comparing young adults' and midlife adults' dating and sexual practices. The section will conclude with a brief summary of the main points covered in the literature review for Study 1.

### **Young Adults' Hypothetical First Dates**

**Hypothetical first dates: Typical first date scripts.** As noted earlier, some research (e.g., Milhausen & Herold, 2001) has found that the sexual double standard is becoming a single standard, with men and women being judged similarly when they engage in casual sex. To explore this issue with regard to first dates, Rose and Frieze (1989) examined single undergraduate students' scripts for hypothetical first dates. They asked participants to list at least 20 actions that they thought would occur on a typical first date for a man and a woman before, during, and at the end of the date, putting them in the order in which they would occur. In total, 104 different actions were identified from the lists. Based on Bower, Black, and Turner's (1979) research, the actions that were mentioned by more than 25% of participants were considered part of the script and included in analyses. Overall, 27 actions were listed for men, 19 for women. There was high agreement among participants with respect to both the content and sequence of the actions. Fourteen actions were identical for men's and women's scripts, and pertained to appearance and emotions before the date, actions the date partners performed at the same time, the developing relationship, and the polite goodbye and ritual goodnight kiss. Traditional gender role stereotypes were apparent in that the other 5 prescribed actions for women tended to be reactive, whereas the other 13 prescribed actions for men tended to involve self-directed actions. For example, the first date script for a woman was significantly more likely to include waiting to be asked for the date, being worried about appearance, rejecting physical intimacy, and maintaining the conversation, whereas the first date script for a man was significantly more likely to include asking for and planning the date, picking up the date partner, initiating and paying for date activities, and initiating physical intimacy. Because both men and women were quite knowledgeable

about the scripts of the opposite gender, men and women only disagreed about the content of two actions. First, compared to men, women more often described a woman as being concerned about her appearance on a first date. Second, compared to women, men more often reported that asking for another date was part of the man's script (Rose & Frieze, 1989). This research was later replicated by Laner and Ventrone (1998) with a larger sample of undergraduate students.

In Laner and Ventrone's (1998) research, 20 actions were listed for women, 18 for men. Overall, the date scripts followed the same traditional pattern that Rose and Frieze (1989) had found. Again, men and women were in strong agreement regarding each other's activities, and the actions displayed active/passive characteristics for men and women respectively. For example, the woman was described as waiting for her date partner, greeting him, and going to dinner, whereas the man was described as deciding where to go, getting money, buying flowers, picking his date partner up, and taking his date partner to dinner. All of the actions which men and women did not have in common reinforced the gender stereotypic first date relationship. In fact, many of the actions that were listed only for women (e.g., talking to friends about the date afterward) seemed to indicate that first dates are events that are of greater importance in women's lives than in men's. The findings led Laner and Ventrone (1998) to ask two important questions. First, did the instructions play a role in eliciting traditionalist behaviour in typical first date scripts? Second, did asking about a first date with *someone new* imply that the partners were relative strangers, thus making behaving according to traditional patterns serve the function of easing awkwardness? To investigate, they conducted a follow-up study wherein undergraduate participants were asked to list 20 actions or events that would

typically occur when they went out for the first time with someone that they already knew from work or some other group context. Results revealed “essentially the same gender-stereotypic traditional scripts” (Laner & Ventrone, 1998, p. 473) found in their first study. Again, for both men and women, the actions that were exclusive to each were gender-related in the sense that they were traditional (Laner & Ventrone, 1998).

Laner and Ventrone (2000) later examined typical first date scripts using a new method - a checklist of actions that at least 20% of the respondents from their earlier research (1998) had noted; 41 actions were examined. Undergraduate participants indicated whether the actions given would or would not occur on a typical first date, and if they would, whether the ‘male’ or ‘female’ would typically perform them. An ‘either or both’ option was also provided, as was a ‘neither’ option. The pattern of responses did not differ from that expressed by participants in prior studies regarding typical first date scripts (i.e., Laner & Ventrone, 1998; Rose & Frieze, 1989). The scripts for men and women were largely consistent with traditional gender roles in that men were expected to play a more active role, with women playing a more reactive role. In fact, that was found to be the case for both men and women, despite women, on average, scoring slightly higher on egalitarianism. Further, there was a great deal of agreement between men and women about who typically does what on a first date; men and women agreed about who would perform 29 of the 34 actions (Laner & Ventrone, 2000).

**Hypothetical first dates: First date scripts based on scenarios.** Many studies on first date scripts entail asking participants to create a sequential list of actions (Serewicz & Gale, 2008). This approach differs substantially from the approach typically used to examine dating expectations: using hypothetical scenarios that manipulate

variables in the dating situation, as well as close-ended questions that assess specific expectations (Serewicz & Gale, 2008). In Serewicz and Gale's (2008) research on first date scripts, the two approaches were combined. Undergraduate participants were presented with scenarios that manipulated variables that were found to have significant effects in studies on expectations, namely: gender of the date initiator, alcohol availability, and relationship between the date partners – friend versus acquaintance. Participants each read one hypothetical cross-gender date initiation scenario and were asked to imagine themselves in the role of the same gender character. The instructions given for script development and the procedure for deciding which actions would be considered part of the script were those employed by Rose and Frieze (1989).

In the overall script, 20 unique actions met criteria (Serewicz & Gale, 2008). Broken down by gender, 24 actions met criteria and were included in the script created by male participants, and 25 actions met criteria and were included in the script created by female participants. Eighteen of the actions were the same for males and females, underscoring how consistent the first date script was. When participants indicated who was expected to perform the date actions, traditional gender roles were apparent. Both men and women assigned more actions to the male partner than to the female partner. To examine whether men's scripts included more sexual behaviour than women's, two actions that were included in the scripts were analyzed: 'kissing' and 'more than kissing'. A larger proportion of males than expected included the action 'more than kissing' in their script, whereas a smaller proportion of females than expected included it in their script. For 'kiss', a smaller proportion of males than expected included the action in their

script, but a larger proportion of females than expected included it in theirs (Serewicz & Gale, 2008).

Several interesting findings emerged from the manipulation of gender of the date initiator, alcohol availability, and relationship type. The male-initiator script included 25 actions, the female-initiator script 26 actions; 21 actions were common to both scripts. For the action 'kiss', females in the male-initiator condition were more likely than expected to include the action. For 'more than kissing', males in the female-initiator condition were more likely than expected to include the action in their scripts, and females in the male-initiator condition were less likely than expected to mention it. The script for the no alcohol available condition included 24 actions, and the script for the alcohol available condition included 25 actions; 16 actions were shared by both. 'More than kissing' was noted significantly more frequently than expected in the alcohol available condition, and significantly less often than expected in the no alcohol available condition. The script for friends included 23 actions, the script for acquaintances 26 actions; 21 actions were common to both. Although it was expected that friend scripts would include more sexual behaviour than would acquaintance scripts, and that friend scripts would include more intimate communication behaviour than would acquaintance scripts, neither hypothesis was supported. Overall, the study results "showed a trend toward traditional gender roles for male and female date partners, though some complexity related to sexual behaviour and gender of the date initiator was found. In addition, the context of the date influenced the date script to a great extent, whereas the type of relationship between the date partners had little effect" (Serewicz & Gale, 2008, p. 149).

**Hypothetical (typical) and actual first dates: First date scripts.** Only one study (Rose & Frieze, 1993) has compared hypothetical (typical) and actual (retrospective) first date scripts. The hypothetical scripts that Rose and Frieze (1989) found represent cultural scripts as they were collectively developed and instructive regarding the requirements of specific roles (Simon & Gannon, 1986). Actual scripts pertaining to the behaviour of individuals, however, represent interpersonal scripts; they are thought to represent a person's use of cultural scripts in a specific situation (Simon & Gagnon, 1986).

For the hypothetical script elicitation, Rose and Frieze (1993) replicated their 1989 study, with the only difference being that participants were requested to provide a typical first date script for individuals of their own gender only. For the actual script, undergraduate participants were asked to describe the most recent first date that they had had, using 20 actions to explain what they did on the date from beginning to end. Forty-seven script actions were used to code participants' responses (32 were identified by Rose and Frieze in their 1989 research on hypothetical first date scripts, and 15 were new actions that were added to encompass behaviors occurring in the actual first date scripts). Each action for the actual script was coded for whether it was initiated by participants or their date partner. Consistent with Bower et al. (1979) and Rose and Frieze (1989), a script consisted of the actions mentioned by more than 25% of participants.

The hypothetical scripts contained 19 actions for women, wherein women initiated 16 and men initiated 3, and 19 actions for men, wherein men initiated all. Eleven actions were the same for the typical man and typical woman. The rest of the actions for the typical man and typical woman fit gender stereotypes; the typical woman was described as responding to the man's behaviour, whereas the typical man was described

as largely performing self-directed actions. With respect to sexual activity, young adult men included the sexual actions ‘make out’ and ‘kiss goodnight’ in the typical first date script for a man, whereas young adult women included the sexual actions ‘accept/reject date’s moves’ and ‘kiss goodnight’ in the typical first date script for a woman. The most intimate sexual behaviour, ‘made out’, was included in the typical first date script for a man, by males.

The actual scripts contained 20 actions for women, wherein women initiated 14 and men initiated 6, and 15 actions for men, wherein men initiated all. Eleven actions were identical for the male and female actual first date scripts. The remaining actions again followed traditional gender roles. With respect to sexual activity, young adult men included the sexual actions ‘initiated sexual contact’, ‘made out’, and ‘kissed goodnight’ in their actual first date script, whereas young adult women included the sexual action ‘kissed date goodnight’ only in their actual first date script; men included more sexual behaviour in their actual first date script. An interesting aside regarding the actual date scripts is that interruptions were reported that interfered with the hypothesized sequence. The four primary interruptions that were noted were: the date being a double date, having something go wrong, perceived violations of gender roles, and having sex on the first date.

There were fewer variations than expected in the hypothetical scripts; in comparison to the actual scripts, 15 fewer action codes (i.e., 32 versus 47) were required to code the hypothetical scripts. However, there were no significant differences in mean length of the two scripts. Ten actions were found in both the hypothetical and actual scripts. Overall, “high agreement was found for actions associated with both hypothetical

and actual first dates” (Rose & Frieze, 1993, p. 507). Consistent with previous research (Rose & Frieze, 1989), for both hypothetical and actual first date scripts, women’s scripts tended to be reactive, while men’s scripts tended to be more active. In fact, women cited significantly more partner-initiated actions for both hypothetical and actual dates than men did.

**Additional research on hypothetical first dates.** In addition to the above research on hypothetical first date scripts, research has also been conducted on gender of the date initiator and hypothetical first dates, as well as hypothetical first date goals. A brief review of each of these areas of research follows.

*Gender of the date initiator and hypothetical first dates.* To investigate first date initiation and hypothetical first dates, Muehlenhard and Scardino (1985) used videotaped scenarios to examine undergraduate men’s attitudes towards women who initiated dates versus those who did not. The women who asked for a date were rated as more sexually active, more of a casual dater, and more flexible and agreeable than women who did not ask for a date.

Expanding upon this work, Mongeau et al. (1993) created four scenarios for use in research: 1) female waits for the male to ask her, 2) female hints she would like to be asked, 3) female asks the male following his hint, and 4) female asks the male out without his preceding hint. In line with Muehlenhard and Scardino’s (1985) findings, undergraduate participants evaluated the female as more of a casual dater and more sexually active when she asked without a hint and when she hinted, versus when she waited to be asked or asked after the male’s hint (Mongeau & Carey, 1996).

Mongeau and Carey (1996) used Burgoon and Hale's (1988) expectancy violation theory to investigate the apparently conflicting results at the heart of the theory. Although several studies indicated that men evaluated female-initiated first dates in a more sexual manner than females, research also revealed that participants generally ended up reporting less intimacy on those dates (Mongeau & Carey, 1996). The title given to the theory thus came from the fact that males tend to have "heightened sexual expectations for female-initiated first dates that are likely to be negatively violated on the date itself" (Mongeau & Carey, 1996, p. 198). The method that Mongeau and Carey (1996) utilized involved varying initiation type, gender of target, and gender of participant in scenarios. In general, the way in which undergraduate participants evaluated the targets' sexual expectations for the date was consistent with males going into female-initiated first dates with higher sexual expectations. This finding was further supported in research by Serewicz and Gale (2008), described earlier.

Mongeau and Carey (1996) also found that targets were evaluated as significantly more interested in sex in the 'female asks' condition than in the 'female hints' or 'male asks' conditions, in line with Muehlenhard and Scardino's (1985) and Mongeau et al.'s (1993) finding that participants evaluate females as more of a casual dater and more sexually active when they initiate a date. Further, participants evaluated date initiators as more positive than the person being asked in all but one realm: physical attractiveness. The female target was evaluated more positively when she asked than when she either hinted or waited, and the male target was evaluated more positively when he asked with or without the female's hint than when she asked (Mongeau & Carey, 1996).

Morr and Mongeau (2004) investigated the impact that the sex of the initiator had on communication and sexual expectations for hypothetical first dates. Undergraduate participants read a hypothetical first date initiation scenario and noted the expectations that they would have if they were the same-sex character going out on the date. Men's first date sexual expectations were higher than women's for all scenarios, but the difference was not greater for the 'female initiates' than the 'male initiates' condition. This latter finding was inconsistent with results of similar studies by Mongeau and Carey (1996) and Serewicz and Gale (2008).

Finally, in more recent research, Emmers-Sommer et al. (2010) used hypothetical first date scenarios to examine the effect of gender of the date initiator, who paid for the date (the male paid, the female paid, or they shared expenses), and date location (at a restaurant, at a movie, or at an apartment), on undergraduates' sexual expectations. Men had higher first date sexual expectations than women, especially when the first dates were male-initiated (contradicting Mongeau and Carey's 1996 research as well as Serewicz and Gale's 2008 research), when the male paid for the date, and when the date occurred at an apartment. When the female initiated the date, paid for the date, and the date occurred at her apartment, men had higher rape-myth acceptance beliefs than when the male initiated the date and paid for the date, or when either the male or female initiated the date and the partners shared date expenses (Emmers-Sommer et al., 2010).

***Hypothetical first date goals.*** To examine the extent to which first date goals vary depending on the sex of the date initiator, Mongeau et al. (2004) asked undergraduate participants to read a cross-sex first date scenario and to complete various scales accompanying it. One of the items was a goals questionnaire. Participants were instructed

to put themselves in the position of the same-sex character in the scenario and to report which of five goals they would have for the date. Men reported more agreement with a 'sexual' goal than women, while women reported more agreement with the 'friendship' and 'have fun' goals than men. In a follow-up study (Mongeau et al., 2004), gender of the date-initiator was manipulated. Although men were expected to rate the 'sexual activity' goal higher in the female-initiator than in the male-initiator condition, the interaction effect between sex of participant and gender of the initiator failed to reach statistical significance. This contradicts what Serewicz and Gale (2008) and Mongeau and Carey (1996) found.

### **Midlife Adults' Dating and Sexual Behaviour**

Interview and questionnaire data examining single heterosexual midlife women's views of relationships and safer sex have revealed that one of the key themes associated with safer sex practices and meanings for the women is gender roles in relationships (Watson & Bell, 2005). Most of the women discussed traditional gender roles and the fact that the roles have implications for their lives – both broadly, and for their sexual practices. Although the women appeared to be somewhat hopeful about the changes that have occurred in some aspects of women's roles, such as more women working and being independent, they clearly "expressed the opinion that stereotypic gender roles are still very much in evidence" (Watson & Bell, 2005, p. 317). The women were aware that women who are sexually assertive and who are meeting their needs sexually are stigmatized, whereas the same cannot be said for men. They also recognized that women are viewed as sex objects and that they are to act as the gatekeepers of sex, determining if and when sex will occur (Watson & Bell, 2005).

Research (Rich, 2001) has also revealed that gender roles play an important role in the negotiation of HIV preventive behaviours in the dating and sexual lives of single heterosexual midlife women. In fact, 'gender perspectives' was one of four major themes that emerged as playing a key role in divorced and separated women's negotiation. Further, similar to what Watson and Bell (2005) had found, the women in the study indicated that they tended to depend on men to initiate safe sex practices. They felt that suggesting condom use, refusing to have sex, and imposing their expectations on the relationship could potentially threaten or ruin the relationship (Rich, 2001). Overall, research does suggest that in the sexual and relational domain of their lives, midlife women are expected to play a more passive role, with men playing a more active role, which is consistent with traditional gender roles.

An additional finding that emerged from the above research (Rich, 2001) pertained to readiness for sexual activity. The single heterosexual midlife women who served as participants indicated that they believed that readiness for sexual activity within a relationship comes about more quickly for males than females. This finding is consistent with the results of Oliver and Hyde's (1993) meta-analysis of 177 sources that examined gender differences in sexuality. The studies that had midlife adults as participants revealed that, overall, midlife women had a higher incidence of anxiety, fear, and guilt about sexuality, and midlife men were more likely to have permissive attitudes concerning the acceptability of premarital intercourse, permissive attitudes about the acceptability of premarital intercourse in a casual dating relationship and without emotional commitment, and permissive attitudes about sexuality in general (e.g., acceptance of many partners, and beliefs that extensive sexual experience is acceptable).

## **Comparing Young Adults' and Midlife Adults' Dating and Sexual Practices**

There are many ways in which young adults and midlife adults differ with respect to how they approach their dating and sexual interactions. First, Levesque and Caron (2004) have found that young adult women and midlife adult women use different criteria for selecting real dating partners. When young adult and midlife adult women's three previous dating partners and current dating partners were examined, significant differences between their dates were found for marital status, age, education, race, income, and job status. Compared to young adult women, midlife adult women were less likely to have dated never-married men and more likely to have dated divorced men, more likely to have dated both younger and older men, less likely to have dated men with the same level of education, less likely to have dated men of a different race, more likely to have dated men with less income and less likely to have dated men with the same income, and more likely to have dated men whose job status was either the same or more than their own (Levesque & Caron, 2004).

As an extension of the study just described, Levesque and Caron (2004) asked young adult and midlife adult women to indicate the qualities that they would choose in an ideal partner. Significant differences were found in the pattern of responses for young adult compared to midlife adult women for: marital status, age, and residence. Although the majority of the young adult women desired a partner who had never been married, the midlife adult women were more evenly divided among their desire for never-married, divorced, widowed, and 'doesn't matter' partners. Further, compared to young adult women, midlife adult women were less likely to indicate that their ideal partner would be older and more likely to indicate that his age would not matter, and they were less likely

to indicate their ideal partner would live within 10 miles of their residence. Moreover, when the women were asked to identify which of eight given filter characteristics (i.e., marital status, age, education, religion, race, income, job status, and residence) were most important attributes for their ideal dating partner, the young adult women named marital status, education, age, and residence as being most important, in order of importance, whereas the midlife adult women listed religion, marital status, education, and age as being most important, in order of importance (Levesque & Caron, 2004).

Coupland (2000) also examined midlife adults' preferences for ideal date partners, but rather than doing so by providing individuals with a list of set filter characteristics that they had to choose from, she looked at their personal ads. Unlike what is commonly found for young adults, midlife adults' personal ads placed little emphasis on appearance. Their ads emphasized less ambitious, more modest, and less sexual/relational goals. In fact, their goals were often "more social and recreational than moves toward intimacy" (Coupland, 2000, p. 28).

Young and midlife adults have also been found to differ with respect to sex guilt. Abramson and Imai-Marquez (1982) examined sex guilt among three Caucasian-American and three Japanese-American age groups: young adults, midlife adults, and older adults. They found that for both samples, the older generation expressed more sex guilt than both the midlife generation and the younger generation, and that the midlife generation expressed more sex guilt than the younger generation. Also, the women in both samples, at all three ages, expressed more sex guilt than did their male counterparts. These findings suggest that midlife and older women may hold more conservative values and beliefs regarding sexual activity than younger adults do. Further, the beliefs and

values that midlife and older women hold are consistent with traditional gender role assignment that places guilt about consenting to sex, particularly if it is outside of a marital union, in the realm of the woman (Abramson & Imai-Marquez, 1982).

In a later study that compared young adult men and women with midlife adult men and women with regard to safe sex intentions and condom use (Wulfert & Wan, 1995), it was discovered that for both age groups, the average number of lifetime sex partners was higher for men (5 for younger and 13 for midlife) than women (4 for younger and 8 for midlife). As one can see, the discrepancy in the number of partners between men and women was much higher for midlife adults than it was for young adults (a difference of 5 partners for midlife adults, but only a difference of 1 partner for young adults). This finding was mirrored in later work by Upchurch et al. (2003) when they discovered that midlife/older women were less likely to have multiple sexual partners than were younger women.

Upchurch et al. (2003) also found that midlife/older women were less likely than younger women to use condoms, a finding that was further supported in later research (Warren, 2006) that examined both midlife men and women. Further, while young adult men and women were more likely to use condoms for disease prevention when they were with unfamiliar partners, the same was not true for midlife adult men and women (Warren, 2006). Considering that AIDS may not have been a known concern for some midlife adults when they were dating as a young person, and that pregnancy may no longer be a concern if the female partner is post-menopausal, this finding is not all that surprising.

Finally, research (Warren, 2006) has revealed that midlife adults are less likely than young adults to be in non-exclusive relationships and to have unfamiliar partners, with this being especially true for midlife adult women. Again, these findings are consistent with midlife adult men and women adhering to traditional gender roles, and them adhering to these roles more than their young adult counterparts.

### **Summary**

Although the results of the hypothetical first date script studies involving young adults may have varied slightly, likely due to differences in the level of detail in the coding strategy used to categorize the data, the overall pattern of actions for first date scripts were highly consistent (Serewicz & Gale, 2008). The scripts for young adult women were more passive, whereas the scripts for young adult men were more active. Moreover, young adult women listed more actions for men in their scripts (i.e., they assigned men actions when they were asked to solely list their own gender's actions) than young adult men listed for women in their scripts. Additionally, young adult men provided more sexual behaviour in the typical first date scripts that they provided (i.e., male and female) than their female counterparts did in the typical first date scripts that they provided.

Taken as a whole, it appears that there are explicit and formal gender role guidelines that have been in place since the 1950's, despite feminist attempts to provide alternative sexual scripts. The "results suggest that changing social norms have not had much effect on female and male roles early in relationship development" (Rose & Frieze, 1993, p. 508). In fact, even when young adult couples identify with egalitarianism, their behaviour still tends to align along traditional gender role lines at the beginning of a

relationship (Ganong & Coleman, 1992; Ganong et al., 1996). Another poignant finding from the research is that young adult men and women are very knowledgeable of, and agree on, what should be included in first date scripts for both sexes. The consistency in the scripts indicates that the “scripts exist at the cultural level to influence both understanding and action in the first date situation” (Serewicz & Gale, 2008, p. 150).

With respect to midlife adults, research on their dating and sexual behaviour and research comparing their dating and sexual practices with those of young adults suggests that one should expect similar findings to those found for young adults when it comes to traditional gender roles, female passivity and male activity (including women listing actions for men when they are asked to solely list their own gender’s actions), and heightened male sexual expectations in typical first date scripts. Less consistency between young adults and midlife adults, however, would be expected for strength of traditional gender roles and sexual expectations. To be more specific, on the basis of the research, one should expect midlife adults’ typical first date scripts to be more traditional than those of young adults. One should also expect midlife adult men and women to include less sexual behaviour in their typical first date scripts than their young adult counterparts, respectively.

To date, two main approaches have been used to investigate hypothetical first date scripts: the typical first date approach, and the scenario-based first date approach. The scenario-based approach is good in that detailed descriptions of the date partners, their relationship, etcetera, can be provided, thus leaving the researcher with fewer variables unaccounted for. The typical script approach, however, allows the researcher to gather the desired script without providing participants with potentially leading prompts that

may be present in the scenario approach. Given this methodological advantage, I opted to use the typical first date approach for Study 1 of the present research. The research questions and hypotheses for Study 1 follow.

### **Research Questions and Hypotheses**

No research has examined hypothetical first dates for midlife adults. Since many researchers (e.g., Coupland, 2000) caution that one should not assume that the norms of young adult daters also apply to older daters, hypotheses regarding the midlife adult sample in the present research were not based on literature pertaining to young adults' first dates. Rather, hypotheses for the midlife adult sample were based on the small existing field of research on midlife adults' dating and sexual lives (in general), as well as on the research that has compared young adults and midlife adults with respect to their dating practices. The hypotheses for the midlife adult sample were thus exploratory in nature.

- Q1: What actions would comprise the typical female first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?
- Q2: What actions would comprise the typical male first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?
- Q3: When partialling out the effects of the control variables, would there be any significant main effects found for age and/or gender, and would there be any significant age by gender (age X gender) interactions for the scripted actions?

- H1: Midlife adults' typical first date scripts would be more consistent with traditional gender roles than would young adults' typical first date scripts, regardless of their gender.
- H2: Women would report more opposite sex actions in the typical female first date script (reporting male performed actions when they were asked to solely report female performed actions) than men would report in the typical male first date script (reporting female performed actions when they were asked to solely report male performed actions), regardless of their age group.
- H3: Men would include more sexual behaviours in their typical first date scripts than would women, regardless of their age group.
- H4: Young adults would include more sexual behaviours in their typical first date scripts than would midlife adults, regardless of their gender.
- H5: Young adult men would include more sexual behaviours in their typical first date scripts than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).

### **Chapter III: Study 1 Methods**

#### **Participants**

Participants were recruited via: 1) announcements made by instructors who taught Psychology courses at the University of Guelph, 2) advertisements posted on social networking (e.g., Facebook) and community events (e.g., Kijiji, Craigslist) websites, and 3) e-mails sent from Toluna/Greenfield, a leading global online market research panel and survey technology company that was hired to help to recruit participants; most were secured via Toluna/Greenfield. To be eligible to participate in the research, individuals

were instructed that they had to: live in Canada or the United States, be between the ages of 18-24 years or 35-54 years, be heterosexual, and currently be single (i.e., separated, divorced, widowed, or never married) or recently single (i.e., be in a romantic partner relationship that began within the last 60 days, before which they were single). The sample as a whole consisted of 325 participants (mean age = 34.49 years; age range = 18-54 years;  $SD = 12.74$ ), 52 of whom were young adult males (mean age = 20.19 years, age range = 18-24 years;  $SD = 1.91$ ), 85 of whom were young adult females (mean age = 20.78 years; age range = 18-24 years;  $SD = 1.76$ ), 79 of whom were midlife adult males (mean age = 44.59 years; age range = 35-54 years;  $SD = 5.72$ ), and 109 of whom were midlife adult females (mean age = 44.69 years; age range = 35-54 years;  $SD = 5.75$ ). The vast majority of participants in the sample (94.2%) reported that their current relationship status was single; 5.8% of participants reported that they were currently in a committed romantic partner dating relationship (presumably one less than 2 months old). Overall, 58.8% of the sample was Canadian, and 41.2% was American. The majority of participants (76.5%) were Caucasian. In response to the questions regarding highest level of education achieved and current employment status, the most popular response by participants for the former was 'some college' (23.1%), and the most popular response by participants for the latter was 'employed full-time outside the home' (37.2%). Additional information regarding the above demographics, including what the responses looked like for the four separate age/gender groups (i.e., young adult males, young adult females, midlife adult males, and midlife adult females), can be found in Table 1. All participants completed the study measures online. Each participant received one entry into a draw for a \$500 VISA gift card in exchange for their participation. Participants secured via

Toluna/Greenfield also received Toluna credits that they could use towards purchasing goods online.

Table 1

*Demographic Information for Study 1*

	Entire Sample		Young Males	Young Females	Midlife Males	Midlife Females
	n	%	n	n	n	n
Participants	325	100	52	85	79	109
Country						
Canada	191	58.8	21	51	47	72
United States	134	41.2	31	34	32	37
Ethnicity						
White	248	76.3	30	59	71	88
Black	22	6.8	6	9	2	5
Hispanic	9	2.8	3	4	1	1
Native	6	1.8	0	1	2	3
Middle Eastern	0	0	0	0	0	0
South Asian	2	0.6	0	0	0	2
East Asian	10	3.1	6	2	1	1
Southeast Asian	5	1.5	3	2	0	0
A mixture of the above	21	6.5	4	6	2	9
Other	1	0.3	0	1	0	0
Education						
Some high school	10	3.1	4	1	4	1
High school degree	66	20.3	18	16	12	20
Some college	75	23.1	18	17	21	19
College degree	59	18.2	3	11	17	28
Some undergraduate	39	12.0	4	27	2	6
Undergraduate degree	42	12.9	2	10	12	18
Some master's	7	2.2	0	0	2	5
Master's degree	9	2.8	2	0	3	4
Some PhD	5	1.5	1	2	0	2
PhD	2	0.6	0	0	2	0
Other	9	2.8	0	0	4	5

Current Employment Status						
EMPFT outside home	121	37.2	15	11	42	53
EMPPT outside home	39	12.0	9	13	3	14
FT home maker	7	2.2	0	2	2	3
Student	73	22.5	21	47	2	3
Retired	7	2.2	0	0	2	5
Currently unemployed	52	16.0	6	8	21	17
Other	24	7.4	1	3	0	13
Current Relationship Status						
Single	306	94.2	48	77	75	106
In a CRPD relationship	19	5.8	4	8	4	3

---

*Note.* EMPFT = employed full- time; EMPPT = employed part-time; CRPD = committed romantic partner dating.

### **Procedure and Measures**

**Informed consent.** Once potential participants clicked on the online link for the study, they were presented with a brief description of the study and a definition for the term ‘date’ (see Appendix A). The definition provided was that by Muehlenhard and Linton (1987): a date is “any pre-planned social activity where you arrange to meet a person where there is some romantic interest or the potential for (or investigation of) romantic interest” (Muehlenhard & Linton, 1987, as cited in Mongeau & Johnson, 1995, p. 304). Following the study description, participants were provided with the eligibility criteria and information pertaining to informed consent. For those who wished to participate, a click on a box (indicating consent) prompted the study to commence (see Appendix A).

**Demographics and sexual and relational history, including the control variable first date experience.** The study began with a *Demographics Questionnaire* (see Appendix B) that asked questions pertaining to: age, gender, ethnicity, sexual orientation, relationship status, residence, education, employment, children, length of

time since first date ever, feelings about dating norms, and comfort with various aspects of first dates and sexual activity on such dates. More information about participants' dating and sexual history was gathered via the *Sexual and Relational History Questionnaire* (see Appendix C), which came next. That questionnaire asked questions regarding preferred relationship status, previous relationship statuses (i.e., ever married, separated, divorced, or widowed, and number of times for each), last committed romantic partner relationship (i.e., time since it ended, its length, and who ended it), dating experience, first date experience, and sexual experience. Again, first date experience was a control variable in the present study. Assessed on a 5-point Likert scale, scores could range from 0 ('none at all') to 4 ('quite extensive'), with higher scores indicating more first date experience. I created both the *Demographics Questionnaire* and the *Sexual and Relational History Questionnaire* myself, for the purposes of the present research.

**The remaining control variables.** Following the *Sexual and Relational History Questionnaire*, a series of scales were administered that measured the remaining control variables, namely: sociosexual orientation, adherence to the sexual double standard, attitude towards traditional/egalitarian sex roles, religiosity, and sexual desire.

**Sociosexual orientation.** The *Sociosexual Orientation Inventory* (SOI) created by Simpson and Gangestad (1991) was the 7-item scale used to measure individual differences in willingness to engage in casual, uncommitted sexual relationships (see Appendix D). Three items required participants to give numbers in response to questions asked, one item required participants to select an answer from a list, and three items were answered on Likert scales that ranged from 'strongly disagree' (1) to 'strongly agree' (9). Scores on the inventory could range from 10 (maximum restricted) to 1,000 (maximum

unrestricted). In previous research, the average Cronbach's alpha for the scale was found to be .75 for large samples (Simpson & Gangestad, 1991, 1992; Simpson, Gangestad, & Nations, 1995). In the present research, the Cronbach's alpha for the scale was .78. Note that a slight revision was made to item four of the scale to make the scale more appropriate for the present research. The question "How often do you fantasize about having sex with someone other than your current dating partner?" was followed up with "when you have a dating partner." This modest change did not affect the internal consistency of the scale.

*Sexual double standard.* The extent to which participants adhered to the traditional sexual double standard was examined using Muehlenhard and Quackenbush's (1996) *Sexual Double Standard Scale* (SDSS) (see Appendix E). The scale consisted of 26 items, each rated on a 4-point scale ranging from 'disagree strongly' (0) to 'agree strongly' (3). Scores on the scale could range from 48 (indicating maximum acceptance of the traditional double standard which affords more freedom for males than females) to 0 (indicating an identical standard for males and females) to -30 (indicating maximum acceptance of more freedom for females than males). In previous research, the coefficient alpha was reported to be .73 for women's reports of their own acceptance of the double standard and .76 for men's reports of their own acceptance of the double standard. In the present research, the Cronbach's alpha for the scale was found to be .71.

*Attitude towards traditional/egalitarian sex roles.* To assess attitude towards traditional/egalitarian sex roles, the 20-item *Traditional/Egalitarian Sex Roles Scale* (TESRS) (see Appendix F) was used. This scale, created by Larsen and Long (1988), required participants to use a 7-point scale ranging from 'furthest from the way I feel' (1)

to ‘closest to the way I feel’ (7), to rate each of the items. In the present research, the scale was set up to measure egalitarian sex roles. Scores on the scale could range from 20 to 140, with higher scores indicating more egalitarian attitudes. In previous research, the split-half reliability coefficient for the scale was .91. In the present research, the Cronbach’s alpha for the scale was .89.

***Religiosity.*** Religiosity was measured using the 4-item *Religiosity Scale* (RS) developed by Fiori, Brown, Cortina, and Antonucci (2006) (see Appendix G). The scale assessed both subjective and objective aspects of the construct, but the item scores were combined to create a single score. Each of the items was rated on a 5-point scale ranging from 0 to 4; the anchor meanings differed by question. Scores on the scale could range from 0 to 16, with higher scores indicating greater religiosity. In past research, the Cronbach’s alpha coefficient for the scale was .82. In the present research, the Cronbach’s alpha for the scale was .89.

***Sexual desire.*** Finally, sexual desire was examined using the 14-item *Sexual Desire Inventory 2* (SDI2) created by Spector, Carey, and Steinberg (1996) (see Appendix H). Four items required participants to select an answer from a list and ten items were answered on Likert scales that ranged from either 0-7 or 0-8; the anchor meanings differed by question. For the purposes of the questionnaire, ‘sexual desire’ was defined as interest in sexual activity and was primarily measured as a cognitive variable through amount and strength of thought directed toward approaching or being receptive to sexual stimuli. While the scale as a whole may be used as a measure of sexual desire, the scale is typically interpreted with respect to two subscales contained within it: items 1-8 assess dyadic sexual desire (i.e., interest in behaving sexually with a partner),

whereas items 10-12 assess solitary sexual desire (i.e., interest in behaving sexually by oneself). The dyadic subscale score (SDI2-D) was the score used for analyses in the present research. Scores on the dyadic subscale could range from 0 to 62, with higher scores indicating greater dyadic sexual desire. In previous research, the Cronbach's alpha for the dyadic subscale was .86. In the present research, the Cronbach's alpha for the dyadic subscale was .89.

**Hypothetical (typical) first date scripts.** Following the scales that assessed the control variables, the hypothetical (typical) first date scripts (i.e., typical female first date script and typical male first date script) were elicited (see Appendices I and J). Several previous studies (e.g., Laner & Ventrone, 1998; Rose & Frieze, 1989) examined first date scripts by asking men and women to generate scripts for both sexes. Using that method, men's and women's reports about their own first date behaviour had been found to be virtually identical to reports by men of women's behaviour and by women of men's behaviour. That finding underscores the familiarity of both sexes with the expected behaviour of both partners on a first date (Laner & Ventrone, 1998), and provides further evidence of the validity of the procedure. For the hypothetical (typical) first date script elicitation, to ensure that participants understood what was expected of them they were given an example of a script (i.e., ten scripted actions that an individual would typically perform while making a grilled cheese sandwich), and were then told: "We are interested in the events which occur during a first date. We would like you to list the actions which a woman would typically perform on a first date with someone new (that is, with a man whom she had never dated before), from the beginning of the date to its end. Include at least twenty (20) actions which a woman would perform on a routine first date, putting

them in the order in which they would occur. Please number each action individually. Two text boxes are provided for your response. If you fill the first box, please move on to the second box.” The same instructions were then provided a second time, but requesting the script for a man. Finally, participants were asked to indicate on a 5-point Likert scale ranging from 0 (‘not at all’) to 4 (‘very much’): the extent to which the typical first date script they provided for their gender resembled their own typical first date script, the extent to which the typical first date script they provided for their gender resembled their ideal first date script, and the extent to which the typical first date script they provided for the opposite gender resembled their ideal first date script for individuals of that gender (see Appendix J).

**Debriefing.** To conclude Study 1, participants were debriefed (see Appendix K). As part of the debriefing, participants were given more details about the study’s purposes and hypotheses, and they were instructed to e-mail the researcher requesting that a ballot be entered into the \$500 VISA gift card draw on their behalf. To receive the results of the research, participants were instructed to type “Results Requested for Study 1” as the subject of the e-mail so that they could be e-mailed once they were ready.

## **Chapter IV: Study 1 Results**

### **Preliminary Analyses**

**Missing Data.** As part of my initial data screening procedure, potential participants (i.e., individuals who clicked on the link to the study and began to complete one or more of the measures) who did not meet the study’s strict eligibility criteria (with respect to country of residence, age, sexual orientation, or relationship status) and/or who did not list at least 10 actions for each of the typical first date scripts, were excluded from

analyses. This screening excluded 1,675 of the 2,000 potential participants, leaving a final sample of 325 participants. All analyses conducted with the data obtained from the final sample used the 'exclude cases pairwise' option to deal with missing data.

**Normality.** Exploratory data analysis was carried out for each of the control variables. Given the relatively robust sample size of each age/gender group, violation of the assumption of normality was not a critical concern. With the exception of the Sociosexual Orientation Inventory, all variables were normally distributed, with skewness values ranging from -1.07 to .975 and kurtosis values ranging from -.84 to 2.12. The skewness and kurtosis values for the Sociosexual Orientation Inventory were 5.32 and 38.53 respectively. To address this, high end scores on the Inventory were collapsed to 200 (i.e., scores greater than 200 were changed to 200 in the data file). This approach had been used to deal with similar scale concerns in previous research (Desmarais & Curtis, 2001). After collapsing high end scores (12 scores were collapsed in total), scores on the scale were normally distributed. The skewness value for the collapsed scale was 1.50, the kurtosis value 2.12.

**Descriptive Statistics.** An underlying assumption of the study was that participants from Canada and the United States could be combined in the analyses so as to shed light on the dating and sexual lives of young and midlife adults in North America as a whole. To ensure that it was indeed appropriate to combine participants from the two countries, independent-samples t-tests were conducted to compare scores on the control variables for Canadians and Americans. The means and standard deviations for each of the control variables, by country, are found in Table 2. After using a Bonferroni correction (family-wise alpha = .008), only one significant difference in scores for Canadians and

Americans was found. On the Traditional/Egalitarian Sex Roles Scale, Canadians scored higher (i.e., they were more egalitarian) than Americans ( $t(308) = -4.59, p < .01$ , two-tailed). The magnitude of the differences in the means (mean difference = -10.01, 95% CI: -14.30 to -5.72) was moderate (eta squared = .06). Given that only one significant difference was found, I decided to combine the data for the two countries in all analyses.

Table 2

*Means and Standard Deviations for the Control Variables for Study 1 By Country*

	Canada	United States
	<i>M (SD)</i>	<i>M (SD)</i>
SOI	64.62 (44.47)	59.50 (45.56)
SDSS	9.09 (6.44)	10.06 (6.19)
TESRS	115.75 (17.70)	105.74 (20.54)
RS	5.23 (4.48)	5.93 (4.72)
SDI2-D	40.72 (12.33)	37.57 (13.90)
FDE	2.10 (0.98)	2.05 (1.15)

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

For the sample as a whole, scores ranged from 10-200 on the collapsed Sociosexual Orientation Inventory, -3-35 on the Sexual Double Standard Scale, 47-140 on the Traditional/Egalitarian Sex Roles Scale, 0-16 on the Religiosity Scale, 0-62 on the dyadic subscale of the Sexual Desire Inventory 2, and 0-4 on first date experience. Means and standard deviations for each scale/inventory for the whole sample, as well as for the four age/gender combined groups, are found in Table 3.

Table 3

*Means and Standard Deviations for the Control Variables for Study 1*

	Entire Sample	Young Males	Young Females	Midlife Males	Midlife Females
	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
SOI	62.49 (44.93)	58.47 (34.90)	45.37 (30.79)	88.09 (52.71)	59.51 (44.93)
SDSS	9.50 (6.34)	12.18 (6.77)	7.87 (6.06)	11.37 (6.79)	8.14 (5.18)
TESRS	111.58 (19.53)	95.33 (22.22)	118.59 (14.04)	105.34 (19.45)	118.47 (15.61)
RS	5.52 (4.59)	4.85 (4.72)	4.73 (4.30)	4.89 (4.15)	6.92 (4.78)
SDI2-D	39.42 (13.0)	39.50 (13.59)	35.72 (13.00)	44.10 (10.78)	38.81 (13.53)
FDE	2.08 (1.05)	1.96 (1.20)	1.95 (1.02)	2.20 (0.99)	2.15 (1.04)

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

The pattern of correlations between the control variables were in the expected direction, and ranged from -.45 and .41. For example, as expected, sexual double standard scale scores were moderately and negatively correlated (-.45) with scores on the traditional egalitarian sex roles scale measuring egalitarianism. Similarly, scores on the dyadic subscale of the sexual desire inventory were moderately and positively correlated (.41) with scores on the sociosexual orientation inventory measuring willingness to engage in casual, uncommitted sexual relationships. The Pearson correlations among all control variables are found in Table 4.

Table 4

*Pearson Correlations between the Control Variables for Study 1*

	SOI	SDSS	TESRS	RS	SDI2-D	FDE
--	-----	------	-------	----	--------	-----

SOI	–	.16**	-.04	-.16**	.41**	.24**
SDSS		–	-.45**	-.02	.09	.08
TESRS			–	-.16**	.01	-.00
RS				–	-.10	.07
SDI2-D					–	.20**
FDE						–

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

Six control variables were included in the present study: sociosexual orientation, adherence to the sexual double standard, attitude towards traditional/egalitarian sex roles, religiosity, sexual desire (dyadic), and first date experience. On the basis of past research, I expected age group and/or gender differences for five of those six variables. In particular, I expected men would score higher than women on sociosexual orientation, adherence to the sexual double standard, and dyadic sexual desire, and that women would score higher than men on egalitarianism and religiosity. I also expected that midlife adults would score higher than young adults on religiosity, but would score lower than young adults on dyadic sexual desire. To determine whether or not my expectations were met, I conducted five one-way between groups analysis of variance (ANOVA) tests to explore the impact of gender on sociosexual orientation, adherence to the sexual double standard, dyadic sexual desire, egalitarianism, and religiosity scores, separately, using a Bonferoni correction to correct for repeated tests (family-wise alpha = .01). I also ran two one-way between groups ANOVAs to explore the impact of age on religiosity and dyadic sexual desire, again using a Bonferoni correction to correct for repeated tests (family-wise alpha = .03). As expected, men scored significantly higher than women on sociosexual orientation [ $F(1, 311) = 20.90, p < .01$ ], adherence to the sexual double

standard [ $F(1, 297) = 26.42, p < .01$ ], and dyadic sexual desire [ $F(1, 316) = 10.75, p < .01$ ], and women scored significantly higher than men on egalitarianism [ $F(1, 308) = 69.91, p < .01$ ]. Surprisingly, men and women did not significantly differ with respect to religiosity [ $F(1, 299) = 4.13, p > .01$ ]. Although midlife adults scored significantly higher than young adults on religiosity [ $F(1, 299) = 5.84, p < .03$ ], as expected, they also scored significantly higher than young adults on dyadic sexual desire [ $F(1, 316) = 6.94, p < .01$ ], which was contrary to expectations.

### **Testing the Research Questions and Hypotheses**

In my first two research questions, I asked what the typical female first date script and typical male first date script would look like for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately. To answer those questions, the scripts provided by each participant first had to be coded and analyzed.

A multiple coding procedure was used to code the data. Fifteen of the 325 typical female first date scripts were coded by two raters together (myself and a research assistant), after which an additional 70 scripts were coded by the two raters independently. The coding for the 70 scripts was then compared (85% agreement), with a consensus being reached for each of the coding disagreements encountered. The remainder of the scripts were then coded by one of the raters alone. The same procedure was then followed for the 325 typical male first date scripts in a separate SPSS file (91% agreement).

With respect to how the coding was conducted, for the typical female first date scripts a column was created in an SPSS data coding file for each of the actions that

participants included in the script. Who was said to perform each action was indicated at the beginning of each action listed. 'F' (for female) was used for each action that the female was said to perform (e.g., 'F Thanks M'), 'M' (for male) was used for each action that the male was said to perform (e.g., 'M Picks Up F'), and 'They' (for unassigned) was used for each action that was said to be performed by both the male and female. 'They' was also used when the person performing the action was not stated (e.g., 'They Make Conversation'). Each action identified throughout the course of the coding was assigned a code of 0 or 1 for each participant – 1 if the action was present in their script, and 0 if the action was not present in their script. The same coding procedure was then followed for the 325 typical male first date scripts using the SPSS file created for the typical male first date scripts.

#### Typical Female First Date Scripts

The typical female first date script coding initially yielded 362 female performed actions, 118 unassigned (i.e., They) actions, and 89 male performed actions. Following a thorough round of collapsing like columns (e.g., 'F Orders A Light Meal' and 'F Eats Politely' were collapsed and became 'F Orders And Or Eats Lightly or Politely'), 234 unique female performed actions, 72 unique unassigned actions, and 70 unique male performed actions remained (see Appendix L). As one of the key areas of interest was participants' perceptions of norms with respect to first date sexual behaviour, sexual behaviour that occurred as part of a normative/polite greeting or goodbye were collapsed into the general greeting and goodbye action coding columns (e.g., 'F Greets M With A Hug' and 'F Greets M With A Kiss' were collapsed into 'F Greets M') so as to not over-represent expectations for true first date sexual behaviour. In line with the method used

by Rose and Frieze (1989, 1993), the actions mentioned by more than 25% of participants were considered part of the script. As there were 52 young adult men in the study, an action needed to be mentioned by 25% of those men (i.e., by 13 of them) in the order for the action to be considered part of the script. The 25% equivalents for the young adult women, midlife adult men, and midlife adult women samples were 21 (25% of 85), 20 (25% of 79), and 27 (25% of 109), respectively. What the coding revealed for the four typical female first date script research questions follows.

**Q1: What actions would comprise the typical female first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?**

#### Young Adult Men

As seen in Table 5, 15 actions met the 25% criteria for the typical female first date script for young adult men. Seven of those actions were female performed actions, 4 were unassigned (i.e., They) actions, and 4 were male performed actions.

Table 5

*Typical Female First Date Script (TFFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

TFFDS for Young Adult Men

---

- 1. F Gets Ready For The Date Aesthetically**
- 2. F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good**
- 3. F Shops For Clothes For Date And Or Dresses Nicely**
- 4. F Greets M**
- 5. F Makes Conversation With M**
- 6. F Gets To Know M**
- 7. F Indicates Goodbye**
- 8. They Make Conversation**
- 9. They Get To Know One Another**

**10. They Go Out For Food Beverage And Or Meal**

11. They See A Movie At A Theatre

**12. M Picks Up F**

**13. M Is Chivalrous With F**

**14. M Drives F To A Location**

**15. M Escorts F Home**

---

*Note.* Bold type indicates that the action was mentioned in the TFFDS for both young adult men and young adult women.

Young Adult Women

Twenty-one actions met the 25% criteria for the typical female first date script for young adult women (see Table 6). Thirteen of those actions were female performed actions, 4 were unassigned (i.e., They) actions, and 4 were male performed actions.

Table 6

*Typical Female First Date Script (TFFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

TFFDS for Young Adult Women

---

**1. F Gets Ready For The Date Aesthetically**

**2. F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good**

**3. F Shops For Clothes For Date And Or Dresses Nicely**

4. F Smiles At M

**5. F Greets M**

6. F Thanks M

**7. F Makes Conversation With M**

**8. F Gets To Know M**

9. F Orders And or Eats Lightly Or Politely

10. F Expects And Or Allows M To Pay For Her Food Beverage And or Meal

11. F Offers To Pay For Own Food Beverage And Or Meal

12. F Visits Restroom And Or Checks Or Refreshes Appearance

**13. F Indicates Goodbye**

**14. They Make Conversation**

**15. They Get To Know One Another**

**16. They Go Out For Food Beverage And Or Meal**

17. They Indicate Goodbye

**18. M Picks Up F**

**19. M Is Chivalrous With F**

**20. M Drives F To A Location**

**21. M Escorts F Home**

---

*Note.* Bold type indicates that the action was mentioned in the TFFDS for both young adult men and young adult women.

Midlife Adult Men

Table 7 provides a list of the 16 actions that met the 25% criteria for the typical female first date script for midlife adult men. Eight of those actions were female performed actions, 4 were unassigned (i.e., They) actions, and 4 were male performed actions.

Table 7

*Typical Female First Date Script (TFFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

TFFDS for Midlife Adult Men

---

- 1. F Gets Ready For The Date Aesthetically**
- 2. F Shows Shaves Brushes Teeth And Or Makes Herself Smell Good**
- 3. F Shops For Clothes For Date And Or Dresses Nicely**
- 4. F Greets M**
- 5. F Makes Conversation With M**
- 6. F Gets To Know M**
7. F Mentally Evaluates M And Or Determines Compatibility
- 8. F Indicates Goodbye**
- 9. They Make Conversation**
- 10. They Drink During The Date**
- 11. They Go Out For Food Beverage And Or Meal**
12. They See A Movie At A Theatre
- 13. M Picks Up F**
- 14. M Is Chivalrous With F**
- 15. M Drives F To A Location**
- 16. M Escorts F Home**

---

*Note.* Bold type indicates that the action was mentioned in the TFFDS for both midlife adult men and midlife adult women.

Midlife Adult Women

Nineteen actions met the 25% criteria for the typical female first date script for midlife adult women (see Table 8). Nine of those actions were female performed actions, 6 were unassigned (i.e., They) actions, and 4 were male performed actions.

Table 8

*Typical Female First Date Script (TFFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

TFFDS for Midlife Adult Women

---

1. **F Gets Ready For The Date Aesthetically**
2. **F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good**
3. **F Shops For Clothes For Date And Or Dresses Nicely**
4. F Smiles At M
5. **F Greets M**
6. F Expects And Or Allows Chivalry
7. **F Makes Conversation With M**
8. **F Gets To Know M**
9. **F Indicates Goodbye**
10. They Meet At A Mutual Location For The Date
11. **They Make Conversation**
12. They Get To Know One Another
13. **They Drink During The Date**
14. **They Go Out For Food Beverage And Or Meal**
15. They Indicate Goodbye
16. **M Picks Up F**
17. **M Is Chivalrous with F**
18. **M Drives F To A Location**
19. **M Escorts F Home**

---

*Note.* Bold type indicates that the action was mentioned in the TFFDS for both midlife adult men and midlife adult women.

Typical Male First Date Scripts

The typical male first date script coding initially yielded 468 male performed actions, 106 unassigned (i.e., They) actions, and 89 female performed actions. Following a thorough round of collapsing like columns (e.g., ‘M Walks F Home’ and ‘M Drives F

Home’ were collapsed and became ‘M Escorts F Home’), 307 unique male performed actions, 68 unique unassigned actions, and 78 unique female performed actions remained (see Appendix M). Again, as one of the key areas of interest was participants’ perceptions of norms with respect to first date sexual behaviour, sexual behaviour that occurred as part of a normative/polite greeting or goodbye were collapsed into the general greeting and goodbye action coding columns (e.g., ‘M Greets F With A Hug’ and ‘M Greets F With A Kiss’ were collapsed into ‘M Greets F’) so as to not over-represent expectations for true first date sexual behaviour. As I did in the previous section, and in line with the method used by Rose and Frieze (1989, 1993), the actions mentioned by more than 25% of participants were considered part of the script. The 25% equivalents for the young adult men, young adult women, midlife adult men, and midlife adult women samples were 13 (25% of 52), 21 (25% of 85), 20 (25% of 79), and 27 (25% of 109), respectively. What the coding revealed for the four typical male first date script research questions follows.

**Q2: What actions would comprise the typical male first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?**

Young Adult Men

As noted in Table 9, 18 actions met the 25% criteria for the typical male first date script for young adult men. Fifteen of those actions were male performed actions, 3 were unassigned (i.e., They) actions, and 0 were female performed actions.

Table 9

*Typical Male First Date Script (TMFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

TMFDS for Young Adult Men

---

1. **M Showers Brushes Teeth And Or Makes Himself Smell Good**
2. **M Shops For Clothes For Date And Or Dresses Nicely**
3. **M Picks Up F**
4. **M Greets F**
5. **M Compliments F**
6. **M Decides Date Time Place Transportation And Or Activities**
7. **M Is Chivalrous With F**
8. **M Drives F To A Location**
9. **M Makes Conversation With F**
10. **M Gets To Know F**
11. M Orders Own Food Beverage And Or Meal
12. **M Pays For Own Food Beverage And Or Meal**
13. **M Pays For Fs Food Beverage And Or Meal**
14. **M Escorts F Home**
15. **M Indicates Goodbye**
16. **They Make Conversation**
17. **They Go Out For Food Beverage And Or Meal**
18. They See A Movie At A Theatre

---

*Note.* Bold type indicates that the action was mentioned in the TMFDS for both young adult men and young adult women.

Young Adult Women

Nineteen actions met the 25% criteria for the typical male first date script for young adult women (see Table 10). Seventeen of those actions were male performed actions, 2 were unassigned (i.e., They) actions, and 0 were female performed actions.

Table 10

*Typical Male First Date Script (TMFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

TMFDS for Young Adult Women

---

1. **M Showers Brushes Teeth And Or Makes Himself Smell Good**
2. **M Shops For Clothes For Date And Or Dresses Nicely**

3. **M Picks Up F**
4. **M Greets F**
5. **M Compliments F**
6. **M Decides Date Time Place Transportation And Or Activities**
7. **M Is Chivalrous With F**
8. **M Drives F To A Location**
9. **M Makes Conversation With F**
10. **M Gets To Know F**
11. M Discloses Personal Information
12. M Drinks During The Date
13. **M Pays For Own Food Beverage And Or Meal**
14. **M Pays For Fs Food Beverage And Or Meal**
15. M Hugs Holds Hands With And Or Links Arms With F
16. **M Escorts F Home**
17. **M Indicates Goodbye**
18. **They Make Conversation**
19. **They Go Out For Food Beverage And Or Meal**

---

*Note.* Bold type indicates that the action was mentioned in the TMFDS for both young adult men and young adult women.

#### Midlife Adult Men

Table 11 provides a list of the 21 actions that met the 25% criteria for the typical male first date script for midlife adult men. Sixteen of those actions were male performed actions, 5 were unassigned (i.e., They) actions, and 0 were female performed actions.

#### Table 11

*Typical Male First Date Script (TMFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

#### TMFDS for Midlife Adult Men

---

1. **M Showers Brushes Teeth And Or Makes Himself Smell Good**
2. **M Grooms Himself Shaves And Or Does Or Gets Hair Or Nails Done**
3. **M Shops For Clothes For Date And Or Dresses Nicely**
4. M Confirms Plans For Date And Or Contacts F Before Date
5. **M Picks Up F**
6. **M Greets F**
7. M Compliments F
8. **M Suggests Date Time Place Transportation And Or Activities**

- 9. M Decides Date Time Place Transportation And Or Activities**
- 10. M Is Chivalrous With F**
- 11. M Drives F To A Location**
- 12. M Makes Conversation With F**
- 13. M Gets To Know F**
- 14. M Escorts F Home**
- 15. M Initiates Discussion Of Expresses Interest In And Or Asks F On Second Date**
- 16. M Indicates Goodbye**
- 17. They Meet At A Mutual Location For The Date**
- 18. They Make Conversation**
- 19. They Drink During The Date**
- 20. They Go Out For Food Beverage And Or Meal**
21. They See A Movie At A Theatre

---

*Note.* Bold type indicates that the action was mentioned in the TMFDS for both midlife adult men and midlife adult women.

#### Midlife Adult Women

Twenty-one actions met the 25% criteria for the typical male first date script for midlife adult women (see Table 12). Seventeen of those actions were male performed actions, 4 were unassigned (i.e., They) actions, and 0 were female performed actions.

Table 12

*Typical Male First Date Script (TMFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

#### TMFDS for Midlife Adult Women

---

- 1. M Showers Brushes Teeth And Or Makes Himself Smell Good**
- 2. M Grooms Himself Shaves And Or Does Or Gets Hair Or Nails Done**
- 3. M Shops For Clothes For Date And Or Dresses Nicely**
- 4. M Picks Up F**
- 5. M Greets F**
- 6. M Suggests Date Time Place Transportation And Or Activities**
- 7. M Decides Date Time Place Transportation And Or Activities**
- 8. M Is Chivalrous With F**
- 9. M Drives F To A Location**
- 10. M Makes Conversation With F**
- 11. M Gets To Know F**

12. M Drinks During The Date
13. M Pays For Own Food Beverage And Or Meal
14. M Pays For Fs Food Beverage And Or Meal
- 15. M Escorts F Home**
- 16. M Initiates Discussion Of Expresses Interest In And Or Asks F On Second Date**
- 17. M Indicates Good bye**
- 18. They Meet At A Mutual Location For The Date**
- 19. They Make Conversation**
- 20. They Drink During The Date**
- 21. They Go Out For Food Beverage And Or Meal**

---

*Note.* Bold type indicates that the action was mentioned in the TMFDS for both midlife adult men and midlife adult women.

The next research question that was posed asked:

**Q3: When partialling out the effects of the control variables, would there be any significant main effects found for age and/or gender, and would there be any significant age by gender (age X gender) interactions for the scripted actions?**

Hierarchical logistic regression was the statistical technique used to answer this research question. Each of the 26 actions that met criteria for any of the four typical female first date scripts, as well as each of the 27 actions that met criteria for any of the four typical male first date scripts, was used as a criterion variable. For each test, the model consisted of six control variables (i.e., sociosexual orientation, adherence to the sexual double standard, attitude towards traditional/egalitarian sex roles, religiosity, dyadic sexual desire, and first date experience), which were centered and entered in the first block. The independent variables, age and gender, both coded as 0 or 1, were entered in the second block. Finally, the age X gender interaction was entered in the third block of the model. The results for the typical female first date script come next, followed by the results for the typical male first date.

## Typical Female First Date Scripts

Of the 26 hierarchical logistic regressions conducted for the typical female first date script actions, only 5 were found to have a statistically significant model at block 3, and only 2 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) 'F Shops For Clothes For Date And Or Dresses Nicely', and 2) 'They Drink During The Date'.

The hierarchical logistic regression predicting likelihood of reporting 'F Shops For Clothes For Date And Or Dresses Nicely' showed that the full model containing all predictors was statistically significant,  $\chi^2(9, N = 252) = 17.53, p < .05$ , indicating that the model was able to distinguish between reported presence or absence of the action. The model as a whole explained between 7% (Cox and Snell R Square) and 9% (Nagelkerke R Square) of the variance in the reported presence or absence of the action and correctly classified 60.7% of cases. As shown in Table 13, both age ( $p < .01$ ) and the age X gender interaction ( $p < .05$ ) made statistically significant contributions to the model. The odds ratio for age was 4.01, meaning that midlife adults were 4.01 times more likely than young adults to report that the female would shop for clothes for the date and or dress nicely. With respect to the interaction, post hoc analysis using the crosstabs procedure revealed that while midlife adults were more likely than young adults to report that the female would shop for clothes for the date and or dress nicely, midlife men (73%) were significantly more likely to report this than midlife adult women (57%), young adult men (27%), and young adult women (43%).

Table 13

*Hierarchical Logistic Regression Predicting Likelihood of Reporting 'F Shops For Clothes And Or Dresses Nicely' in the Typical Female First Date Script*

---

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.00	.00	.02	1	.88	1.00	.99	1.01
SDSS	-.02	.02	.91	1	.34	.98	.93	1.03
TESRS	-.01	.01	.32	1	.57	1.00	.98	1.01
RS	.02	.03	.56	1	.46	1.02	.96	1.09
SDI2-D	-.02	.01	3.56	1	.06	.98	.96	1.00
FDE	-.04	.13	.10	1	.76	.96	.74	1.24
Age	1.39	.45	9.77	1	.00**	4.01	1.68	9.59
Gender	.36	.46	.60	1	.44	1.43	.58	3.51
Age X Gender	-1.19	.56	4.56	1	.03*	.31	.10	.91
Constant	-.69	.36	3.81	1	.05	.50		

---

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

The hierarchical logistic regression predicting likelihood of reporting ‘They Drink During The Date’ also found that the full model containing all predictors was statistically significant,  $\chi^2 (9, N = 252) = 17.02, p < .05$ . As was the case in the previous analysis, this model, as a whole, explained between 7% (Cox and Snell R Square) and 9% (Nagelkerke R Square) of the variance in the reported presence or absence of the action. The model correctly classified 67.9% of cases. As shown in Table 14, of the two independent variables, only age ( $p < .05$ ) made a statistically significant contribution to the model. The odds ratio for age was 4.16, denoting that midlife adults were 4.16 times more likely than young adults to report that the date partners would drink during the date.

Table 14

*Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘They Drink During The Date’ in the Typical Female First Date Script*

---

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.00	.00	.95	1	.33	1.00	1.00	1.01
SDSS	-.01	.03	.04	1	.84	1.00	.95	1.05
TESRS	-.01	.01	1.21	1	.27	.99	.97	1.01
RS	-.02	.03	.40	1	.53	.98	.92	1.05
SDI2-D	-.02	.01	1.43	1	.23	.99	.96	1.01
FDE	.01	.14	.00	1	.97	1.01	.76	1.33
Age	1.43	.53	7.16	1	.01*	4.16	1.46	11.81
Gender	.67	.59	1.29	1	.26	1.95	.62	6.18
Age X Gender	-.52	.65	.64	1	.42	.59	.17	2.13
Constant	-1.96	.47	16.98	1	.00**	.14		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

#### Typical Male First Date Scripts

Of the 27 hierarchical logistic regressions conducted for the typical male first date script, 8 were found to have a statistically significant model at block 3, and only 5 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) 'M Makes Conversation With F', 2) 'M Pays For Own Food Beverage And Or Meal', 3) 'M Pays For Fs Food Beverage And Or Meal', 4) 'M Indicates Goodbye', and 5) 'They Meet At A Mutual Location For The Date'.

When examining the results of the hierarchical logistic regression predicting likelihood of reporting 'M Makes Conversation With F', I found that the full model containing all predictors was statistically significant,  $\chi^2 (9, N = 252) = 18.12, p < .05$ , indicating that the model distinguished between the reported presence or absence of this action. The model as a whole explained between 7% (Cox and Snell R Square) and 9% (Nagelkerke R Square) of the variance in the reported presence or absence of the action

and correctly classified 62.3% of cases. As shown in Table 15, after the inclusion of the control variables, only age ( $p < .05$ ) made a statistically significant contribution to the model. The odds ratio for age was .34, meaning that midlife adults were .34 times more likely than young adults to report that the male would make conversation with the female. The Religiosity Scale also made a statistically significant contribution to the model. The odds ratio for the scale was 1.10, denoting that for each unit of change in the scale, participants were 1.10 times more likely to report that the male would make conversation with the female. Hence, a slight increase in religiosity was associated with a slightly greater likelihood of reporting that the male would make conversation with the female.

Table 15

*Hierarchical Logistic Regression Predicting Likelihood of Reporting 'M Makes Conversation With F' in the Typical Male First Date Script*

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.01	.00	2.70	1	.10	1.01	1.00	1.01
SDSS	-.01	.02	.19	1	.66	.99	.94	1.04
TESRS	.01	.01	1.79	1	.18	1.01	1.00	1.03
RS	.09	.03	7.41	1	.01**	1.10	1.03	1.17
SDI2-D	.01	.01	.51	1	.48	1.01	.99	1.03
FDE	-.07	.13	.31	1	.58	.93	.72	1.21
Age	-1.08	.45	5.83	1	.02*	.34	.14	.82
Gender	-.19	.48	.16	1	.69	.83	.33	2.10
Age X Gender	.29	.56	.26	1	.61	1.33	.44	4.02
Constant	1.00	.37	7.51	1	.01**	2.73		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

The hierarchical logistic regression predicting likelihood of reporting ‘M Pays For Own Food Beverage And Or Meal’ showed a significant full model,  $\chi^2(9, N = 252) = 29.10, p < .01$ . The model as a whole explained between 11% (Cox and Snell R Square) and 15% (Nagelkerke R Square) of the variance in the reported presence or absence of the action and correctly classified 65.1% of cases. Only age ( $p < .01$ ) made a statistically significant contribution to the model (see Table 16). The odds ratio for age was .21, meaning that midlife adults were .21 times more likely than young adults to report that the male would pay for his own food beverage and or meal.

Table 16

*Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Pays For Own Food Beverage And Or Meal’ in the Typical Male First Date Script*

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.00	.00	.03	1	.87	1.00	.99	1.01
SDSS	.04	.03	1.97	1	.16	1.04	.99	1.09
TESRS	.00	.01	.22	1	.64	1.00	.99	1.02
RS	-.04	.03	1.47	1	.23	.96	.90	1.03
SDI2-D	.01	.01	.31	1	.58	1.01	.98	1.03
FDE	-.18	.14	1.72	1	.19	.83	.63	1.10
Age	-1.56	.47	11.09	1	.00**	.21	.08	.53
Gender	.15	.45	.12	1	.73	1.17	.48	2.82
Age X Gender	.63	.58	1.15	1	.28	1.87	.60	5.86
Constant	.04	.34	.02	1	.90	1.04		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

When examining the ‘M Pays For Fs Food Beverage And Or Meal’ criterion variable, the logistic regression results showed that the full model was statistically

significant,  $\chi^2 (9, N = 252) = 28.58, p < .01$ . The model as a whole explained between 11% (Cox and Snell R Square) and 15% (Nagelkerke R Square) of the variance in the reported presence or absence of the action and correctly classified 66.3% of cases. Here again, only age ( $p < .01$ ) made a statistically significant contribution to the model, as shown in Table 17. The odds ratio for age was .21, denoting that midlife adults were .21 times more likely than young adults to report that the male would pay for the female's food beverage and or meal.

Table 17

*Hierarchical Logistic Regression Predicting Likelihood of Reporting 'M Pays For Fs Food Beverage And Or Meal' in the Typical Male First Date Script*

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.00	.00	.03	1	.87	1.00	.99	1.01
SDSS	.04	.03	2.50	1	.11	1.04	.99	1.10
TESRS	.00	.01	.20	1	.65	1.00	.99	1.02
RS	-.04	.03	1.35	1	.25	.96	.90	1.03
SDI2-D	.01	.01	.32	1	.58	1.01	.98	1.03
FDE	-.21	.14	2.16	1	.14	.81	.62	1.07
Age	-1.56	.47	11.06	1	.00**	.21	.08	.53
Gender	.11	.45	.06	1	.80	1.12	.46	2.71
Age X Gender	.69	.58	1.38	1	.24	1.99	.63	6.23
Constant	.03	.34	.01	1	.93	1.03		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

The hierarchical logistic regression model was also significant when predicting the likelihood of reporting 'M Indicates Goodbye',  $\chi^2 (9, N = 252) = 32.03, p < .01$ . The model as a whole explained between 12% (Cox and Snell R Square) and 16%

(Nagelkerke R Square) of the variance and correctly classified 60.7% of cases. As shown in Table 18, gender ( $p < .05$ ) made a statistically significant contribution to the model. The odds ratio for gender was 2.58, meaning that females were 2.58 times more likely than males to report that the male would indicate goodbye. The Traditional/Egalitarian Sex Roles Scale also made a statistically significant contribution to the model. The odds ratio for the scale was 1.02, denoting that for each unit of change in the scale (measuring egalitarianism), participants were 1.02 times more likely to report that the male would indicate goodbye. Hence, a slight increase in egalitarianism was associated with a slightly greater likelihood of reporting that the male would indicate goodbye.

Table 18

*Hierarchical Logistic Regression Predicting Likelihood of Reporting 'M Indicates Goodbye' in the Typical Male First Date Script*

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	-.01	.00	2.11	1	.15	1.00	.99	1.00
SDSS	.03	.03	1.38	1	.24	1.03	.98	1.08
TESRS	.02	.01	4.18	1	.04*	1.02	1.00	1.04
RS	.01	.03	.15	1	.70	1.01	.95	1.08
SDI2-D	.01	.01	.33	1	.57	1.01	.98	1.03
FDE	-.20	.14	2.27	1	.13	.82	.63	1.06
Age	-.45	.43	1.07	1	.30	.64	.27	1.49
Gender	.95	.47	4.12	1	.04*	2.58	1.03	6.42
Age X Gender	-.59	.56	1.09	1	.30	.56	.18	1.68
Constant	-.02	.34	.00	1	.95	.98		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

The logistic regression model predicting likelihood of reporting ‘They Meet At A Mutual Location For The Date’ was also statistically significant,  $\chi^2 (9, N = 252) = 18.25$ ,  $p < .05$ . It explained between 7% (Cox and Snell R Square) and 10% (Nagelkerke R Square) of the variance in the reported presence or absence of the action and correctly classified 73% of cases. As shown in Table 19, only age ( $p < .05$ ) made a statistically significant contribution to the model with an odds ratio of 3.53, meaning that midlife adults were 3.53 times more likely than young adults to report that the date partners would meet at a mutual location for the date.

Table 19

*Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘They Meet At A Mutual Location For The Date’ in the Typical Male First Date Script*

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper
SOI	.01	.00	2.41	1	.12	1.01	1.00	1.01
SDSS	-.00	.03	.00	1	.97	1.00	.95	1.05
TESRS	.01	.01	1.74	1	.19	1.01	.99	1.03
RS	-.04	.04	1.01	1	.32	.97	.90	1.03
SDI2-D	-.01	.01	.41	1	.52	.99	.97	1.02
FDE	-.07	.15	.23	1	.63	.93	.70	1.24
Age	1.26	.56	5.03	1	.03*	3.53	1.17	10.61
Gender	.59	.60	.96	1	.33	1.80	.56	5.78
Age X Gender	-.58	.67	.75	1	.39	.56	.15	2.09
Constant	-1.86	.49	14.23	1	.00**	.16		

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience.

\*\*  $p < .01$

\*  $p < .05$

I now turn to the analyses for the five hypotheses for Study 1. In the pages that follow, each hypothesis will be stated, how each hypothesis was tested will be described,

and the findings for each hypothesis will be provided. While I intended to include the control variables as covariates in these analyses, preliminary tests indicated that doing so would violate the assumption of homogeneity of regression slopes (see Howell, 2009) due to the differential effects of the covariates on the age group and gender independent variables. Hence, these hypotheses were tested using a series of 2 X 2 ANOVAs.

**H1: Midlife adults' typical first date scripts would be more consistent with traditional gender roles than would young adults' typical first date scripts, regardless of their gender.**

To prepare to test this hypothesis, based on previous research (Laner & Ventrone, 2000), the male and female performed actions for the typical female first date scripts and typical male first date scripts were classified into one of three categories: traditional gender role behaviour, non-traditional gender role behaviour, and non-gender specific social norm behaviour. This strategy was used for the male and female actions reported by each of the four separate age and gender groups. The results of the classification follow.

#### Typical Female First Date Scripts

The typical female first date script for young adult men contained 11 male and female performed actions that could be classified. Of those actions, 6 (55%) were classified as traditional gender role behaviour: 1) 'F Gets Ready For The Date Aesthetically', 2) 'F Shops For Clothes For The Date And Or Dresses Nicely', 3) 'M Picks Up F', 4) 'M Is Chivalrous With F', 5) 'M Drives F To A Location', and 6) 'M Escorts F Home'. Zero actions (0%) were classified as non-traditional gender role behaviour. Five actions (45%) were classified as non-gender specific social norm

behaviour: 1) 'F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good', 2) 'F Greets M', 3) 'F Makes Conversation With M', 4) 'F Gets To Know M', and 5) 'F Indicates Goodbye To M'.

An examination of the typical female first date script for young adult women revealed 17 male and female performed actions that were classifiable. Nine actions (53%) were classified as traditional gender role behaviour: 1) 'F Gets Ready For The Date Aesthetically', 2) 'F Shops For Clothes For The Date And Or Dresses Nicely', 3) 'F Orders And Or Eats Lightly Or Politely', 4) 'F Expects And Or Allows M To Pay For Her Food Beverage And Or Meal', 5) 'F Visits Restroom And Or Checks Or Refreshes Appearance', 6) 'M Picks Up F', 7) 'M Is Chivalrous With F', 8) 'M Drives F To A Location', and 9) 'M Escorts F Home'. Only 1 action (6%) was classified as non-traditional gender role behaviour: 1) 'F Offers To Pay For Own Food Beverage And Or Meal'. Classification of the non-gender specific social norm behaviour identified 7 actions (41%): 1) 'F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good', 2) 'F Smiles At M', 3) 'F Greets M', 4) 'F Thanks M', 5) 'F Makes Conversation With M', 6) 'F Gets To Know M', and 7) 'F Indicates Goodbye To M'.

The typical female first date script for midlife adult men contained 12 male and female performed actions that could be classified. Of those actions, 7 (58%) were classified as traditional gender role behaviour: 1) 'F Gets Ready For The Date Aesthetically', 2) 'F Shops For Clothes For The Date And Or Dresses Nicely', 3) 'F Mentally Evaluates M And Or Determines Compatibility', 4) 'M Picks Up F', 5) 'M Is Chivalrous With F', 6) 'M Drives F To A Location', and 7) 'M Escorts F Home'. Zero actions (0%) were classified as non-traditional gender role behaviour. Five actions (42%)

were classified as non-gender specific social norm behaviour: 1) 'F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good', 2) 'F Greets M', 3) 'F Makes Conversation With M', 4) 'F Gets To Know M', and 5) 'F Indicates Goodbye To M'.

Finally, an examination of the typical female first date script for midlife adult women revealed 13 male and female performed actions that were classifiable. Seven actions (54%) were classified as traditional gender role behaviour: 1) 'F Gets Ready For The Date Aesthetically', 2) 'F Shops For Clothes For The Date And Or Dresses Nicely', 3) 'F Expects And Or Allows Chivalry', 4) 'M Picks Up F', 5) 'M Is Chivalrous With F', 6) 'M Drives F To A Location', and 7) 'M Escorts F Home'. Zero actions (0%) were classified as non-traditional gender role behaviour. Classification of the non-gender specific social norm behaviour identified 6 actions (46%): 1) 'F Showers Shaves Brushes Teeth And Or Makes Herself Smell Good', 2) 'F Smiles At M', 3) 'F Greets M', 4) 'F Makes Conversation With M', 5) 'F Gets To Know M', and 6) 'F Indicates Goodbye To M'.

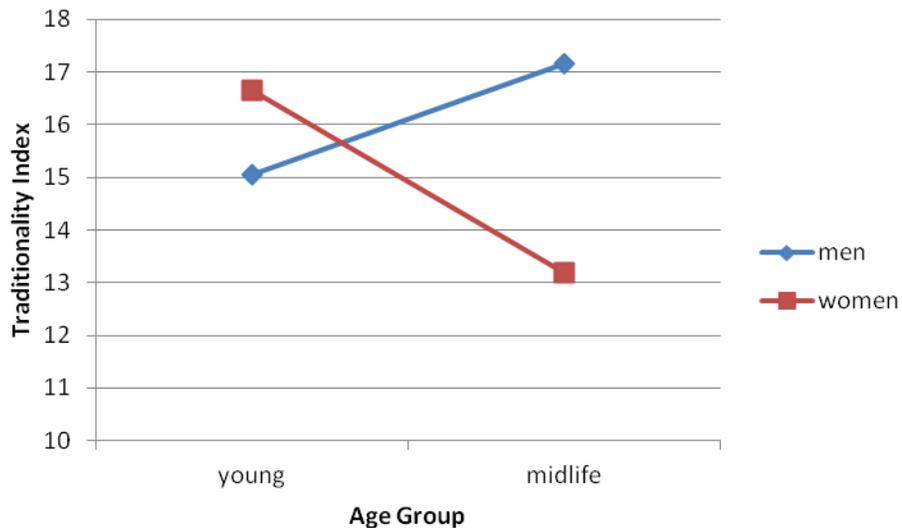
Following this classification, I developed a traditionality index that was calculated by determining the percentage of all behaviours identified by each respondent that constituted traditional gender role behaviours. A separate index was calculated for each of the four age/gender combined groups. For example, for the typical female first date script for young adult males, 6 of the total 15 actions that met criteria to be included in the script were deemed to be traditional gender role behaviours. Thus, for each young adult man a percentage was calculated to reflect how many of the 6 traditional gender role behaviours he reported out of the total 15 actions. This strategy was selected to

ensure that the index took into account variations in individual participants' total number of actions reported.

To test the first hypothesis – that midlife adults' typical first date scripts would be more consistent with traditional gender roles than would young adults' typical first date scripts, regardless of gender – a two-way between groups ANOVA was conducted and revealed a statistically significant interaction effect between gender and age group,  $F(1, 321) = 4.71, p = .03$  (see Figure 1) with a small effect size (partial eta squared = .01). The main effects for gender [ $F(1, 321) = .86, p = .36$ ] and age group [ $F(1, 321) = .27, p = .60$ ] did not reach statistical significance. Post-hoc analyses showed no evidence of significant differences between the mean traditionality index scores of young adult men ( $M = 15.04, SD = 11.77$ ) and young adult women ( $M = 16.64, SD = 10.45$ ),  $t(135) = -.83, p = .41$ . In contrast, midlife adult men ( $M = 17.15, SD = 11.47$ ) were found to have a significantly higher mean traditionality index score than midlife adult women ( $M = 13.18, SD = 11.14$ ),  $t(186) = 2.38, p = .02$ ; the magnitude of the differences in the means (mean difference = 3.97, 95% CI: .68 to 7.25) was small (eta squared = .03). Moreover, there was no evidence of significant differences between the mean traditionality index scores for young adult men and midlife adult men [ $t(129) = -1.02, p = .31$ ], but young women were found to have a significantly higher mean traditionality index score than midlife adult women,  $t(192) = 2.20, p = .03$ ; the magnitude of the differences in the means (mean difference = 3.45, 95% CI: .36 to 6.55) was small (eta squared = .02). With respect to the typical female first date script, hypothesis 1 was not supported.

Figure 1

*The significant interaction between gender and age group on typical female first date script (TFFDS) mean traditionality index scores*



### Typical Male First Date Scripts

The typical male first date script for young adult men contained 15 male and female performed actions that could be classified. Of those actions, 9 (60%) were classified as traditional gender role behaviour: 1) 'M Picks Up F', 2) 'M Compliments F', 3) 'M Decides Date Time Place Transportation And Or Activities', 4) 'M Is Chivalrous With F', 5) 'M Drives F To A Location', 6) 'M Orders Own Food Beverage And Or Meal', 7) 'M Pays For Own Food Beverage And Or Meal', 8) 'M Pays For Fs Food Beverage And Or Meal', and 9) 'M Escorts F Home'. Only 1 action (7%) was classified as non-traditional gender role behaviour: 1) 'M Shops For Clothes For Date And Or Dresses Nicely'. Five actions (33%) were classified as non-gender specific social norm behaviour: 1) 'M Showers Brushes Teeth And Or Makes Himself Smell Good', 2) 'M Greets F', 3) 'M Makes Conversation With F', 4) 'M Gets To Know F', and 5) 'M Indicates Goodbye'.

An examination of the typical male first date script for young adult women revealed 17 male and female performed actions that were classifiable. Nine actions (53%)

were classified as traditional gender role behaviour: 1) 'M Picks Up F', 2) 'M Compliments F', 3) 'M Decides Date Time Place Transportation And Or Activities', 4) 'M Is Chivalrous With F', 5) 'M Drives F To A Location', 6) 'M Pays For Own Food Beverage And Or Meal', 7) 'M Pays For Fs Food Beverage And Or Meal', 8) 'M Hugs Holds Hands With And Or Links Arms With F', and 9) 'M Escorts F Home'. Only 1 action (6%) was classified as non-traditional gender role behaviour: 1) 'M Shops For Clothes For Date And Or Dresses Nicely'. Classification of the non-gender specific social norm behaviour identified 7 actions (41%): 1) 'M Showers Brushes Teeth And Or Makes Himself Smell Good', 2) 'M Greets F', 3) 'M Makes Conversation With F', 4) 'M Gets To Know F', 5) 'M Discloses Personal Information', 6) 'M Drinks During The Date', and 7) 'M Indicates Goodbye'.

The typical male first date script for midlife adult men contained 16 male and female performed actions that could be classified. Of those actions, 9 (56%) were classified as traditional gender role behaviour: 1) 'M Confirms Plans For Date And Or Contacts F Before Date', 2) 'M Picks Up F', 3) 'M Compliments F', 4) 'M Suggests Date Time Place Transportation And Or Activities', 5) 'M Decides Date Time Place Transportation And Or Activities', 6) 'M Is Chivalrous With F', 7) 'M Drives F To A Location', 8) 'M Escorts F Home', and 9) 'M Initiates Discussion Of Expresses Interest In And Or Asks F On Second Date'. Only 1 action (6%) was classified as non-traditional gender role behaviour: 1) 'M Shops For Clothes For Date And Or Dresses Nicely'. Six actions (38%) were classified as non-gender specific social norm behaviour: 1) 'M Showers Brushes Teeth And Or Makes Himself Smell Good', 2) 'M Grooms Himself

Shaves And Or Does Or Gets Hair Or Nails Done', 3) 'M Greets F', 4) 'M Makes Conversation With F', 5) 'M Gets To Know F', and 6) 'M Indicates Goodbye'.

Finally, an examination of the typical male first date script for midlife adult women revealed 17 male and female performed actions that were classifiable. Nine actions (53%) were classified as traditional gender role behaviour: 1) 'M Picks Up F', 2) 'M Suggests Date Time Place Transportation And Or Activities', 3) 'M Decides Date Time Place Transportation And Or Activities', 4) 'M Is Chivalrous With F', 5) 'M Drives F To A Location', 6) 'M Pays For Own Food Beverage And Or Meal', 7) 'M Pays For Fs Food Beverage And Or Meal', 8) 'M Escorts F Home', and 9) 'M Initiates Discussion Of Expresses Interest In And Or Asks F On Second Date'. Only 1 action (6%) was classified as non-traditional gender role behaviour: 1) 'M Shops For Clothes For Date And Or Dresses Nicely'. Classification of the non-gender specific social norm behaviour identified 7 actions (41%): 1) 'M Showers Brushes Teeth And Or Makes Himself Smell Good', 2) 'M Grooms Himself Shaves And Or Does Or Gets Hair Or Nails Done', 3) 'M Greets F', 4) 'M Makes Conversation With F', 5) 'M Gets To Know F', 6) 'M Drinks During The Date', and 7) 'M Indicates Goodbye'.

As was done in the context of the test of hypothesis 1 for typical female first date scripts, I calculated a traditionality index by determining the percentage of all behaviours identified by each respondent that constituted traditional gender role behaviours. Again, a separate index was calculated for each of the four age/gender combined groups. For example, for the typical male first date script for young adult females, 9 of the total 19 actions that met criteria to be included in the script were deemed to be traditional gender role behaviours. Thus, for each young adult woman a percentage was calculated to reflect

how many of the 9 traditional gender role behaviours she reported out of the total 19 actions. This strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

The two-way (age group and gender) between groups ANOVA showed a non-significant interaction,  $F(1, 321) = .44, p = .51$ . Similarly, the main effect for gender also did not reach statistical significance,  $F(1, 321) = .84, p = .36$ . However, the analysis showed a statistically significant main effect for age group,  $F(1, 321) = 31.09, p = .00$ , with a moderate effect size (partial eta squared = .09). An examination of the means revealed that the mean score for young adults ( $M = 25.04, SD = 11.15$ ) was significantly higher than the mean score for midlife adults ( $M = 18.00, SD = 10.27$ ). Contrary to what was expected, young adults reported a higher percentage of traditional gender role behaviours in their typical male first date scripts than did midlife adults. In other words, young adults' typical male first date scripts were more consistent with traditional gender roles than were midlife adults' typical male first date scripts. With respect to the typical male first date script, hypothesis 1 was not supported.

**H2: Women would report more opposite sex actions in the typical female first date script (reporting male performed actions when they were asked to solely report female performed actions) than men would report in the typical male first date script (reporting female performed actions when they were asked to solely report male performed actions), regardless of their age group.**

An index of opposite sex actions was created for each of the four age/gender combined groups. To do so, I calculated the percentage of male actions reported by the young and midlife adult women from within their total list of actions for the typical

female first date script, and then calculated the percentage of female actions reported by the young and midlife adult men from within their total list of actions for the typical male first date script. For example, for the typical female first date script for young adult women, 4 of the total 21 actions that met criteria to be included in the script were actions performed by the male date partner, even though the young adult women participants were asked to report the actions that a female would typically perform on the date. Thus, for each young adult woman a percentage was calculated to reflect how many of the 4 male performed actions she reported out of the total 21 actions. This strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

A two-way between groups ANOVA was conducted to explore the impact of gender and age on the percentage of opposite sex actions reported as measured by the opposite sex index. The interaction effect between gender and age group was not statistically significant [ $F(1, 321) = .61, p = .44$ ], and neither was the main effect for age group [ $F(1, 321) = .61, p = .44$ ]. There was a statistically significant main effect for gender,  $F(1, 321) = 120.09, p = .00$ , with a large effect size (partial eta squared = .27). The mean score for men ( $M = 0.00, SD = 0.00$ ) was significantly lower than the mean score for women ( $M = 7.78, SD = 8.06$ ). As expected, women reported more opposite sex actions in the typical female first date script than what men did in the typical male first date script, which provided support for hypothesis 2.

Hypotheses 3, 4, and 5 were all tested with the same two-way between groups ANOVA. The hypotheses were as follows:

- H3: Men would include more sexual behaviours in their typical first date scripts than would women, regardless of their age group.**
- H4: Young adults would include more sexual behaviours in their typical first date scripts than would midlife adults, regardless of their gender.**
- H5: Young adult men would include more sexual behaviours in their typical first date scripts than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).**

#### Typical Female First Date Scripts

No sexual behaviours met criteria for the typical female first date script for any of the four age/gender combined groups. There was thus no evidence of a significant gender difference, age group difference, or interaction effect between gender and age group.

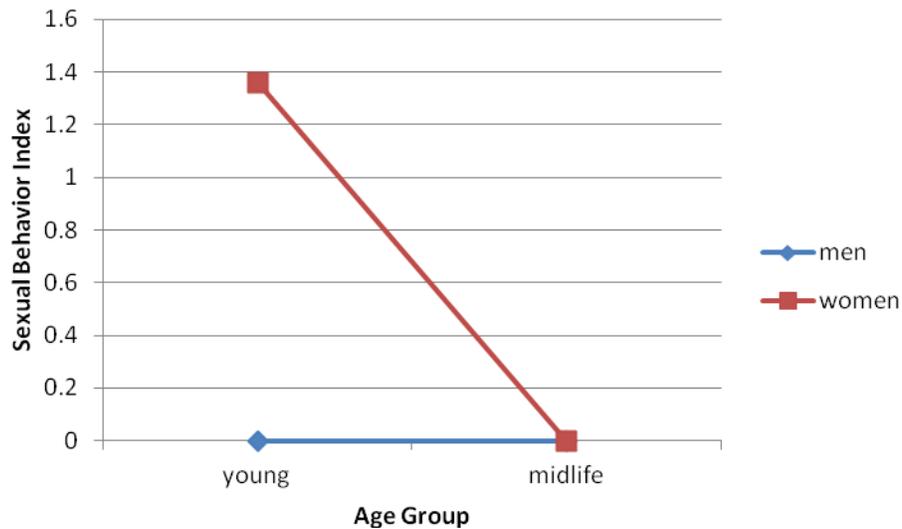
#### Typical Male First Date Scripts

A sexual behaviour index was created for each member of the four age/gender combined groups by calculating the percentage of all behaviours identified by each respondent that could be classified as a sexual behaviour. For example, for the typical male first date script for young adult females, 1 of the total 19 actions that met criteria to be included in the script was a sexual behaviour ('M Hugs Holds Hands With And Or Links Arms With F'). Thus, for each young adult woman a percentage was calculated to reflect whether she reported this sexual behaviour out of the total 19 actions (i.e., in this instance, each participant could receive a score of either 1/19, or 5%, or 0/19, or 0%). This strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

I used a two-way between groups ANOVA to explore the impact of gender and age on percentage of sexual behaviours reported as measured by the sexual behaviour index. The interaction effect between gender and age group was statistically significant (see Figure 2),  $F(1, 321) = 24.96, p = .00$ , with a moderate effect size (partial eta squared = .07). The main effects for both gender [ $F(1, 321) = 24.96, p = .00$ ] and age group [ $F(1, 321) = 24.96, p = .00$ ] were also statistically significant, though they were qualified by the interaction. The means and standard deviations for the four age/gender combined groups (young adult men:  $M = 0.00, SD = 0.00$ ; young adult women:  $M = 1.36, SD = 2.32$ ; midlife adult men:  $M = 0.00, SD = 0.00$ ; and midlife adult women:  $M = 0.00, SD = 0.00$ ) clearly showed that young adult women reported significantly more sexual behaviour actions in the typical male first date script than did young adult men, midlife adult men, and midlife adult women. Hypotheses 3 (that men would include more sexual behaviours in their typical first date scripts than would women, regardless of their age group), 4 (that young adults would include more sexual behaviours in their typical first date scripts than would midlife adults, regardless of their gender), and 5 (that young adult men would include more sexual behaviours in their typical first date scripts than would members of all other groups) were not supported.

Figure 2

*The significant interaction between gender and age group on typical male first date script (TMFDS) mean sexual behaviour index scores*



### Chapter V: Study 1 Discussion

My first two research questions for Study 1 examined how young adult men, young adult women, midlife adult men, and midlife adult women would describe typical female and typical male first date scripts. For the typical female first date script, respondents identified 15 actions (i.e., actions that were identified in 25% or more of the responses) for young adult men (7 female performed, 4 unassigned, and 4 male performed), 21 actions for young adult women (13 female performed actions, 4 unassigned, and 4 male performed), 16 actions for midlife adult men (8 female performed, 4 unassigned, and 4 male performed), and 19 actions for midlife adult women (9 female performed, 6 unassigned, and 4 male performed).

For the typical male first date script, 18 actions were identified for the script for young adult men (15 male performed, 3 unassigned, and 0 female performed), 19 actions for young adult women (17 male performed, 2 unassigned, and 0 female performed), 21 actions for midlife adult men (16 male performed, 5 unassigned, and 0 female

performed), and 21 actions for midlife adult women (17 male performed, 4 unassigned, and 0 female performed).

A cursory examination of each of the 8 types of scripts revealed that all were largely consistent with traditional gender role behaviour. Traditionality was found to be a recurring theme in the analyses of Study 1, especially with respect to gender roles. These findings will be discussed further when reviewing the findings associated with hypothesis 1.

In question 3, I asked whether there would be any significant main effects found for age and/or gender, or would there be any significant age by gender (age X gender) interactions for the scripted actions, after statistically partialling out the effects of the control variables. Of the 26 hierarchical logistic regressions conducted for the typical female first date script actions, only 5 were found to have a statistically significant model at block 3, and only 2 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) 'F Shops For Clothes For Date And Or Dresses Nicely', and 2) 'They Drink During The Date'. For the action 'F Shops For Clothes For Date And Or Dresses Nicely', analyses indicated that midlife adults were significantly more likely than young adults to report that the female would shop for clothes for the date and or dress nicely. Further, while midlife adults were more likely than young adults to report that the female would shop for clothes for the date and or dress nicely, midlife men were significantly more likely to report this than midlife adult women, young adult men, and young adult women. With respect to the action 'They Drink During The Date', midlife adults were significantly more likely than young adults to report that the date partners would drink during the date. The findings regarding the

expectation that midlife adult women would shop for clothes prior to a date support a rather traditional set of assumptions regarding dating behaviour. An alternative possibility may be that midlife adults generally have more financial resources that would enable them to shop prior to a date. Of course, this second option does not contradict the generally traditional norms associated with midlife adult women dating behaviour.

Of the 27 hierarchical logistic regressions conducted for the typical male first date script, 8 were found to have a statistically significant model at block 3, and only 5 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) 'M Makes Conversation With F', 2) 'M Pays For Own Food Beverage And Or Meal', 3) 'M Pays For Fs Food Beverage And Or Meal', 4) 'M Indicates Goodbye', and 5) 'They Meet At A Mutual Location For The Date'. Midlife adults were significantly more likely than young adults to report that: the male would make conversation with the female, the male would pay for his own food beverage and or meal, the male would pay for the female's food beverage and or meal, and the date partners would meet at a mutual location for the date. Further, females were significantly more likely than males to report that the male would indicate goodbye.

By and large, there were few statistically significant main effects found for age or gender. The same held true for the age X gender interactions. In total, only 7 of the 53 statistical tests revealed a statistically significant main effect for age or gender, or a significant age X gender interaction. These results strongly suggest that the age groups and genders examined are more similar than they are different when it comes to expectations regarding the actions that comprise a typical male and typical female's first date script.

Hypothesis 1 posited that midlife adults' typical first date scripts would be more consistent with traditional gender roles than would young adults' typical first date scripts, regardless of their gender. The typical female first date script for young adult men contained 11 male and female performed actions that could be classified. Of those actions, 6 were classified as traditional gender role behaviour, 0 actions as non-traditional gender role behaviour, and 5 as non-gender specific social norm behaviour. An examination of the typical female first date script for young adult women revealed 17 male and female performed actions that were classifiable. Nine actions were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 7 actions as non-gender specific social norm behaviour. The typical female first date script for midlife adult men contained 12 male and female performed actions that could be classified. Of those actions, 7 were classified as traditional gender role behaviour, 0 actions as non-traditional gender role behaviour, and 5 actions as non-gender specific social norm behaviour. Finally, an examination of the typical female first date script for midlife adult women revealed 13 male and female performed actions that were classifiable. Seven actions were classified as traditional gender role behaviour, 0 actions as non-traditional gender role behaviour, and 6 actions as non-gender specific social norm behaviour. Overall, when comparing the number of traditional gender role behaviours with the number of non-traditional gender role behaviours for each script, it is evident that the scripts are substantially more consistent with traditional gender role behaviour than non-traditional gender role behaviour.

Analyses for the typical female first date script revealed a statistically significant interaction effect between gender and age group, with a small effect size. The main

effects for gender and age group did not reach statistical significance. Post-hoc analyses showed no evidence of significant differences between the mean traditionality index scores of young adult men and young adult women, but midlife adult men were found to score significantly higher than midlife adult women. The magnitude of the differences in the means was small. Moreover, there was no evidence of significant differences between the mean traditionality index scores for young adult men and midlife adult men, but young women scored significantly higher than midlife adult women. The magnitude of the differences in the means was small. With respect to the typical female first date script, hypothesis 1 was not supported. These research findings thus contradict previous research comparing the general dating and sexual practices of young and midlife adults (Abramson & Imai-Marquez, 1982; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995) that suggest that midlife adults are more traditional with respect to gender role behaviour than are young adults.

Of particular interest is the midlife adult women group. Analyses revealed that midlife adult women's typical female first date scripts were less traditional than both midlife adult men's and young adult women's. The gap between the midlife adult groups may reflect the growing social, political, and economic influence of women as a whole. While a female adhering to traditional gender behaviour in the first date context may make sense for midlife adult men because it is consistent with their (i.e., men's) traditional position of power in the social, political, and economic spheres, midlife adult women may be harnessing women's gains across these spheres and transferring them to the first date context. Explaining the difference between women in the two age groups, on the other hand, may be a question of experience. Older women may possess a level of

confidence and security derived from many years of experience dating and in romantic partner relationships, whereas young adult women may fall back on traditional behaviours that are deemed to be part of the normative dating script because they have not yet had enough experience to have developed their own dating habits and idiosyncrasies. Thus, for young adult women, adhering to traditional gender role behaviour may provide a sense of security as they explore their dating beliefs and develop their own preferences.

The typical male first date script for young adult men contained 15 male and female performed actions that could be classified. Of those actions, 9 were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 5 actions as non-gender specific social norm behaviour. An examination of the typical male first date script for young adult women revealed 17 male and female performed actions that were classifiable. Nine actions were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 7 actions as non-gender specific social norm behaviour. The typical male first date script for midlife adult men contained 16 male and female performed actions that could be classified. Of those actions, 9 were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 6 actions as non-gender specific social norm behaviour. Finally, an examination of the typical male first date script for midlife adult women revealed 17 male and female performed actions that were classifiable. Nine actions were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 7 actions as non-gender specific social norm behaviour. Overall, as was the case for the typical female first date script, when comparing the number of traditional gender role

behaviours with the number of non-traditional gender role behaviours for each typical male first date script, it is evident that the scripts are substantially more consistent with traditional gender role behaviour than non-traditional gender role behaviour.

Both the age X gender interaction and the main effect for gender failed to reach statistical significance for the typical male first date script. However, there was a statistically significant main effect for age group, with a moderate effect size. An examination of the means revealed that the mean score for young adults was significantly higher than the mean score for midlife adults. Contrary to what was expected, young adults reported a higher percentage of traditional gender role behaviours in their typical male first date scripts than did midlife adults. In other words, young adults' typical male first date scripts were more consistent with traditional gender roles than were midlife adults' typical male first date scripts. With respect to the typical male first date script, hypothesis 1 was not supported. Again, the research findings contradict previous research comparing the general dating and sexual practices of young and midlife adults (Abramson & Imai-Marquez, 1982; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995) that suggest that midlife adults are more traditional with respect to gender role behaviour than are young adults.

For typical male first date scripts, adherence by young adults of both genders to traditional gender role behaviour may reflect their lack of experience in the dating and romantic relationship realm. Because they lack experience in that domain, they may rely on their knowledge of the normative first date script rather than create their own scripts based on their personal beliefs and preferences.

In hypothesis 2, I expected that women would report more opposite sex actions in the typical female first date script (reporting male performed actions when they were asked to solely report female performed actions) than men would report in the typical male first date script (reporting female performed actions when they were asked to solely report male performed actions), regardless of their age group. Analyses revealed that the interaction effect between gender and age group was not statistically significant, and neither was the main effect for age group. There was a statistically significant main effect for gender, with a large effect size. The mean score for men was significantly lower than the mean score for women. As expected, women reported more opposite sex actions in the typical female first date script than what men did in the typical male first date script, which provided support for hypothesis 2. This finding is in line with previous research on young adults (e.g., Laner & Ventrone, 1998, 2000; Rose & Frieze, 1989, 1993) which found that in hypothetical first date scripts women are usually depicted as playing a passive/reactive role, with men playing a more active role. Moreover, research has revealed that in listing the actions for typical first date scripts, women tend to list more actions for men in their scripts (i.e., they assign men actions when they are asked to solely list their own gender's actions) than men list actions for women in their scripts. Rose and Frieze (1993), for example, found that hypothetical (typical) first date scripts contained 19 actions for women wherein women initiated 16 and men initiated 3, and 19 actions for men wherein men initiated all. Even when asked to list only their own actions, women gave men an active role and listed actions for them.

With respect to midlife adults, support for hypothesis 2 is in keeping with more general research on midlife adults' dating and sexual practices. For example, in 2001

Rich found that gender roles play an important role in the negotiation of HIV preventive behaviours in the dating and sexual lives of single heterosexual midlife women. In fact, 'gender perspectives' was one of four major themes that emerged as playing a key role in the negotiation. Women in the study indicated that they tended to depend on men to initiate safe sex practices, and that they perceived that suggesting condom use, refusing to have sex, and imposing their expectations on the relationship could potentially threaten or ruin the relationship. Thus, the research suggested that consistent with traditional gender roles, in the sexual and relational domain midlife women are expected to play a more passive role, with men playing a more active role.

As hypotheses 3, 4, and 5 were all tested using the same statistical test, they were examined together in the results section and are also discussed together here. In hypothesis 3, I predicted that men would include more sexual behaviours in their typical first date scripts than would women, regardless of their age group. In hypothesis 4, I expected that young adults would include more sexual behaviours in their typical first date scripts than would midlife adults, regardless of their gender. Finally, in hypothesis 5, I anticipated that young adult men would include more sexual behaviours in their typical first date scripts than would members of all other groups.

No sexual behaviours met criteria for the typical female first date script for any of the four age/gender combined groups. There was thus no evidence of a significant gender difference, age group difference, or interaction effect between gender and age group.

For the typical male first date script, the interaction effect between gender and age group was statistically significant, with a moderate effect size. The main effects for both gender and age group were also statistically significant, though they were qualified by the

interaction. The means and standard deviations for the four age/gender combined groups clearly showed that young adult women reported significantly more sexual behaviour actions in the typical male first date script than did young adult men, midlife adult men, and midlife adult women. Hypotheses 3, 4, and 5 were not supported. These results are inconsistent with previous research which would lead one to expect that both young adult men (e.g., Clark, 1990; Clark & Hatfield, 1989; Morr & Mongeau, 2004; Oliver & Hyde, 1993; Roche, 1986; Roche & Ramsbey, 1993; Rose & Frieze, 1993) and midlife adult men (e.g., Oliver & Hyde, 1993; Rich, 2001) would include more sexual behaviours in their typical first date scripts than would young and midlife adult women, that young adults would include more sexual behaviours in their typical first date scripts than would midlife adults (e.g., Abramson & Imai-Marquez, 1982; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995), and that based on the above research and additional research (e.g., Morr & Mongeau, 2004; Rose & Frieze, 1993), young adult men would include more sexual behaviours in their typical first date scripts than would members of all other groups.

These results may reflect the persistence of the traditional belief that little or no sexual behaviour is appropriate for first dates (as supported by McCabe & Collins, 1984; Roche & Ramsbey, 1993). With that in mind, as noted previously, first date behaviours that were sexual in nature but that occurred as part of a normative/polite greeting or goodbye were collapsed into the general greeting and goodbye action coding columns (e.g., 'F Greets M With A Hug' and 'F Greets M With A Kiss' were collapsed into 'F Greets M') so as to not over-represent expectations for true first date sexual behaviour. Of the four age/gender combined groups, only young adult women reported any sexual

behaviour. Even then, only 1 of the 19 actions that met criteria for that group, ‘M Hugs Holds Hands With And Or Links Arms With F’, represented a sexual behaviour. While this action has been classified as sexual for the purposes of this study, it is clearly on the lower end of the spectrum of sexual intimacy.

When considering the fact that no sexual behaviours met criteria for any of the age/gender combined groups for the typical female first date script, and that only 1 sexual behaviour met criteria for one of the age/gender combined groups for the typical male first date script (a behaviour on the lower end of the spectrum of sexual intimacy), it appears that sexual behaviours outside of a normative/polite greeting or goodbye are still considered to be atypical on first dates for both young and midlife adults.

In conclusion, Study 1 examined young and midlife adults’ perceptions of typical male and female first date behaviour. Perceptions of first dates are an important part of building a predictive framework that helps us understand what an individual may do in an actual first date scenario. However, this information is only valuable to the extent it reflects actual dating realities. It is important to discover whether these hypothetical scripts accurately reflect real world dating behaviours – especially for midlife adults as they have been largely ignored in that field of research. Study 2 examined young and midlife adults’ retrospective accounts of their actual first date scripts, as well as their actual first date sexual behaviour. As was the case for Study 1, similarities and differences with respect to age and gender took center stage.

## **Chapter VI: Study 2 Literature Review**

Unlike Study 1 which focused on young and midlife single (or recently single) heterosexual North American adults’ typical first date scripts, Study 2 focused on young

and midlife single (or recently single) heterosexual North American adults' actual first dates. Specifically, Study 2 focused on actual first date scripts and actual first date sexual behaviour, both reported retrospectively. The goals of Study 2 were: 1) to provide insight into what young and midlife adults' actual first dates entail (i.e., what actions comprise their actual first date scripts), 2) to shed light on the sexual behaviour that young and midlife adults engage in on a first date, and 3) to examine whether and where there are age group and/or gender differences for each of the above. Research has been conducted on both young adults' (i.e., undergraduate students) and midlife adults' actual first dates, although first date scripts in particular have only been examined for young adults. The literature review that follows is divided into three sections. The first section will examine research on young adults' actual first dates, the second section will review research on midlife adults' dating and sexual behaviour, and the third section will describe research that has compared young adults and midlife adults with respect to their dating and sexual practices.

### **Young Adults' Actual First Dates**

**Retrospective accounts of actual first date scripts.** Only one study examined first date scripts for actual first dates retrospectively. That study (Rose & Frieze, 1993), which compared retrospective accounts of actual first date scripts with hypothetical (typical) first date scripts, was described in detail in Study 1 (see pages 25-28).

**Retrospective accounts of actual first date sexual behaviour.** Mongeau and Johnson (1995) investigated how gender, self-monitoring (two factors, namely the ability to monitor self-presentation and sensitivity to expressive behaviour), and gender of the date initiator influenced sexual expectations for, and sexual behaviour on, first dates.

Undergraduate participants were asked to recall either their most recent male- or female-initiated cross-sex first date. The same measure was used to measure sexual expectations and in which sexual behaviours participants engaged. Overall, participants reported that they expected little sexual behaviour to occur on their first date; the mean fell between light kissing and necking. Further, they reported engaging in slightly more sexual involvement than they anticipated; the mean fell at necking. Only 3.6% of participants reported having sexual intercourse on the date. Measures of sexual expectation and sexual behaviour were strongly and significantly correlated (Mongeau & Johnson, 1995).

Participant gender and self-monitoring (ability to modify self-presentation) significantly predicted sexual expectations. Compared to women, men reported heightened sexual expectations. For men only, as the ability to modify self-presentation increased, so did sexual expectations. Participant gender, gender of the initiator, and self-monitoring (ability to modify self-presentation) all significantly predicted sexual behaviour. Men reported more intimate sexual behaviour than women, more intimate sexual behaviour occurred on male-initiated as opposed to female-initiated first dates, and as the ability to self-monitor (ability to monitor self-presentation) increased, so did sexual behaviour – although this was true for men only (Mongeau & Johnson, 1995).

**Additional research on retrospective accounts of actual first dates.** In addition to the above research on young adults' actual first date scripts and sexual behaviour, research has also been conducted on young adults' first dates with respect to gender of the date initiator and goals. A brief review of these areas of research follows.

*Retrospective accounts of gender of the date initiator and actual first dates.*

Mongeau, Yeazell, and Hale (1994) investigated gender of the date initiator in

retrospective accounts of actual first dates by examining undergraduate participants' evaluations of intimacy-based relational messages sent by first date partners. For first dates initiated by females, males reported that their date partner communicated less intimacy (not more intimacy, as expected). On male-initiated first dates, no gender differences were found with respect to interpretations of the date partner's communication intimacy (Mongeau et al., 1994).

*Retrospective accounts of actual first date goals.* Goals are a cognitive element that may help to differentiate going out with a friend from going out on a date (Mongeau et al., 2007). Since first dates play an important role in the development and dissolution of romantic partner relationships, it has been suggested (Mongeau, Carey, & Williams, 1998) that they “represent one context where partners are particularly likely to be aware of their goals” (Mongeau et al., 2007, p. 529). Mongeau et al. (2004) conducted two studies that examined retrospective accounts of goals for actual first dates. In the first study, undergraduate participants identified their reasons for going out on their most recent first date. Participants reported an average of 3.64 reasons each, with 14 first date reasons being identified overall. Six of the reasons were partner-focused reasons which centered on why the participants were dating specific individuals, so only the remaining eight reasons were examined further. From most common to least common, the eight first date goals were: ‘reduce uncertainty’, ‘relational escalation’, ‘have fun’, ‘companionship’, ‘ego booster’, ‘sexual activity’, ‘hedonistic’, and ‘guilt’. ‘Reduce uncertainty’, ‘relational escalation’, and ‘have fun’ characterized approximately 80% of the goal responses given. ‘Companionship’ and ‘sexual activity’ were listed far less often. The remaining first date goals were personal as opposed to social or relational in nature

and were listed by less than 10% of all participants. Men were four times more likely than women to mention 'sexual activity' goals. Women, on the other hand, were more likely than men to mention 'companionship' goals, and they exclusively mentioned 'hedonism' and 'guilt' (Mongeau et al., 2004).

In Mongeau et al.'s (2004) second study, undergraduate participants were asked to think of the reasons why they went on their most recent first date. Analyses revealed that the 'have sex', 'reduce uncertainty', and 'have fun' goals emerged, as they did in Study 1. The 'relational escalation' goal and 'companionship' goals were renamed and/or reconfigured. The 'relational escalation' goal was renamed 'investigate romantic potential'. The 'companionship' goal was split into two separate goals, 'friendship' and 'activity partner'. The 'have fun' and 'reduce uncertainty' goals were the most common, followed by 'investigate romantic potential' and 'friendship'. The 'have sex' goal was by far the least common goal noted. Again, men were found to be more likely than women to mention the 'have sex' goal. There were no gender differences for 'investigate romantic potential', but women were more likely than men to mention the 'friendship' and 'have fun' goals. In terms of gender differences in goal interconnectedness, the 'have sex' and 'investigate romantic potential' goals were not correlated for men, but they were strongly and positively correlated for women. The difference was significant. Further, although the correlations for men and women did not differ for the 'have fun' and 'friendship' goals, 'have sex' and 'reduce uncertainty' were negatively correlated for men, but positively correlated for women. Again, the difference was significant. These gender differences are consistent with previous literature (e.g., Hyde & Oliver, 2000) suggesting that there are indeed gender differences in sexuality. For example, "men's goal

interconnections suggest that in some circumstances they might consider first dates as another context for casual sex. As men's sexual goals increase, men become less interested in getting to know their partner and establishing a friendship" (Mongeau et al., 2004, p. 134). Conversely, women's goal interconnections show that they have greater interest in sexual goals in situations where they can see their date in the context of a potential future relationship (Mongeau et al., 2004).

Retrospective accounts of first date goals were also examined by Mongeau et al. (2007). However, since those researchers ventured beyond merely using young adults as participants, that research will be discussed in the section regarding midlife adults, which comes next.

### **Midlife Adults' Dating and Sexual Behaviour**

The general dating and sex research that was noted regarding midlife adults in Study 1 (i.e., Oliver & Hyde, 1993; Rich, 2001; Watson & Bell, 2005) is also relevant to Study 2. Although no study to date has examined midlife adults' actual first date scripts, research has examined other aspects of first dates for midlife adults. That research will be examined in the next section.

### **Comparing Young Adults' and Midlife Adults' Dating and Sexual Practices**

The general dating and sexual practices research that compared young adults and midlife adults, as described in Study 1 (i.e., Abramson & Imai-Marquez, 1982; Coupland, 2000; Levesque & Caron, 2004; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995), is equally relevant to Study 2. Overall, the results of that research suggest that, compared to young adults, midlife adults are less likely to engage in casual sexual relationships, and are more likely to adhere to traditional gender roles. In addition to that

more general research, research comparing young adults and midlife adults with respect to actual first dates more specifically also comes into play. That is described next.

**Comparing young adults' and midlife adults' actual first dates.** The only study that examined first dates among midlife adults was conducted by Mongeau et al. (2007). While continuing to research first dates among young adults (i.e., undergraduate students), they also researched first dates among midlife adults. The researchers examined: how individuals defined the term date, how individuals differentiated a date from going out with a friend, and what reasons individuals gave for going on their most recent first date.

*Defining a date.* In response to “What is a date?” participants generated an average of 5.6 conceptual units each, all of which were placed into 27 date characteristics by two coders. They were then categorized into five supracategories, many of which had several subcategories. The supracategories were: 1) communication expectations, which centered on the nature of the communication that was anticipated on the date, 2) date goals, which defined dates as goal-directed events, 3) date elements, which revolved around the structural components of the date, 4) dyadic, which noted that dating was a couple-based activity, and 5) feelings, which indicated the emotional responses that the date partners brought to, or experienced on, the date. Of the 27 categories, a mere one was identified by the majority of participants, that being couple/dyadic, which indicated that dates occur between two people. The following categories represented almost 60% of responses: 1) couple/dyadic, 2) social, which indicated that one typically focuses on their date partner, 3) public event, which suggested that dates usually happen outside of the date partners' homes, 4) heterosexual, which indicated that participants described the date

as happening between a man and a woman, 5) agreement, which indicated that there was pre-date agreement about the date plans, and 6) reduce uncertainty, which indicated that one or both date partners had the goal of learning about their date partner.

Distributions from the young adult and midlife adult samples differed significantly. Young adults' responses were more likely to contain: 1) attraction, which meant that physical and/or emotional attraction toward the date partner was mentioned, 2) couple/dyadic, 3) public, and 4) social categories. Midlife adults' responses were more likely to contain elements of the following categories: 1) heterosexual, 2) partner characteristics, which meant that desired characteristics in the date partner were mentioned, 3) future relationship, which meant that non-sexual expectations for a relationship after the date were mentioned, 4) mate selection, which meant that desire for a boy/girlfriend or mate/spouse was mentioned, 5) enjoyment, which meant that enjoying the self or the date partner's company was mentioned, and 6) affection, which meant that affectionate feelings or behaviours were mentioned (Mongeau et al., 2007).

*Differentiating a date from going out with a friend.* In response to the question "How does a date differ from going out with a friend?", participants generated an average of 3.4 conceptual units. The two categories that were mentioned most often were: 1) romantic, meaning that participants noted that dates have romantic overtones, and 2) couple/dyadic. These were mentioned by approximately one third of all participants. Six categories represented approximately half of all responses: 1) dyadic, 2) romantic, 3) attraction, 4) sexual expectations/behaviours, meaning that the presence or absence of sexual expectations/behaviours was mentioned, 5) future relationship, and 6) paid, meaning that who pays date expenses was mentioned. With regard to age group

differences, category frequencies differed significantly by sample. Young adults' responses were more likely to include attraction and sexual expectations/behaviours. Midlife adults' responses, on the other hand, were more likely to include the future relationship, heterosexual, mate selection, partner characteristics, and paid categories (Mongeau et al., 2007).

***Retrospective accounts of actual first date goals.*** To code the first date goals, two raters placed the reasons given into the categories developed by Mongeau et al. (2004) for their research. 'Reduce uncertainty' was the most frequently mentioned goal for both young and midlife adults. This was consistent with the findings of Study 1 by Mongeau et al. (2004). It was also the second most common goal reported in Study 2 of Mongeau et al.'s (2004) research. Although 'relational' goals (i.e., 'intimacy', 'companionship', 'ambiguous developmental shift', and 'mate selection') were noted relatively infrequently when examined individually, when they were examined together they represented nearly one third of the goal responses. Young adults and midlife adults identified first date goals with the same frequency. In regard to gender, when considering both the young adult and midlife adult samples together, men and women did not differ in the frequency with which they identified first date goals. When divided by sample, however, statistically significant sex differences were evident within the young adult sample, but not the midlife adult sample. Young adult women were more likely to mention 'companionship', 'intimacy', 'date-to-date', and 'have fun' goals, but young adult men were more likely to mention 'sexual' goals, consistent with what was found in both studies by Mongeau et al. (2004). These findings suggest that young adult women are somewhat more likely than young adult men "to consider first dates in terms of their relational implications"

(Mongeau et al., 2007, p. 541). Finally, consistent with Mongeau et al.'s (2004) Study 1 findings, men and women were similar in the most frequent mentioned goals and differed only for less frequent goals (Mongeau et al., 2007).

In sum, midlife adults' responses suggested that they had a more traditional view of dating than did young adults (Mongeau et al., 2007). For example, the midlife adult sample was more likely than the young adult samples to include 'heterosexual', 'initiation', and 'paid' in their definitions as being characteristic of dates. Further, "differences between [the] groups, though small when taken as a whole, imply that [midlife] adults vary more in their relational orientations than do [young adults] (Mongeau et al., 2007, p. 538). This difference was perhaps best underscored by mate selection/courtship, as it contained relatively short-term (boy/girlfriend) and long-term (spouse) foci. While the large majority of young adults' mate selection/courtship responses indicated a desire for a boy/girlfriend, the large majority of midlife adults' mate selection responses described finding a spouse or long-term partner. Finally, the data suggested that there were differences between the two samples when it came to the criteria that they used to choose their dating partners. Midlife adults tended to base their selections on non-physical characteristics more so than on physical attractiveness. Young adults tended to indicate that sexual expectations/behaviours and having a physically attractive partner were important parts of what differentiated a date from going out with a friend (Mongeau et al., 2007).

### **Summary**

The research that examined actual first date scripts for young adults revealed that the scripts followed traditional gender role lines, with men taking an active role on their

dates, and women taking a passive role on theirs. Moreover, in listing the actions for the actual first date scripts, women listed more actions for men in their scripts (i.e., they assigned their male date partners actions when they were asked to solely list their own actions) than men listed actions for women in their scripts. Another interesting finding was that young adult men reported more sexual actions in their scripts than young adult women did in their scripts. This finding was further supported in research on first date sexual behaviour more specifically; young adult men reported having engaged in more intimate sexual behaviour on their most recent actual first dates than young adult women did. Overall, it appears that just like young adults' hypothetical first dates, for young adults' actual first dates there are explicit and formal gender role guidelines that have been in place since the 1950's, despite feminist attempts to provide alternative sexual scripts.

With regard to midlife adults, the general dating and sex research, the studies comparing young and midlife adults' dating and sexual practices, and the research on actual first dates all reveal that one should expect similar results for young adults and midlife adults with respect to traditional gender roles, female passivity, and male activity (including women listing actions for their date partner when they are asked to solely list their own actions). However, the research also shows that more intimate sexual behaviours are reported by males than females in actual first date scripts. One should also expect differences between the two age groups when it comes to the strength of traditional gender roles and degree of sexual behaviour reported. To be more specific, one should expect midlife adults' actual first date scripts to be more traditional than those of young adults. One should also expect midlife adult men and women to include less

sexual behaviour in their typical first date scripts than young adult men and women, respectively. Finally, one should expect midlife adults to report having engaged in less intimate sexual behaviour on their most recent actual first dates than young adults. The specific research questions and hypotheses for Study 2 follow.

### **Research Questions and Hypotheses**

To date, research investigating young adults' actual first dates has examined first date scripts, first date sexual behaviour, gender of the first date initiator, how a date is defined, how a date differs from going out with a friend, and actual first date goals. In contrast, research on midlife adults' actual first dates has only examined how a date is defined, how a date differs from going out with a friend, and actual first date goals. No research has been conducted on midlife adults' actual first date scripts. Since many researchers (e.g., Coupland, 2000) caution that one should not assume that the norms of young adult daters also apply to older daters, hypotheses regarding the midlife adult sample in the present research were not based on literature pertaining to young adults' actual first dates. Rather, hypotheses for the midlife adult sample were based on the small existing field of research on midlife adults' dating and sexual lives (in general) and on the research that examined other aspects of midlife adults' actual first dates (i.e., how a date is defined, how a date differs from going out with a friend, and first date goals). The hypotheses for the midlife adult sample were thus exploratory in nature. The research questions and hypotheses listed below explore two separate components, namely: the retrospective accounts of actual first date scripts, and the retrospective accounts of actual first date behaviours.

#### **Retrospective accounts of actual first date scripts.**

- Q1: What actions would comprise the actual first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?
- Q2: When partialling out the effects of the control and contextual variables, would there be any significant main effects found for age and/or gender, and would there be any significant age by gender (age X gender) interactions for the scripted actions?
- H1: Midlife adults' actual first date scripts would be more consistent with traditional gender roles than would young adults' actual first date scripts, regardless of their gender.
- H2: Women would report more male actions in their scripts (i.e., reporting actions that their male date partner performed even though they were asked to solely report their own actions) when compared to the number of female actions reported by men in their own scripts (i.e., reporting actions that their female date partner performed even though they were asked to solely report their own actions), regardless of their age group.
- H3: Men would include more sexual behaviours in their actual first date scripts than would women, regardless of their age group.
- H4: Young adults would include more sexual behaviours in their actual first date scripts than would midlife adults, regardless of their gender.
- H5: Young adult men would include more sexual behaviours in their actual first date scripts than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).

### **Retrospective accounts of actual first date sexual behaviours.**

- Q3: What mean level of sexual activity would young adult men, young adult women, midlife adult men, and midlife adult women report having engaged in, when examined separately?
- H6: Men would report having engaged in more intimate sexual behaviours during their actual first dates than would women, regardless of their age group.
- H7: Young adults would report having engaged in more intimate sexual behaviours during their actual first dates than would midlife adults, regardless of their gender.
- H8: Young adult men would report having engaged in more intimate sexual behaviours on their actual first dates than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).

## **Chapter VII: Study 2 Methods**

### **Participants**

Participants in Study 2 were recruited via: 1) announcements made by instructors who taught Psychology courses at the University of Guelph, 2) advertisements posted on social networking (e.g., Facebook, Plenty of Fish) and community events (e.g., Kijiji, Craigslist) websites, and 3) e-mails sent from Toluna/Greenfield, a leading global online market research panel and survey technology company that was hired to help recruit participants. To be eligible to participate in the research, individuals were instructed that they had to: live in North America (i.e., either in Canada or the United States), be

between the ages of 18-24 years or 35-54 years (i.e., be considered a young adult or midlife adult according to the definitions used in the study), and be heterosexual (i.e., be sexually attracted to individuals of the opposite sex). A final criterion that participants had to meet was that their most recent first date had to have been within the last two months (i.e., within the last 60 days), it had to have been with someone new (i.e., someone whom they had not dated previously), and it could not have been a double or group date. Given that the date could have taken place as far as two months ago, individuals were also informed that, in order to complete the survey, they should feel as though they could accurately remember that first date (i.e., their most recent first date) in detail. In the only study that previously examined actual first date scripts (Rose & Frieze, 1993), the researchers did not stipulate the time period during which the date could have taken place. I opted to limit the date period to avoid the potential retrospective errors well documented in social psychology as they apply to the recall of relationship events (see Holmberg & Holmes, 1994). To rectify this potential problem, I opted to use a two-month maximum timeline, similar to the approach used to examine personal recollections in other research realms (e.g., Pezdek, 2003).

The sample as a whole consisted of 297 participants (mean age = 34.74 years; age range = 18-54 years;  $SD = 12.70$ ), 55 of whom were young adult males (mean age = 21.15 years; age range = 18-24 years;  $SD = 1.79$ ), 68 of whom were young adult females (mean age = 20.47 years; age range = 18-24 years;  $SD = 1.69$ ), 82 of whom were midlife adult males (mean age = 44.51 years; age range = 35-54 years;  $SD = 6.60$ ), and 92 of whom were midlife adult females (mean age = 44.71 years; age range = 35-54 years;  $SD = 5.64$ ). As one of the eligibility criteria was that participants' first date had to have been

within the last two months, it had to have been was with someone new, and it could not have been a double or group date, it was not surprising to find that the vast majority of participants in the sample (86.2%) reported that their current relationship status was single; 13.8% of participants reported that they were currently in a committed romantic partner dating relationship (one less than 2 months old). The sample was essentially equally split between Canadians (49.5%) and Americans (50.5%), the majority of whom (80.1%) were Caucasian. In response to the questions regarding highest level of education achieved and current employment status, the most popular response by participants for the former was ‘some college’ (28.3%), and the most popular response by participants for the latter was ‘employed full-time outside the home’ (40.1%). Additional information regarding the above demographics, including what the responses looked like for the four separate age/gender groups (i.e., young adult males, young adult females, midlife adult males, and midlife adult females), is found in Table 20. All participants completed the study measures online. Each participant received one entry into a draw for a \$500 VISA gift card.

Table 20

*Demographic Information for Study 2*

	Entire Sample		Young Males	Young Females	Midlife Males	Midlife Females
	n	%	n	n	n	n
Participants	297	100	55	68	82	92
Country						
Canada	147	49.5	25	39	38	46

United States	150	50.5	30	31	43	45
<b>Ethnicity</b>						
White	238	80.1	42	49	67	80
Black	15	5.1	2	6	3	4
Hispanic	4	1.3	2	0	2	0
Native	6	2.0	1	0	3	2
Middle Eastern	2	0.7	0	0	1	1
South Asian	4	1.3	1	3	0	0
East Asian	12	4.0	3	4	1	4
Southeast Asian	3	1.0	1	0	2	0
A mixture of the above	11	3.7	2	5	3	1
Other	2	0.7	1	1	0	0
<b>Education</b>						
Some high school	11	3.7	2	4	2	3
High school degree	61	20.5	12	16	10	23
Some college	84	28.3	17	21	23	23
College degree	47	15.8	10	5	19	13
Some undergraduate	29	9.8	6	12	6	5
Undergraduate degree	34	11.4	6	8	7	13
Some master's	9	3.0	1	2	4	2
Master's degree	11	1.3	0	0	5	6
Some PhD	0	0	0	0	0	0
PhD	0	0	0	0	0	0
Other	7	2.4	1	0	3	3
<b>Current Employment Status</b>						
EMPFT outside home	119	40.1	22	11	51	35
EMPPT outside home	38	12.8	6	11	8	13
FT home maker	11	3.7	1	1	0	9
Student	66	22.2	22	39	2	3
Retired	7	2.4	0	0	3	4
Currently unemployed	30	10.1	4	4	9	13
Other	24	8.1	0	2	8	14
<b>Current Relationship Status</b>						
Single	256	86.2	43	49	77	87
In a CRPD relationship	41	13.8	12	19	5	5

*Note.* EMPFT = employed full- time; EMPPT = employed part-time; CRPD = committed romantic partner dating.

## **Procedure and Measures**

**Informed consent.** Once potential participants clicked on the online link for the study, they were presented with a brief description of the study and a definition for the term ‘date’ (see Appendix N). As was the case for Study 1, the definition provided for ‘date’ was that by Muehlenhard and Linton (1987). Following the study description, participants were provided with the eligibility criteria and information pertaining to informed consent. For those who wished to participate, a click on a box (indicating consent) prompted the study to commence (again, see Appendix N).

**Demographics and sexual and relational history, including the control variable first date experience.** The study began with several of the same measures that were administered in Study 1, starting with the *Demographics Questionnaire* (see Appendix B), and the *Sexual and Relational History Questionnaire* (see Appendix C). Included in the Sexual and Relational History Questionnaire was a measure of first date experience, one of the control variables for the study. Assessed on a 5-point Likert scale, scores could range from 0 (none at all) to 4 (quite extensive), with higher scores indicating more first date experience.

**The remaining control variables.** The measures for the other control variables came next. The same control variables used in Study 1 were used in Study 2, namely: the *Sociosexual Orientation Inventory* (see Appendix D), the *Sexual Double Standard Scale* (see Appendix E), the *Traditional/Egalitarian Sex Roles Scale* – measuring egalitarianism (see Appendix F), the *Religiosity Scale* (see Appendix G), and the *Sexual Desire Inventory 2* (see Appendix H and see Study 1 for a full description of the measures). In the present study, the Cronbach alpha coefficients for the Sociosexual Orientation Inventory, Sexual Double Standard Scale, Traditional/Egalitarian Sex Roles

Scale, and Religiosity Scale were .78, .60, .90, and .89 respectively. With respect to the Sexual Desire Inventory 2, the Cronbach alpha coefficient was .92 for the dyadic subscale (again, the dyadic subscale score was the score used in analyses).

**Information about the date partner, including the contextual variable date partner familiarity.** In the next section of the survey, participants were reminded of the first date eligibility criteria (i.e., that their most recent first date had to have been within the past two months, it had to have been with someone new, and it could not have been a double or group date) and they were given a questionnaire regarding the individual with whom their most recent first date was with (see Appendix O). The *Information About the Date Partner Questionnaire* asked how many days it had been since the first date, as well as questions pertaining to their date's: age, gender, employment, children, and relationship status. In addition, participants were asked how they met their date and how plans for the date were made (both questions required participants to choose a response from a list of options given), plus how well they felt they knew their date partner at the time of the date, how attracted they were to their date based on his/her personality, how attracted they were to their date based on his/her physical appearance, how much they liked their date overall, how compatible they felt they were with their date, and how satisfied they were with their date as a whole (each assessed on a 7-point Likert scale). How well participants felt they knew their date partner at the time of the date was included as a contextual variable in the study.

**The Remaining Contextual Variable, Alcohol Consumption.** Several questions regarding alcohol consumption on the date came next, namely: whether participants consumed alcohol on the date (measured as a yes or no answer), how many alcoholic

drinks they consumed, and how drunk they felt during the date (measured on a 5-point Likert scale), as well as whether their date partner consumed alcohol on the date (measured as a yes or no answer), how many alcoholic drinks their date partner consumed, and how drunk they thought their date partner felt during the date (measured on a 5-point Likert scale) (see Appendix P). The number of alcoholic drinks that participants consumed during the date was one of the contextual variables for the study.

**First date goals.** First date goals were measured using a similar approach to that used by Mongeau et al. (2004, 2007) (see Appendix Q). Participants were told: “One of the things that we are interested in are the goals that people have for going on a first date. Consider your most recent first date. What goals did you have for going out on the date? Please list as many goals as you can remember for going out on that date.” The difference between this approach and the one used by Mongeau et al. (2004, 2007) was that the present research used the word ‘goals’, whereas Mongeau et al. (2004, 2007) chose to use the word ‘reasons’. They chose ‘reasons’ to be consistent with past research (Roscoe, Diana, & Brooks, 1987), and to prevent priming participants to report goals. In the present research, I was particularly interested in the goals of participants so I framed the question deliberately.

**Sexual behaviour in which participants engaged.** Sexual behaviour in which participants engaged was measured using *a revised version of McCabe and Collins’s (1984) Guttman scale of sexual behaviours*. The original scale by McCabe and Collins (1984) consisted of 12 items, a list of increasingly intimate sexual behaviours that ranged from handholding to sexual intercourse. Mongeau and Johnson (1995) revised the scale by adding a new item, ‘none’, to the beginning of the scale. I revised the scale even

further by adding 'casual goodnight hug' and 'hugging', as well as by differentiating several actions into many more specific actions. In particular, the category 'light kissing' was subdivided into the following three categories: 'casual goodnight kiss on the cheek', 'casual goodnight kiss on the lips', and 'kissing'. Similarly, the category 'manual stimulation of the male genitals' was subdivided into 'light genital petting of the man' and 'heavy genital petting of the man' (see Appendix R). Participants were asked to check each of the behaviours that occurred on their most recent first date. McCabe and Collins reported test-retest reliability over an 8-week period with 61 student volunteers for behaviour on a first date as .83.

**Retrospective accounts of actual first date scripts.** For participants' retrospective first date scripts, the same elicitation used in Study 1 to collect typical first date scripts was used, with only necessary words changed (see Appendix S). To ensure that participants understood what was expected of them they were given an example of a script (i.e., ten scripted actions that an individual may have performed the last time that he/she made a grilled cheese sandwich), and then they were told: "We are interested in the events which occur during a first date. We would like you to list the actions you performed on your most recent first date, from the beginning of the date to its end. Include at least twenty (20) actions which you performed on this first date, putting them in the order in which they occurred. Please number each action individually. Two text boxes are provided for your response. If you fill the first box, please move on to the second box." Following that, participants were asked to indicate on a 5-point Likert scale ranging from 0 (not at all) to 4 (very much), the extent to which their retrospective first date script resembled their own typical first date script, the extent to which they thought

their retrospective first date script resembled the typical first date script for others of the same gender, and the extent to which their retrospective first date script resembled their ideal first date script (see Appendix S).

**Debriefing.** To conclude Study 2, participants were debriefed (see Appendix T). As part of the debriefing, participants were given more details regarding the study's purposes and hypotheses, and they were instructed to e-mail the researcher requesting that a ballot be entered into the draw for the \$500 VISA gift card on their behalf. To receive the results of the research, participants were instructed to type "Results Requested for Study 2" as the subject of the e-mail so that they could be e-mailed once they were ready.

## **Chapter VIII: Study 2 Results**

### **Preliminary Analyses**

**Missing Data.** As part of my initial data screening procedure, potential participants (i.e., individuals who clicked on the link to the study and began to complete one or more of the measures) who did not meet the study's strict eligibility criteria (with respect to country of residence, age, sexual orientation, and their most recent first date), who did not list at least 10 actions for the retrospective first date script, and/or who did not complete the sexual behaviour in which participants engaged measure, were excluded from analyses. This screening excluded 2,057 of the 2,354 potential participants, leaving a final sample of 297 participants. All analyses conducted with the data obtained from the final sample used the 'exclude cases pairwise' option to deal with missing data.

**Normality.** Exploratory data analysis was carried out for each of the control and contextual variables. Given the relatively robust sample size of each age/gender group,

violation of the assumption of normality was not a critical concern. As was the case for Study 1, with the exception of the Sociosexual Orientation Inventory, all variables were normally distributed, with skewness values ranging from -.87 to 1.37 and kurtosis values ranging from -1.01 to 1.60. The skewness and kurtosis values for the Sociosexual Orientation Inventory were 14.95 and 240.77 respectively. To address this, high end scores on the Inventory were collapsed to 200 (i.e., scores greater than 200 were changed to 200 in the data file). As noted in Study 1, this approach had been used to deal with similar scale concerns in previous research (Desmarais & Curtis, 2001). After collapsing high end scores (19 scores were collapsed in total), scores on the scale were normally distributed. The skewness value for the collapsed scale was 1.47, the kurtosis value 1.81.

**Descriptive Statistics.** An underlying assumption of the study was that participants from Canada and the United States could be combined in the analyses so as to shed light on the dating and sexual lives of young and midlife adults in those countries as a whole. To ensure that it was indeed appropriate to combine participants from the two countries, independent-samples t-tests were conducted to compare the control variable and contextual variable scores for Canadians and Americans. The means and standard deviations for each of the variables, by country, are found in Table 21. After using a Bonferoni correction (family-wise alpha = .006), only two significant difference in scores for Canadians and Americans were found. On the Sexual Double Standard Scale, Americans scored higher (i.e., they endorsed the traditional sexual double standard more) than Canadians ( $t(264) = 3.14, p < .006$ , two-tailed). The magnitude of the differences in the means (mean difference = 2.09, 95% *CI*: .78 to 3.41) was small (eta squared = .04). On the measure that assessed how well participants felt that they knew their date partner

at the time of the date, Americans scored higher (i.e., they felt they knew their date partner slightly more) than Canadians ( $t(287) = 2.91, p < .006$ , two-tailed). The magnitude of the differences in the means (mean difference = .55, 95% CI: .18 to .93) was small (eta squared = .02). Given that only two significant differences were found and were very modest in terms of their effect sizes, I decided to combine the data for the two countries in all analyses.

Table 21

*Means and Standard Deviations for the Control and Contextual Variables for Study 2 By Country*

	Canada	United States
	<i>M (SD)</i>	<i>M (SD)</i>
SOI	71.26 (50.48)	67.41 (44.45)
SDSS*	7.69 (5.39)	9.79 (5.50)
TESRS	110.53 (19.64)	104.22 (21.98)
RS	5.07 (4.43)	6.59 (4.89)
SDI2-D	41.73 (13.05)	39.75 (14.92)
FDE	2.18 (1.04)	2.31 (1.04)
NADC	1.22 (1.73)	1.13 (1.62)
HWKD*	2.80 (1.67)	3.35 (1.55)

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience; NADC = number of alcoholic drinks that participants consumed during the date; HWKD = how well participants felt they knew their date partner at the time of the date.

\*This asterisk denotes variables on which significant differences were found between Canadian and American participants.

For the sample as a whole, scores ranged from 10-200 on the collapsed Sociosexual Orientation Inventory, -8-33 on the Sexual Double Standard Scale, 60-140 on the Traditional/Egalitarian Sex Roles Scale, 0-16 on the Religiosity Scale, and 0-62 on

the dyadic subscale of the Sexual Desire Inventory 2. Means and standard deviations for each of the scales/inventories for the whole sample, as well as for the four age/gender combined groups, are found in Table 22.

Table 22

*Means and Standard Deviations for the Control and Contextual Variables for Study 2*

	Entire Sample	Young Males	Young Females	Midlife Males	Midlife Females
	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
SOI	69.31 (47.47)	78.92 (39.05)	44.82 (33.21)	100.31 (56.45)	54.57 (34.90)
SDSS	8.76 (5.54)	10.24 (5.64)	7.38 (4.53)	9.81 (6.03)	8.01 (5.43)
TESRS	107.30 (21.07)	89.91 (18.99)	111.98 (29.90)	103.33 (19.54)	117.93(15.42)
RS	5.84 (4.72)	5.94 (4.99)	5.60 (4.76)	5.65 (4.66)	6.12 (4.65)
SDI2-D	40.74 (14.03)	44.02 (13.79)	35.01 (16.16)	46.39 (10.98)	38.06 (12.58)
FDE	2.24 (1.04)	2.30 (0.98)	2.12 (0.96)	2.49 (1.17)	2.09 (0.97)
NADC	2.78 (1.48)	3.25 (1.69)	2.86 (1.74)	2.86 (1.49)	2.45 (1.20)
HWKD	3.08 (1.63)	3.26 (1.60)	3.15 (1.78)	3.13 (1.57)	2.87 (1.60)

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience; NADC = number of alcoholic drinks that participants consumed during the date; HWKD = how well participants felt they knew their date partner at the time of the date.

The pattern of correlations between the control and contextual variables were in the expected direction, and ranged from -.43 and .47, with most correlations being non-significant and below .10 (see Table 23). As expected, sexual double standard scale scores were moderately and negatively correlated (-.43) with scores on the traditional egalitarian sex roles scale measuring egalitarianism. Similarly, scores on the dyadic subscale of the sexual desire inventory were moderately and positively correlated (.47)

with scores on the sociosexual orientation inventory measuring willingness to engage in casual, uncommitted sexual relationships.

Table 23

*Pearson Correlations between the Control and Contextual Variables for Study 2*

	SOI	SDSS	TESRS	RS	SDI2-D	FDE	NADC	HWKD
SOI	–	.11	-.15*	-.23**	.47**	.26**	.21*	-.13*
SDSS		–	-.43**	.09	.12	.09	-.07	.05
TESRS			–	-.29**	-.04	-.12*	-.07	-.08
RS				–	-.19**	.08	-.02	.11
SDI2-D					–	.29**	.18*	-.08
FDE						–	.05	.05
NADC							–	.03
HWKD								–

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience; NADC = number of alcoholic drinks that participants consumed during the date; HWKD = how well participants felt they knew their date partner at the time of the date.

\*  $p < .05$

\*\*  $p < .01$

Six control variables were included in the present study, namely: sociosexual orientation, adherence to the sexual double standard, attitude towards traditional/egalitarian sex roles, religiosity, sexual desire (dyadic), and first date experience. Based on past research, I expected to find age group and or gender differences for five of those six variables. Specifically, I expected men to score higher than women on sociosexual orientation, adherence to the sexual double standard, and dyadic sexual desire, and I expected women to score higher than men on egalitarianism and religiosity. I also expected midlife adults to score higher than young adults on religiosity, but to score lower than young adults on dyadic sexual desire. To test these

expectations, I conducted five one-way between groups ANOVAs to explore the impact of gender on sociosexual orientation, adherence to the sexual double standard, dyadic sexual desire, egalitarianism, and religiosity scores, separately, using a Bonferoni correction to correct for repeated tests (family-wise alpha = .01). I also ran two one-way between groups ANOVAs to explore the impact of age on religiosity and dyadic sexual desire, again using a Bonferoni correction to correct for repeated tests (family-wise alpha = .03). As expected, men scored significantly higher than women on sociosexual orientation [ $F(1, 284) = 65.74, p < .01$ ], adherence to the sexual double standard [ $F(1, 264) = 11.38, p < .01$ ], and dyadic sexual desire [ $F(1, 289) = 30.48, p < .01$ ], and women scored significantly higher than men on egalitarianism [ $F(1, 278) = 58.53, p < .01$ ]. Contrary to what was expected, there were no significant gender differences for religiosity [ $F(1, 281) = .05, p > .03$ ], nor were there significant age group differences for religiosity [ $F(1, 281) = .06, p > .03$ ] or dyadic sexual desire [ $F(1, 289) = 3.13, p > .03$ ].

Recognizing that number of days since the most recent first date may have an impact on the results of the study due to its effect on recall, I examined the Pearson correlations between number of days since the date and the main dependent variables (listed here but described in detail later): the traditionality index, the opposite sex index, the sexual behaviour index, and sexual behaviour in which participants engaged (as reported on my revised version of McCabe and Collins' 1984 Guttman scale of sexual behaviours). The analysis revealed only one significant correlation, between number of days since the date and sexual behaviour in which participants engaged,  $r(290) = -.16, p < .01$ , with a greater number of days since the date associated with less intimate sexual

behaviour reported. Days since the date was thus only included as a covariate in analyses for sexual behaviour in which participants engaged.

Finally, as age group similarities and differences took center stage in the present study, I examined the frequency with which participants' first dates were dates with individuals in the opposite age group (i.e., how often young adult participants reported that their date was with a midlife adult, and how often midlife adult participants reported that their date was with a young adult). Only 3.7% (i.e., 11 of 297) of the first dates reported were cross-age group dates. The issue of cross-age group dating was not examined in the analyses.

### **Testing the Research Questions and Hypotheses**

**Retrospective accounts of actual first date scripts.** My first research question asked what the retrospective first date script would look like for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately. To answer this question, the scripts provided by each participant first had to be coded and analyzed.

The coding procedure used in Study 2 was similar to the one described for Study 1. A multiple coding procedure was used whereby 15 of the total 297 retrospective first date scripts were coded by two raters together (myself and a research assistant), after which an additional 65 scripts were coded by the two raters independently. The coding for the 65 scripts was then compared (87% agreement), with a consensus being reached for each of the coding disagreements encountered. The remainder of the scripts were then coded by one of the raters alone.

With respect to how the coding was conducted, a column was created in an SPSS data coding file for each of the actions that participants included in their scripts. Who performed each action was indicated at the beginning of each action listed. 'M' (for male) was used for each action that the male performed (e.g., 'M Picked Up F'), 'F' (for female) was used for each action that the female performed (e.g., 'F Thanked M'), and 'They' (for unassigned) was used for each action that was performed by both the male and female. 'They' was also used when the person performing the action was not stated (e.g., 'They Made Conversation'). Each action identified throughout the course of the coding was assigned a code of 0 or 1 for each participant – 1 if the action was present in their script, and 0 if the action was not present in their script.

#### Retrospective First Date Scripts

The retrospective first date script coding initially yielded 288 male performed actions, 186 unassigned (i.e., They) actions, and 249 female performed actions. Following a thorough round of collapsing like columns (e.g., 'M Complimented F On Appearance' and 'M Complimented F On Something Other Than Appearance' were collapsed and became 'M Complimented F'), 146 unique male performed actions, 93 unique unassigned actions, and 142 unique female performed actions remained. As one of the key areas of interest was norms with respect to first date sexual behaviour, sexual behaviour that occurred as part of a normative/polite greeting or goodbye were collapsed into the general greeting and goodbye action coding columns (e.g., 'F Greeted M With A Hug' and 'F Greeted M With A Kiss' were collapsed into 'F Greeted M') so as to not over-represent true first date sexual behaviour. In line with the method used by Rose and Frieze (1989, 1993), the actions mentioned by more than 25% of participants were

considered part of the script. The 25% equivalents for the young adult men, young adult women, midlife adult women, and midlife adult women samples were 14 (25% of 55), 17 (25% of 68), 20 (25% of 82), and 23 (25% of 92), respectively. What the coding revealed for the four retrospective first date scripts follows.

**Q1: What actions would comprise the actual first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately?**

Young Adult Men

As seen in Table 24, 15 actions met the 25% criteria for the retrospective first date script for young adult men. Seven of those actions were male performed actions, 8 were unassigned (i.e., They) actions, and 0 were female performed actions.

Table 24

*Retrospective First Date Script (RFDS) for Young Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

RFDS for Young Adult Men

---

- 1. M Picked Up F**
- 2. M Drove F To A Location**
3. M Paid For Own Food Beverage And Or Meal
4. M Paid For Fs Food Beverage And Or Meal
- 5. M Escorted F Home**
- 6. M Indicated Goodbye To F**
- 7. M Left Or Went Home**
- 8. They Made Conversation**
- 9. They Had Drinks During The Date**
- 10. They Went Out For Food Beverage And Or Meal**
11. They Saw A Movie At A Theatre
- 12. They Hugged Held Hands And Or Linked Arms**
13. They Kissed Necked And Or Made Out
14. They Engaged In Oral Anal And Or Vaginal Sex
- 15. They Indicated Goodbye**

---

*Note.* Bold type indicates that the action was mentioned in the RFDS for both young adult men and young adult women.

#### Young Adult Women

Sixteen actions met the 25% criteria for the retrospective first date script for young adult women (see Table 25). Six of those actions were male performed actions, 8 were unassigned (i.e., They) actions, and 2 were female performed actions.

Table 25

*Retrospective First Date Script (RFDS) for Young Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

#### RFDS for Young Adult Women

---

1. **M Picked Up F**
2. M Offered To And Or Walked F To A Location
3. **M Drove F To A Location**
4. **M Escorted F Home**
5. **M Indicated Goodbye To F**
6. **M Left Or Went Home**
7. They Met At A Mutual Location For The Date
8. **They Made Conversation**
9. They Got To Know One Another
10. **They Had Drinks During The Date**
11. **They Went Out For Food Beverage And Or Meal**
12. They Went For A Walk
13. **They Hugged Held Hands And Or Linked Arms**
14. **They Indicated Goodbye**
15. F Got Ready For The Date Aesthetically
16. F Shopped For Clothes For Date And Or Dressed Nicely

---

*Note.* Bold type indicates that the action was mentioned in the RFDS for both young adult men and young adult women.

#### Midlife Adult Men

Table 26 provides a list of the 21 actions that met the 25% criteria for the retrospective first date script for midlife adult men. Eleven of those actions were male

performed actions, 10 were unassigned (i.e., They) actions, and 0 were female performed actions.

Table 26

*Retrospective First Date Script (RFDS) for Midlife Adult Men Based on the Actions Mentioned by 25% or More of Participants*

---

RFDS for Midlife Adult Men

---

1. **M Picked Up F**
2. M Greeted F
3. M Was Chivalrous With F
4. M Offered To And Or Walked F To A Location
5. **M Drove F To A Location**
6. M Paid For Own Food Beverage And Or Meal
7. M Paid For Fs Food Beverage And Or Meal
8. M Visited Fs Home To Continue Date
9. **M Escorted F Home**
10. M Indicated Goodbye To F
11. **M Left Or Went Home**
12. **They Met At A Mutual Location For The Date**
13. **They Made Conversation**
14. **They Got To Know One Another**
15. **They Had Drinks During The Date**
16. **They Went Out For Food Beverage And Or Meal**
17. They Went For A Walk
18. **They Kissed Necked And Or Made Out**
19. They Engaged in Foreplay Petting Undressing And Or Showering
20. They Engaged In Oral Anal And Or Vaginal Sex
21. **They Indicated Goodbye**

---

*Note.* Bold type indicates that the action was mentioned in the RFDS for both midlife adult men and midlife adult women.

Midlife Adult Women

Fifteen actions met the 25% criteria for the retrospective first date script for midlife adult women (see Table 27). Four of those actions were male performed actions, 9 were unassigned (i.e., They) actions, and 2 were female performed actions.

Table 27

*Retrospective First Date Script (RFDS) for Midlife Adult Women Based on the Actions Mentioned by 25% or More of Participants*

---

RFDS for Midlife Adult Women

---

1. **M Picked Up F**
2. **M Drove F To A Location**
3. **M Escorted F Home**
4. **M Left Or Went Home**
5. **They Met At A Mutual Location For The Date**
6. **They Made Conversation**
7. **They Got To Know One Another**
8. **They Had Drinks During The Date**
9. **They Went Out For Food Beverage And Or Meal**
10. They Hugged Held Hands And Or Linked Arms
11. **They Kissed Necked And Or Made Out**
12. They Discussed And Or Planned A Second Date
13. **They Indicated Goodbye**
14. F Got Ready For The Date Aesthetically
15. F Shopped For Clothes For The Date And Or Dressed Nicely

---

*Note.* Bold type indicates that the action was mentioned in the RFDS for both midlife adult men and midlife adult women.

The next research question asked:

**Q2: When partialling out the effects of the control and contextual variables, would there be any significant main effects found for age and/or gender, and would there be any significant age by gender (age X gender) interactions for the scripted actions?**

Hierarchical logistic regression was used to answer this research question. Each of the 26 actions that met criteria for any of the four retrospective first date scripts was used as a criterion variable. For each test, the model consisted of the six control variables (i.e., sociosexual orientation, adherence to the sexual double standard, attitude towards

traditional/egalitarian sex roles, religiosity, dyadic sexual desire, and first date experience), which were centered and entered in the first block. The two contextual variables (i.e., date partner familiarity and alcohol consumption), centered, were entered in the second block. The independent variables, age and gender, both coded as 0 or 1, were entered in the third block. Finally, the age X gender interaction was entered in the fourth block of the model.

Of the 26 hierarchical logistic regressions conducted for the retrospective first date script, 12 were found to have a statistically significant model at block 4, and only 1 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) ‘M Left Or Went Home’.

The hierarchical logistic regression analysis predicting likelihood of reporting ‘M Left Or Went Home’ showed that the full model containing all predictors was statistically significant,  $\chi^2(11, N = 226) = 23.56, p < .05$ , indicating that the model was able to distinguish between reported presence or absence of the action. The model as a whole explained between 10% (Cox and Snell R Square) and 13% (Nagelkerke R Square) of the variance in the reported presence or absence of the action and correctly classified 64.2% of cases. As shown in Table 28, gender ( $p < .01$ ) made a statistically significant contribution to the model. The odds ratio for gender was .21, meaning that females were .21 times more likely than males to report that the male left or went home.

Table 28

*Hierarchical Logistic Regression Predicting Likelihood of Reporting ‘M Left Or Went Home’ in the Retrospective First Date Script*

---

Predictors	B	S. E.	Wald	df	p	Exp (B)	95% CI for Exp (B)	
							Lower	Upper

---

SOI	-.01	.01	4.95	1	.03	.99	.98	1.00
SDSS	.01	.03	.17	1	.68	1.01	.96	1.07
TESRS	.02	.01	4.65	1	.03	1.02	1.00	1.04
RS	-.03	.03	.94	1	.33	.97	.91	1.03
SDI2-D	-.02	.01	3.25	1	.07	.98	.96	1.00
FDE	.10	.15	.40	1	.53	1.10	.82	1.49
HWKD	-.04	.09	.15	1	.70	.97	.81	1.15
NADC	-.14	.10	2.19	1	.14	.87	.72	1.05
Age	-.06	.45	.02	1	.89	.94	.39	2.26
Gender	-1.55	.54	8.46	1	.00**	.21	.07	.60
Age X Gender	.50	.59	.72	1	.40	1.65	.52	5.22
Constant	.28	.36	.62	1	.43	1.32		

---

*Note.* SOI = sociosexual orientation inventory; SDSS = sexual double standard scale; TESRS = traditional egalitarian sex roles scale; RS = religiosity scale; SDI2-D = sexual desire inventory 2 dyadic subscale; FDE = first date experience; NADC = number of alcoholic drinks that participants consumed during the date; HWKD = how well participants felt they knew their date partner at the time of the date.

\*\*  $p < .01$

\*  $p < .05$

I now turn to the one remaining research question and eight remaining hypotheses posed for Study 2. In the pages that follow, each research question/hypothesis will be stated, how each research question/hypothesis was tested will be described, and the findings for each research question/hypothesis will be provided. Hypotheses were tested using analysis of covariance (ANCOVAs). To determine which contextual variables should be included as covariates in the analyses, correlations between the contextual variables and main dependent variables (the traditionality index, sexual behaviour index, opposite sex index, and sexual behaviour in which participants engaged, described in detail later) were examined. The results showed that the contextual variable ‘how well participants felt they knew their date partner at the time of the date’ (i.e., date partner familiarity) was significantly correlated with the traditionality index [ $r(287) = .12, p < .05$ ], thus it was included as a covariate in the analysis. Similarly, ‘number of alcoholic

drinks consumed' (i.e., alcohol consumption) was included as a contextual variable in the hypotheses tests regarding the sexual behaviour index [ $r(284) = .18, p < .01$ ], the opposite sex index [ $r(284) = -.12, p < .05$ ], and sexual behaviour in which participants engaged [ $r(284) = .32, p < .01$ ] due to the significant correlation between that contextual variable and the three dependent variables. All other correlations between the contextual variables and main dependent variables were not significant. As was the case for Study 1, the control variables were not included in the ANCOVAs due to their relation to age group, gender, and/or both since doing so would violate the assumption of homogeneity of regression slopes (Howell, 2009) due to the differential effects of the covariates on the age group and gender independent variables. My first hypothesis suggested an age group difference with respect to the traditionality of the gender roles in the reported actual first date scripts for young adult men, young adult women, midlife adult men, and midlife adult women.

**H1: Midlife adults' actual first date scripts would be more consistent with traditional gender roles than would young adults' actual first date scripts, regardless of their gender.**

To prepare the data to test this hypothesis, and based on previous research (Laner & Ventrone, 2000), the male and female performed actions for the actual first date script were classified into one of three categories: traditional gender role behaviour, non-traditional gender role behaviour, and non-gender specific social norm behaviour. This classification strategy was used for the male and female actions reported by each of the four separate age and gender groups. The results of the classification follow.

The actual first date script for young adult men contained 7 male and female performed actions that could be classified. Of those actions, 5 (71%) were classified as traditional gender role behaviour: 1) 'M Picked Up F', 2) 'M Drove F To A Location', 3) 'M Paid For Own Food Beverage And Or Meal', 4) 'M Paid For Fs Food Beverage And Or Meal', and 5) 'M Escorted F Home'. Zero actions (0%) were classified as non-traditional gender role behaviour. Two actions (29%) were classified as non-gender specific social norm behaviour: 1) 'M Indicated Goodbye To F', and 2) 'M Left Or Went Home'.

An examination of the actual first date script for young adult women revealed 8 male and female performed actions that were classifiable. Six actions (75%) were classified as traditional gender role behaviour: 1) 'M Picked Up F', 2) 'M Offered To And Or Walked F To A Location', 3) 'M Drove F To A Location', 4) 'M Escorted F Home', 5) 'F Got Ready For The Date Aesthetically', and 6) 'F Shopped For Clothes For Date And Or Dressed Nicely'. Zero actions (0%) were classified as non-traditional gender role behaviour. Classification of the non-gender specific social norm behaviour identified 2 actions (25%): 1) 'M Indicated Goodbye To F', and 2) 'M Left Or Went Home'.

The actual first date script for midlife adult men contained 11 male and female performed actions that could be classified. Of those actions, 7 (64%) were classified as traditional gender role behaviour: 1) 'M Picked Up F', 2) 'M Was Chivalrous With F', 3) 'M Offered To And Or Walked F To A Location', 4) 'M Drove F To A Location', 5) 'M Paid For Own Food Beverage And Or Meal', 6) 'M Paid For Fs Food Beverage And Or Meal', and 7) 'M Escorted F Home'. Only 1 action (9%) was classified as non-traditional

gender role behaviour: 1) 'M Visited Fs Home To Continue Date'. Three actions (27%) were classified as non-gender specific social norm behaviour: 1) 'M Greeted F', 2) 'M Indicated Goodbye To F', and 3) 'M Left Or Went Home'.

Finally, an examination of the actual first date script for midlife adult women revealed 6 male and female performed actions that were classifiable. Of those actions, 5 (83%) were classified as traditional gender role behaviour: 1) 'M Picked Up F', 2) 'M Drove F To A Location', 3) 'M Escorted F Home', 4) 'F Got Ready For The Date Aesthetically', and 5) 'F Shopped For Clothes For The Date And Or Dressed Nicely'. Zero actions (0%) were classified as non-traditional gender role behaviour. Classification of the non-gender specific social norm behaviour identified only 1 action (17%): 1) 'M Left Or Went Home'.

Using the actions that were deemed to be traditional gender role behaviours, and consistent with the approach used in Study 1, a traditionality index was created for each of the four age/gender combined groups. For example, for the retrospective first date script for young adult males, 5 of the total 15 actions that met criteria to be included in the script were deemed to be traditional gender role behaviours. Thus, for each young adult man a percentage was calculated to reflect how many of the 5 traditional gender role behaviours he reported out of the total 15 actions. This strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

To test hypothesis 1 – that midlife adults' actual first date scripts would be more consistent with traditional gender roles than will young adults' actual first date scripts, regardless of their gender – a two-way between groups ANCOVA was conducted. The

independent variables were age group and gender, and the dependent variable was scores on the traditionality index. A contextual variable, how well participants felt they knew their date partner at the time of the date, was entered as a covariate in the model due to its significant correlation with scores on the traditionality index. The interaction effect between gender and age group was not statistically significant [ $F(1, 284) = .05, p = .83$ ], nor was the main effect for gender [ $F(1, 284) = .10, p = .76$ ]. However, there was a statistically significant main effect for age group,  $F(1, 284) = 8.93, p = .00$ . The effect size was small (partial eta squared = .03). The contextual variable, how well participants felt they knew their date partner at the time of the date, was not statistically significant [ $F(1, 284) = 3.64, p = .06$ ]. An examination of the means revealed that the mean score for young adults ( $M = 16.46, SD = 10.87$ ) was significantly higher than the mean score for midlife adults ( $M = 12.41, SD = 10.75$ ). Thus, contrary to what was expected, young adults reported a higher percentage of traditional gender role behaviours in their retrospective first date scripts than did midlife adults. That is, young adults' actual first date scripts were more consistent with traditional gender roles than were midlife adults' actual first date scripts. Hypothesis 1 was not supported.

**H2: Women would report more male actions in their scripts (i.e., reporting actions that their male date partner performed even though they were asked to solely report their own actions) when compared to the number of female actions reported by men in their own scripts (i.e., reporting actions that their female date partner performed even though they were asked to solely report their own actions), regardless of their age group.**

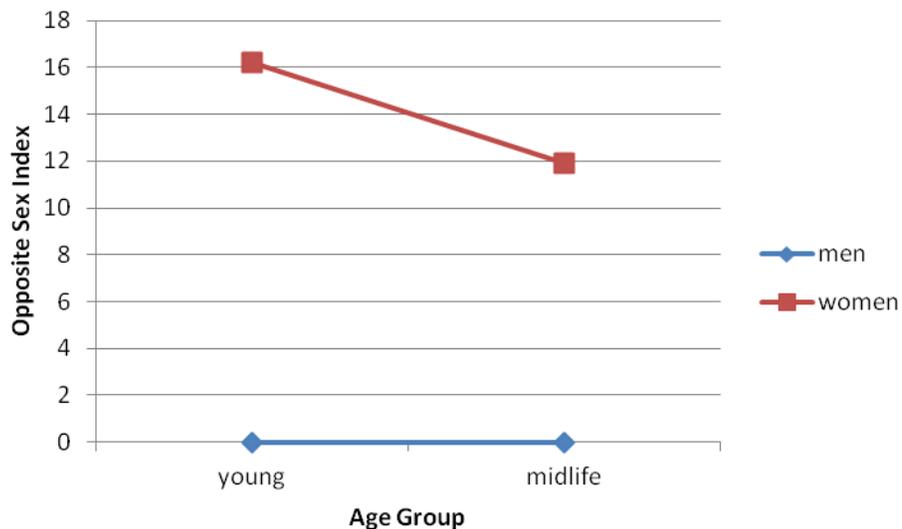
An index of opposite sex actions was created for each of the four age/gender combined groups, once again calculated as percentages. For example, for the retrospective first date script for young adult females, 6 of the total 16 actions that met criteria to be included in the script were actions performed by the male date partner, even though the young adult women participants were asked to report the actions that they themselves performed on the date. Thus, for each young adult woman a percentage was calculated to reflect how many of the 6 male performed actions she reported out of the total 16 actions. Again, this strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

The two-way between groups ANCOVA, with the number of alcoholic drinks consumed entered as a covariate, age group and gender as independent variables, and scores on the opposite sex index as dependent variables, revealed a statistically significant interaction between gender and age group (see Figure 3),  $F(1, 281) = 4.50, p = .04$ , with a small effect size (partial eta squared = .02). The main effect for gender was also significant,  $F(1, 281) = 175.45, p = .00$ , with a large effect size (partial eta squared = .38). The main effect for age group failed to reach statistical significance [ $F(1, 281) = 3.67, p = .06$ ], as did the contextual variable, number of alcoholic drinks consumed [ $F(1, 281) = 1.23, p = .27$ ]. Post hoc analyses showed that young adult women ( $M = 16.22, SD = 12.23$ ) had a significantly higher mean opposite sex index score than did young adult men ( $M = 0.00, SD = 0.00$ ),  $t(67) = -10.86, p = .00$ ; the magnitude of the differences in the means (mean difference = -16.07, 95% CI: -19.03 to -13.12) was large (eta squared = .49). The same was also true for midlife adults, with midlife adult women ( $M = 11.89, SD = 11.50$ ) having a significantly higher mean opposite sex index score than midlife adult

men ( $M = 0.00$ ,  $SD = 0.00$ ),  $t(91) = -9.58$ ,  $p = .00$ ; the magnitude of the differences in the means (mean difference =  $-11.44$ , 95%  $CI$ :  $-13.82$  to  $-9.07$ ) was large (eta squared =  $.35$ ). Moreover, midlife adult women had a significantly lower mean opposite sex index score than young adult women,  $t(158) = 2.46$ ,  $p = .02$ ; the magnitude of the differences in the means (mean difference =  $4.63$ , 95%  $CI$ :  $.91$  to  $8.35$ ) was small (eta squared =  $.04$ ). However, there was no evidence of a significant difference in scores between young adult men and midlife adult men; both score means were 0. Hypothesis 2, that women will report more male actions in their scripts when compared to the number of female actions reported by men in their own scripts, was supported.

Figure 3

*The significant interaction between gender and age group on retrospective first date script (RFDS) mean opposite sex index scores*



Hypotheses 3, 4, and 5 were all tested with the same two-way between groups ANCOVA. The hypotheses were as follows:

**H3: Men would include more sexual behaviours in their actual first date scripts than would women, regardless of their age group.**

**H4: Young adults would include more sexual behaviours in their actual first date scripts than would midlife adults, regardless of their gender.**

**H5: Young adult men would include more sexual behaviours in their actual first date scripts than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).**

As was done in Study 1, a sexual behaviour index was created for each of the four age/gender combined groups. For example, for the retrospective first date script for young adult males, 3 of the total 15 actions that met criteria to be included in the script were sexual behaviours ('They Hugged Held Hands And Or Linked Arms', 'They Kissed Necked And Or Made Out', and 'They Engaged In Oral Anal And Or Vaginal Sex'). Thus, for each young adult man a percentage was calculated to reflect how many of the 3 sexual behaviours he reported out of the total 15 actions. As noted, this strategy was selected to ensure that the index took into account variations in individual participants' total number of actions reported.

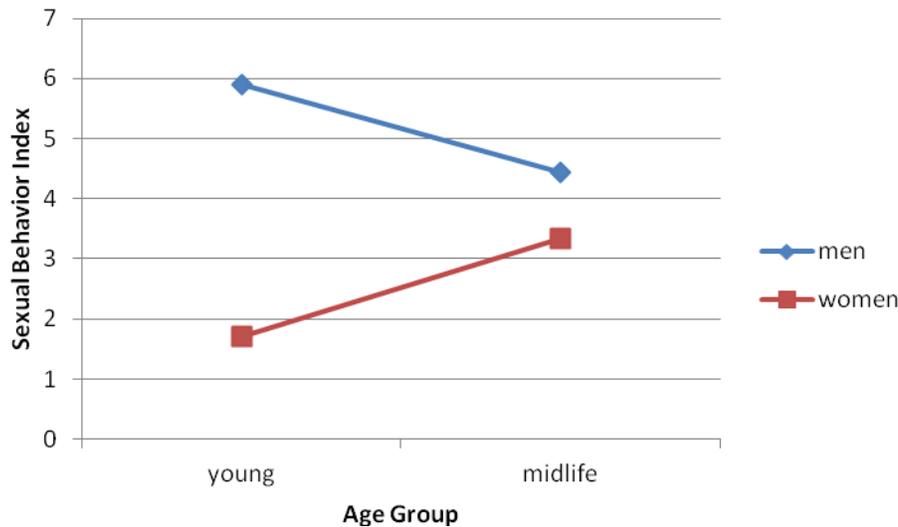
Hypotheses 3, 4, and 5 were investigated via a two-way between groups ANCOVA. The dependent variable was scores on the sexual behaviour index, and the independent variables were age group and gender. The contextual variable number of alcoholic drinks consumed was entered as a covariate in the model due to its significant correlation with scores on the sexual behaviour index. The interaction effect between gender and age group was statistically significant (see Figure 4),  $F(1, 281) = 7.57, p = .01$ , with a small effect size (partial eta squared = .03), and so too was the main effect for gender,  $F(1, 281) = 17.44, p = .00$ , with a medium effect size (partial eta squared = .06), though it was qualified by the interaction. The main effect for age group did not reach statistical

significance [ $F(1, 281) = .05, p = .83$ ]. The contextual variable, number of alcoholic drinks consumed, was statistically significant,  $F(1, 281) = 8.74, p = .01$ , with a small effect size (partial eta squared = .03). Post-hoc analyses showed that young adult men ( $M = 5.90, SD = 6.62$ ) had a significantly higher mean sexual behaviour index score than did young adult women ( $M = 1.70, SD = 2.73$ ),  $t(69.15) = 4.69, p = .00$ ; the magnitude of the differences in the means (mean difference = 4.34, 95% CI: 2.53 to 6.27) was large (eta squared = .15). However, there was no evidence of a significant difference in mean sexual behaviour index scores between men ( $M = 4.44, SD = 5.67$ ) and women ( $M = 3.33, SD = 4.63$ ) in the midlife adult sample [ $t(158.81) = 1.17, p = .24$ ]. In addition, while there was no significant difference in the means for young adult and midlife adult males [ $t(135) = 1.61, p = .11$ ], midlife adult females had a significantly higher mean sexual behaviour index score than did young adult females,  $t(150.26) = -3.06, p = .00$ ; the magnitude of the differences in the means (mean difference = -1.80, 95% CI: -2.97 to -.64) was moderate (eta squared = .06). Finally, young adult males had a significantly higher mean sexual behaviour index score than did midlife adult females,  $t(87.68) = 2.58, p = .01$ ; the magnitude of the differences in the means (mean difference = 2.59, 95% CI: .60 to 4.59) was small (eta squared = .04). Thus, hypotheses 3 (that men would include more sexual behaviours in their actual first date scripts than would women) and 4 (that young adults would include more sexual behaviours in their actual first date scripts than would midlife adults) were not supported. Hypothesis 5 (that young adult men would include more sexual behaviours in their actual first date scripts than would members of the other three age/gender combined groups) was partially supported; young

adult men reported significantly more sexual behaviours than both groups of women, but their index score did not significantly differ from that of their older male counterparts.

Figure 4

*The significant interaction between gender and age group on retrospective first date script (RFDS) mean sexual behaviour index scores*



#### **Retrospective accounts of actual first date sexual behaviours.**

**Q3: What mean level of sexual activity would young adult men, young adult women, midlife adult men, and midlife adult women report having engaged in, when examined separately?**

Descriptive statistics revealed that young adult men ( $M = 9.55$ ,  $SD = 6.15$ ) and midlife adult men ( $M = 9.30$ ,  $SD = 6.17$ ) reported having engaged in a mean level of sexual behaviour that fell between light breast petting (i.e., caressing the woman's breasts outside the clothing), which was equivalent to a score of 9, and heavy breast petting (fondling or kissing the woman's breasts under the clothes), which was equivalent to a score of 10. Young adult women ( $M = 6.62$ ,  $SD = 4.43$ ) and midlife adult women ( $M = 6.85$ ,  $SD = 4.61$ ) reported having engaged in a mean level of sexual behaviour that fell

between a casual goodnight kiss on the lips, which was equivalent to a score of 6, and kissing (i.e., kissing on the lips more than once), which was equivalent to a score of 7.

As hypotheses 6, 7, and 8 were all addressed using a single statistical analysis, consistent with what I did for hypotheses 3, 4, and 5, I will first state all three hypotheses, and then describe the results.

**H6: Men would report having engaged in more intimate sexual behaviours during their actual first dates than would women, regardless of their age group.**

**H7: Young adults would report having engaged in more intimate sexual behaviours during their actual first dates than would midlife adults, regardless of their gender.**

**H8: Young adult men would report having engaged in more intimate sexual behaviours on their actual first dates than would members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).**

A two-way between groups ANCOVA was conducted to test these hypotheses. The dependent variable was level of sexual behaviour in which participants engaged, as measured by my revised version of McCabe and Collins' (1984) Guttman scale of sexual behaviours. The independent variables were age group and gender. One contextual variable, number of alcoholic drinks consumed, was entered as a covariate in the model due to its significant correlation with scores on the Guttman scale. Neither the interaction effect between gender and age group [ $F(1, 281) = .18, p = .67$ ], nor the main effect for age group [ $F(1, 281) = .05, p = .82$ ], reached statistical significance. The main effect for

gender did reach statistical significance however,  $F(1, 281) = 16.04, p = .00$ . The effect size was small (partial eta squared = .05). The contextual variable, number of alcoholic drinks consumed, was also significant,  $F(1, 281) = 28.14, p = .00$ , with a medium effect size, partial eta squared = .09]. An examination of the means revealed that the mean score for males ( $M = 9.35, SD = 6.14$ ) was significantly higher than the mean score for females ( $M = 6.63, SD = 4.38$ ). Thus, hypothesis 6 (that men would report having engaged in more intimate sexual behaviours during their actual first dates than would women) was supported, whereas hypotheses 7 (that young adults would report having engaged in more intimate sexual behaviours during their actual first dates than would midlife adults) and 8 (that young adult men would report having engaged in more intimate sexual behaviours on their actual first dates than would members of all other groups) were not supported. Of note, I replicated the two-way between groups ANCOVA just described, but also including number of days since the date as an additional covariate because the relationship between number of days since the date and sexual behaviour in which participants engaged were found to be significantly correlated (see page 118). The analysis revealed the same pattern of results just described.

### **Chapter IX: Study 2 Discussion**

In Study 2, I examined whether the pattern of results found in hypothetical dating scenarios, as assessed in previous research and in my own first study, would replicate when asking participants to report on their behaviours for actual first date events. My first research question explored the retrospective first date script for young adult men, young adult women, midlife adult men, and midlife adult women, when examined separately. For the retrospective first date script, respondents identified 15 actions (i.e., actions that

were identified in 25% or more of the responses) for young adult men (7 male performed, 8 unassigned, and 0 female performed), 16 actions for young adult women (6 male performed, 8 unassigned, and 2 female performed), 21 actions for midlife adult men (11 male performed, 10 unassigned, and 0 female performed), and 15 actions for midlife adult women (4 male performed, 9 unassigned, and 2 female performed). A cursory examination of each of the 4 scripts revealed that all were largely consistent with traditional gender role behaviour. Traditionality, with respect to gender roles, will be discussed in detail in hypothesis 1.

In question 2, I asked whether there would be any significant main effects found for age and/or gender, and whether there would there be any significant age by gender (age X gender) interactions for the scripted actions, after statistically partialling out the effects of the control and contextual variables. Of the 26 hierarchical logistic regressions conducted for the retrospective first date script, 12 were found to have a statistically significant model at block 4, and only 1 of those had a statistically significant main effect for age or gender, or a significant age X gender interaction: 1) 'M Left Or Went Home'. Females were significantly more likely than males to report that the male left or went home. Clearly, the age groups and genders examined are more similar than they are different when it comes to the actions that comprise their actual first date scripts.

Hypothesis 1 posited that midlife adults' actual first date scripts would be more consistent with traditional gender roles than would young adults' actual first date scripts, regardless of their gender. The actual first date script for young adult men contained 7 male and female performed actions that could be classified. Of those actions, 5 were classified as traditional gender role behaviour, 0 actions as non-traditional gender role

behaviour, and 2 actions as non-gender specific social norm behaviour. An examination of the actual first date script for young adult women revealed 8 male and female performed actions that were classifiable. Six actions were classified as traditional gender role behaviour, 0 actions as non-traditional gender role behaviour, and 2 actions as non-gender specific social norm behaviour. The actual first date script for midlife adult men contained 11 male and female performed actions that could be classified. Of those actions, 7 were classified as traditional gender role behaviour, 1 action as non-traditional gender role behaviour, and 3 actions as non-gender specific social norm behaviour. Finally, an examination of the actual first date script for midlife adult women revealed 6 male and female performed actions that were classifiable. Of those actions, 5 were classified as traditional gender role behaviour, 0 actions as non-traditional gender role behaviour, and 1 action as non-gender specific social norm behaviour. Overall, when comparing the number of traditional gender role behaviours with the number of non-traditional gender role behaviours for each script, it is evident that the scripts were substantially more consistent with traditional gender role behaviour than non-traditional gender role behaviour.

Analyses revealed that the age X gender interaction was not statistically significant, nor was the main effect for gender. However, there was a statistically significant main effect for age group. The effect size was small. An examination of the means revealed that the mean score for young adults was significantly higher than the mean score for midlife adults. Thus, contrary to what was expected, young adults reported a higher percentage of traditional gender role behaviours in their retrospective first date scripts than did midlife adults. That is, young adults' actual first date scripts

were more consistent with traditional gender roles than were midlife adults' actual first date scripts. Hypothesis 1 was not supported. The research findings thus contradict previous research comparing the general dating and sexual practices of young and midlife adults (Abramson & Imai-Marquez, 1982; Mongeau et al., 2007; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995) that suggests that midlife adults are more traditional with respect to gender role behaviour than are young adults.

For actual first date scripts, adherence by young adults of both genders to traditional gender role behaviour may reflect their lack of experience in the dating and romantic relationship realm. Because they lack experience in that domain, they may rely on their knowledge of the normative first date script rather than create their own scripts based on their personal beliefs and preferences. Midlife adults, on the other hand, are considerably more likely to have experience in the dating and sexual realm, and thus may have a sufficient body of knowledge from which to create a more personal first date script. As a result, they have less cause to fall back on the normative, more traditional script for first dates.

In hypothesis 2, I predicted that women would report more male actions in their scripts when compared to the number of female actions reported by men in their own scripts, regardless of their age group. Analyses revealed a statistically significant age X gender interaction, with a small effect size. The main effect for gender was also significant, with a large effect size. The main effect for age group failed to reach statistical significance. Post hoc analyses showed that young adult women had a significantly higher mean opposite sex index score than did young adult men. The magnitude of the differences in the means was large. The same was also true for midlife

adults, with midlife adult women having a significantly higher mean opposite sex index score than midlife adult men. The magnitude of the differences in the means was large. Moreover, midlife adult women had a significantly lower mean opposite sex index score than young adult women. In this case, the magnitude of the differences in the means was small. However, there was no evidence of a significant difference in scores between young adult men and midlife adult men; both score means were 0. Hypothesis 2 was supported.

This finding is consistent with previous research on young adults' actual first date scripts (Rose & Frieze, 1993) that found that women were depicted as playing a passive/reactive role, with men playing a more active role. The research found that in listing the actions for actual first date scripts, women listed more actions for men in their scripts (i.e., they assigned men actions when they were asked to solely list their own gender's actions) than men listed actions for women in their scripts. More specifically, Rose and Frieze's (1993) research revealed that of the 20 actions that comprised the actual first date script for young adult women, women initiated 14 of the actions while men initiated 6 of them. Of the 15 actions that comprised the actual first date script for young adult men, on the other hand, men initiated all 15 of them. With respect to midlife adults, support for hypothesis 2 is in keeping with more general research on midlife adults' dating and sexual practices (e.g., Rich, 2001) that suggests that consistent with traditional gender roles, in the sexual and relational domain midlife women tend to play a more passive role, and men a more active role.

The finding that midlife adult women had a significantly lower mean opposite sex index score than young adult women is of particular interest. In the discussion for Study

1, I posited that women on the whole may be observing a rise in dating and sexual power related to their gains in influence across the social, political, and economic domains. Those gains may manifest themselves in heterosexual women placing more emphasis on their own first date actions and placing less emphasis on the actions of their male date partners. However, as young adult women may lack the experience and confidence of more mature women in the dating and sexual realm, those gains may be muted by a reliance on the normative, more traditional first date script in lieu of a personal script based on experience.

As hypotheses 3, 4, and 5 were all addressed using a single statistical test, they were examined together in the results section and are also discussed together here. In hypothesis 3, I predicted that men would include more sexual behaviours in their actual first date scripts than would women, regardless of their age group. In hypothesis 4, I expected that young adults would include more sexual behaviours in their actual first date scripts than would midlife adults, regardless of their gender. Finally, in hypothesis 5, I expected that young adult men would include more sexual behaviours in their actual first date scripts than would members of all other groups.

Analyses revealed that the interaction effect between gender and age group was statistically significant (with a small effect size), and so too was the main effect for gender (with a medium effect size), though it was qualified by the interaction. The main effect for age did not reach statistical significance. Post-hoc analyses showed that young adult men had a significantly higher mean sexual behaviour index score than did young adult women. The magnitude of the differences in the means was large. However, there was no evidence of a significant difference in mean sexual behaviour index scores

between men and women in the midlife adult sample. In addition, while there was no significant difference in the means for young adult and midlife adult males, midlife adult females had a significantly higher mean sexual behaviour index score than did young adult females; the magnitude of the differences in the means was moderate. Finally, young adult males had a significantly higher mean sexual behaviour index score than did midlife adult females; the magnitude of the differences in the means was small. Thus, hypotheses 3 and 4 were not supported. Hypothesis 5 was partially supported; young adult men reported significantly more sexual behaviours than both groups of women, but their index score did not significantly differ from that of their older male counterparts.

These findings are consistent with previous research that lead me to expect that young adult men would include more sexual behaviours in their actual first date scripts than would young adult women (i.e., Roche's 1986 research on attitudes regarding acceptable sexual behaviour in the early stages of dating; Mongeau et al.'s 2004 and 2007 research on sexual goals for first dates; Mongeau and Johnson's 1995 research on sexual expectations for, and sexual behaviour engaged in on, actual first dates; and Rose and Frieze's 1993 research on actual first date scripts), but are inconsistent with research that lead me to hypothesize the same for midlife adults (e.g., Oliver and Hyde's 1993 meta-analysis of gender differences in sexuality and Rich's 2001 research on the negotiation of sexual behaviour). The findings also do not align with research that lead me to expect that young adults would include more sexual behaviours in their actual first date scripts than would midlife adults, regardless of their gender (i.e., Abramson & Imai-Marquez, 1982; Mongeau et al., 2007; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995) – research that demonstrates that midlife adults are more traditional than younger adults are

when it comes to gender role beliefs, gender role attitudes, and sexual behaviour. Finally, in integrating the above research, young adult men reported significantly more sexual behaviours than both groups of women, as expected, but their index score did not significantly differ from that of their older male counterparts.

In previous sections, I discussed young adults' reliance on traditional scripts. The significant differences observed here between young adult males and both groups of females seems to further support this notion. Because traditional expectations of young adult males would see them play the most aggressive sexual role of all four of the age/gender combined groups, they may feel pressure to act accordingly. Moreover, it is also possible that the young males in the study may have over-reported their sexual activity in order to adhere to the aforementioned expectations.

With respect to the significantly higher sexual behaviour index scores for midlife adult females over young adult females, I believe this continues to build a case for my supposition that the present results are reflective of the growing influence of midlife adult females across a range of domains (including the dating and sexual relational domains). In line with this conclusion, I would expect midlife adult females to use this influence to pursue a more assertive sexual agenda rather than resorting to a more traditional and passive one.

In question 3, I examined the mean level of sexual activity reported by each of the four age/gender combined groups. Descriptive statistics revealed that young adult men and midlife adult men reported having engaged in a mean level of sexual behaviour that fell between light breast petting (i.e., caressing the woman's breasts outside the clothing), which was equivalent to a score of 9, and heavy breast petting (fondling or kissing the

woman's breasts under the clothes), which was equivalent to a score of 10. Young adult women and midlife adult women reported having engaged in a mean level of sexual behaviour that fell between a casual goodnight kiss on the lips, which was equivalent to a score of 6, and kissing (i.e., kissing on the lips more than once), which was equivalent to a score of 7.

Like hypotheses 3, 4, and 5, hypotheses 6, 7, and 8 were all addressed using a single statistical analysis so they will be discussed together. In hypothesis 6, I predicted that men would report having engaged in more intimate sexual behaviours during their actual first dates than would women, regardless of their age group. In hypothesis 7, I expected that young adults would report having engaged in more intimate sexual behaviours during their actual first dates than would midlife adults, regardless of their gender. Finally, I hypothesized that young adult men would report having engaged in more intimate sexual behaviours on their actual first dates than would members of all other groups (hypothesis 8).

The analysis revealed that neither the interaction effect between gender and age group, nor the main effect for age group, reached statistical significance. However, the main effect for gender did reach statistical significance but the effect size was small. An examination of the means revealed that the mean score for males was significantly higher than the mean score for females. Thus, hypothesis 6 (that men would report having engaged in more intimate sexual behaviours during their actual first dates than would women) was supported, consistent with research on young adults' actual first dates (in 1995 Mongeau and Johnson found that young adult men reported more intimate sexual involvement on their actual first dates than did young adult women) and research on

midlife adults' dating and sexual lives more broadly (Oliver & Hyde, 1993; Rich, 2001). Hypotheses 7 (that young adults would report having engaged in more intimate sexual behaviours during their actual first dates than would midlife adults) and 8 (that young adult men would report having engaged in more intimate sexual behaviours on their actual first dates than would members of all other groups) were not supported, inconsistent with previous research that led me to expect differences between the age groups (i.e., Abramson & Imai-Marquez, 1982; Mongeau et al., 2007; Upchurch et al., 2003; Warren, 2006; Wulfert & Wan, 1995) and especially heightened sexual behaviour on the part of young adult males (i.e., the research noted previously in this section). In the general discussion that follows, I will discuss factors that may have resulted in this pattern of results.

## **Chapter X: General Discussion**

This research program was designed to investigate current expectations and behaviours associated with first dates. More specifically, Study 1 examined young and midlife adults' typical first date scripts. Study 2 examined young and midlife adults' retrospective accounts of their actual first date scripts, as well as their actual first date sexual behaviour. A fundamental aspect of the research was to examine whether a person's age cohort – young adult or midlife adult – and gender contributed to these expectations and behaviours on first dates. Previous research found that for both hypothetical (Laner & Ventrone, 1998, 2000; Rose & Frieze, 1989, 1993; Serewicz & Gale, 2008) and actual (Rose & Frieze, 1993) first date scripts, young adults – all of whom were undergraduate students – tended to report scripts that were consistent with traditional gender roles. Although that research shed light on the role that gender may

play in undergraduate students' first date scripts, it was unclear whether the findings would generalize to young adults at large or to midlife adults.

Despite the fact that midlife adults had not been examined as much as young adults had been with respect to dating and sexuality, one study (Mongeau et al., 2007) examined how midlife adults who participated either at a singles event or online compared to young adults from an undergraduate student sample when it came to defining a date, differentiating a date from going out with a friend, and describing reasons for going on first dates. The study revealed several age group differences and underscored the notion that research results yielded from studying young adults' first dates should not automatically be generalized to midlife adults' first dates, a point that had also been raised by several previous researchers (e.g., Coupland, 2000).

As noted, the current research was conducted to explore these issues and address gaps in the scholarly literature with respect to first dates among diverse samples of young and midlife adults. The research consisted of two studies. The first focused on typical first dates and the second explored retrospective accounts of actual first dates. Specifically, Study 1 investigated the actions included in typical male and female first date scripts, the differences between young adults and midlife adults in regard to the actions listed, and the differences between men and women in regard to the actions listed. Similarly, Study 2 examined the actions young and midlife adults included in actual first date scripts, the differences between the two age groups in regard to the actions listed, and the differences between men and women in regard to the actions listed. Study 2 also examined age group and gender differences with respect to sexual behaviour on actual first dates.

An understanding of first date scripts could prove valuable to social psychologists and to individuals in all four of the age/gender combined groups I examined. Knowing what actions comprise a normative script might help an individual prepare both mentally and practically for a first date. For instance, understanding that traditional gender role behaviours still largely govern first dates may help to provide individuals with appropriate expectations for their first dates. Researchers will also benefit from gathering more evidence regarding whether or not social norms associated with dating scripts and behaviours have changed over time and whether gender and age influence this pattern of results.

In looking at the actions that met criteria to comprise the typical male, typical female, and actual first date scripts, it was evident that all were largely consistent with traditional gender roles. In order to create the traditionality index, actions were classified into three groups: traditional gender role behaviour, non-traditional gender role behaviour, and non-gender specific social norm behaviour. For both studies, the findings clearly demonstrated that participants in all groups identified far more traditional than non-traditional actions. The actions that met criteria for inclusion in all of the scripts (i.e., the typical male, typical female, and actual first date scripts) were: 'M Picks Up/Picked Up F', 'M Drives F/Drove F To A Location', 'They Make/Made Conversation', 'They Go Out/Went Out For Food Beverage And Or Meal', and 'M Escorts/Escorted F home'. Thus, according to this research, a heterosexual North American first date generally involves a male picking up his date, him driving her to a location, them making conversation and going out for something to eat and/or drink, and him escorting her home.

By and large, there were three general patterns that emerged across both studies with respect to gender roles. First, contrary to expectations, young adults tended to be more traditional than midlife adults with respect to first dates. Second, midlife adult women, in particular, tended to be less traditional with respect to first dates than I had expected. Lastly, in keeping with my expectations, women were depicted as taking a passive role and men were depicted as taking a more active role in the scripts.

With respect to the first pattern, several findings supported the notion that young adults were more traditional than midlife adults were with respect to first dates. Young adults were significantly more traditional than were midlife adults on the typical male first date script, young adults were significantly more traditional than were midlife adults on the actual first date script, young adult women mentioned significantly more opposite sex actions than did midlife adult women for the actual first date script, and young adult men included significantly more sexual behaviour than did young adult women and midlife adult women in their actual first date script.

For both typical male first date scripts and actual first date scripts, adherence by young adults of both genders to traditional gender role behaviour may simply reflect their lack of experience in the dating and romantic relationship realm. Because they lack experience in that domain, they may rely on their knowledge of the normative first date script rather than create their own scripts based on their personal beliefs and preferences. Midlife adults, on the other hand, are considerably more likely to have experience in the dating and romantic relationship realms, and thus may have a sufficient body of knowledge from which to create a more personal first date script. As a result, they have less cause to fall back on the normative, more traditional script for first dates.

This speculation is in keeping with previous research by Rose and Frieze (1993) on young adults' actual first date scripts which found women to be more likely to play a passive/reactive role than men. In their research, young adult women listed more actions for men in their actual first date scripts than young adult men listed for women in their actual first date scripts. These findings, along with the results of this dissertation, support a general adherence to a norm of traditionality among young adults.

In the actual first date script, the young adult men in my study included more sexual behaviours than did either midlife adult women or young adult women, as expected, but they did not significantly differ from their older male counterparts in that realm. For midlife adult men, we can see this pattern as a continuation of their traditional role as the sexual initiator. Likewise, these results suggest young adult men are also adhering to the traditional script.

The second pattern that emerged saw midlife adult women approach first dates with less reliance on traditional gender role behaviour than I expected. This notion was supported by several key findings that include midlife adult women being significantly less traditional than midlife adult men and young adult women on the typical female first date script, young adult women mentioning significantly more opposite sex actions than midlife adult women for the actual first date script, and midlife adult women including significantly more sexual behaviour than young adult women in their actual first date script.

As noted earlier, I believe that the results observed for midlife adult women across a number of areas of the studies reflect a growing confidence and power within this demographic that is consistent with women's growing influence across a number of

domains. “Today’s older women have replaced traditional stereotypes with cohort-relevant features that reflect liberal attitudes toward age, gender, and broader lifestyle options. These remarkable changes are a result of the power that older women have amassed throughout their lives” (Muhlbauer & Chrisler, 2012, p. 137). This growing power is reflected in recent elections in both Canada and the United States. In the United States, the 113<sup>th</sup> Congress (sworn in in January of 2013) included more women than ever before (Helderman, 2013). Similarly, in Canada, as of February 2013, female premiers governed more than 50% (i.e., 85%) of the population for the first time ever (Siddiq, 2013). These results are consistent with research showing gains in political power made by women in recent decades (e.g., Mueller, 1991; Muhlbauer & Chrisler, 2012). Women have also made concurrent strides in the economic realm. Gersick and Kram (2002) point to the cohort of women who entered the work sphere in the early 1970s as evidence. “[It] was the first cohort to enter traditionally male professions in significant numbers; it is the first in which more than a handful are achieving executive status” (Gersick & Kram, 2002, p. 104). This trend has been further documented in a number of studies in recent decades (e.g., Gordon & Whelan, 1998; Nelson & Burke, 2000). I believe it is the combination of gains made by women in these domains, as well as midlife adult women’s experience in the relationship realm, that may explain midlife women’s adoption of first date behaviours that are less in keeping with traditional gender roles.

With respect to the typical female first date script, the less traditional perspective of midlife adult women compared to their male counterparts may reflect the growth of influence of women in a more modern context. Women’s increased capital in the social, political, and economic realms may have resulted in a concomitant shift in the traditional

power structure in relationships and in midlife women's expectations associated with what is considered proper when engaged in dating rituals. Of interest, this enhanced sense of control over one's life does not seem to have extended to expectations and actions in the dating and sexual realm for young adult women. For instance, young women mentioned significantly more opposite sex actions than did midlife adult women for the actual first date script, which suggests that they were abiding by a more traditional and passive approach to the first date script. Conversely, midlife adult women included significantly more sexual behaviour than did young adult women in their actual first date script. As noted, the reduced number of sexual behaviours by young women may reflect their lack of experience in the dating and sexual realm, and thus more reliance on the traditional first date script.

The third pattern, which supported some of my hypotheses, was that women were depicted as taking a passive role in the scripts, while men were depicted as taking a more active role. Three key findings supported this pattern. Women mentioned significantly more opposite sex actions than did men for the typical first date scripts, young adult women mentioned significantly more opposite sex actions than did young adult men for the actual first date script, and midlife adult women mentioned significantly more opposite sex actions than did midlife adult men for the actual first date script.

These findings are entirely consistent with more general research (e.g., Rich, 2001; Rose & Frieze, 1993) on both midlife adults' and young adults' dating and sexual practices. Specifically, the findings are consistent with the notion that in the sexual and relational domain, women are expected to play a more passive role, with men playing a

more active role. These results, once again, reflect a more general adherence to traditional gender roles.

Beyond the pattern of results associated with the typical female, typical male, and actual first date scripts, this research also examined an additional aspect of dating, namely the level of intimacy (in terms of sexual behaviour) in which participants engaged on their most recent actual first dates. Consistent with my hypothesis, and with much past research on both young adults (Mongeau & Johnson, 1995) and midlife adults (Oliver & Hyde, 1993; Rich, 2001; Warren, 2006), men reported having engaged in more intimate sexual behaviour on their actual first dates than women reported having engaged in on theirs.

This pattern of results is reflective of the stereotypical view of the adult male. As part of the stereotype, it is a male's mission to engage in some form of sexual activity with a female within the heterosexual first date context. Men may feel compelled to act in a sexually assertive fashion because the normative script demands it (e.g., in several studies by Mongeau et al. in 2004, young adult men were more likely than young adult women to report and/or agree with sexual goals for first dates) or because such activity is expected of them. This pattern is also consistent with several pertinent psychological theories (i.e., evolutionary theory as it relates to sexual relations, and gender schema and script theory as they pertain to the first date context). Thus, we can consider the 'male as initiator' pattern as the result of a broad set of influences.

### **Limitations**

As is the case with all research projects, and despite some significant methodological merits, the present program of studies also contains several limitations

that must be considered as they may affect the interpretation of results and the generalizability of the findings. First, as participants completed the survey in my (the researcher's) absence, they did not have the opportunity to ask questions or to clarify potential areas of ambiguity in the questionnaires. Owing to this, I cannot be certain that all participants answered the survey questions as intended. This limitation has been attributed to all surveys conducted online and via other remotely administered approaches (e.g., telephone or mail) and should not affect the quality of these results more so than any other study that used a similar methodology (see Amichair-Hamburger, 2013).

Second, given the online nature of the surveys there was no way for me to verify that survey respondents were who they claimed to be, or that they answered the questions truthfully. As a result, there was no guarantee that, for example, a participant who claimed to be a young adult male was indeed young, adult, and male, or that a participant who claimed to have had sex with ten different partners within the past year actually did have sex with that many different partners during that time period. However, as Wood, Griffiths, and Eatough (2004) have noted, this is the case for many types of remotely administered research, and any type of self-report is reliant on participants answering honestly. This is hardly something that's true only for online studies (Wood et al., 2004). In fact, several studies show that, where sexual matters are concerned, participants are more likely to self-disclose honestly when responding via computer-based collection methods than via either pencil-and-paper or face-to-face methods (Millstein & Irwin, 1983; Paperny, Aono, Lehman, Hammar, & Risser, 1990; Turner, Ku, Rodgers, Lindberg, Pleck, & Sonenstein, 1998).

While some researchers express scepticism about the equivalence of findings yielded from online research versus offline research, several studies suggest that there is consistency between findings from the two approaches (Reynolds & Stiles, 2007; Weigold, Weigold, Russell, & Natera, 2012; Weigold, Weigold, Russell, Shook, Natera, & Lam, 2011). Ogolsky, Niehuis, and Ridley (2009) reviewed 11 comparisons of online and pencil-and-paper tests of the same measures, ones that attempted to replicate findings from pencil-and-paper instruments with online tests, and examinations of online research for theoretical patterns. Despite the fact that some of the studies had methodological limitations, Ogolsky et al. (2009) concluded that all three types of studies yielded similar results between online and offline methods (and, in some cases, the online surveys had better psychometric properties than the offline surveys). In short, Ogolsky et al. (2009) observed that, while not identical, online and offline data collection methods are equivalent.

There are a number of compelling reasons to collect data via the online method. Some advantages of online data collection versus pencil-and-paper methods include: increased access to specific populations (Ogolsky et al., 2009), reduced response time, lower cost, ease of data entry, and control and flexibility with respect to format (Haag Granello & Wheaton, 2004).

A final limitation one must consider is the degree to which the study sample differs from the population at large in their expectations and behaviour in the first date context. The reason for this concern is two-fold. First, because of the nature of the data collection method, participants were self-selected. Second, the completion criteria required for inclusion in each study sample were relatively rigorous (i.e., North

American, single, heterosexual, and between the ages of 18-24 or 35-54 years for Study 1, and having their most recent first date been within the last two months for Study 2, as well as completing at least 10 actions in the script(s) for each study). As a result, approximately 80% of potential participants in each study were excluded. In general, potential participants were excluded from the studies for two reasons. First, participants were excluded if they failed to meet any of the above eligibility criteria. Second, participants who met the eligibility criteria, but failed to complete the study in a satisfactory manner (i.e., they failed to provide at least 10 actions that described what one would reasonably assume to be a first date narrative from beginning to end) were excluded. While 80% is a substantial percentage of potential participants to be excluded, it is important to note that higher levels of missing and incomplete data, compared to offline data collection, is consistent with previous research using the online data collection approach (Gregory & Pike, 2012; Haag Granello & Wheaton, 2004; Weigold et al., 2012; Weigold et al., 2011). It is due to my anticipating a high percentage of exclusions as a result of missing and incomplete data that the completion criterion I used in this research (i.e., at least 10 actions that described what one would reasonably assume to be a first date narrative from beginning to end), while rigorous, was more lenient than previous research. For example, Rose and Frieze (1989, 2003) used 20 as the minimum number of actions that participants had to include in their scripts to be included in their research.

I suspect that what may have played a more substantial role in the high exclusion percentage was the fact that participants who were recruited from e-mails sent from Toluna/Greenfield (the majority of the sample), the online market research panel and

survey technology company hired to help recruit participants, were told that they would receive credits from Toluna/Greenfield (i.e., credits that could be used towards purchasing goods online) in exchange for doing the study. I suspect that many participants responded to the survey in a quick manner so as to receive the credits, and that, as a result, they did not meet my standards for a complete survey and were thus excluded from the research. Although I predicted that recruiting participants through a third party that provided compensation for participation would inevitably result in a large number of potential participants being excluded, from a cost-benefit perspective, utilizing the third party was nevertheless worthwhile. This option permitted me to quickly and inexpensively secure samples that were sufficiently broad and randomly selected, while meeting my strict eligibility criteria. For me, these benefits outweighed my needing to give up some measure of control over the degree to which all participants would complete the study.

A final point with respect to the samples is that, while I was forced to exclude a large percentage of potential participants due to the aforementioned reasons, the samples I attained were nevertheless much more diverse than the samples traditionally used in first date research (i.e., in essentially all previous research studies on the topic, undergraduate students served as participants). By their nature, those samples are not reflective of the population at large for a number of reasons (e.g., age, education). Thus, even though my samples were self-selected and a large percentage of potential participants were excluded, the results, one may argue, are more likely to be reflective of the population at large.

### **Implications for Future Research**

The results of the present research make a case for further examination of the expectations and behaviours of dating partners within a contemporary dating context. Such research is certainly needed given the overall paucity of research on the dating and sexual activities of single heterosexual North American midlife adults, in particular. To date, few aspects of dating behaviours and expectations have been examined in that demographic. Research so far has only examined midlife adults' definition of a date, how their description of a date differs from going out with a friend, and how they describe their first date goals (Mongeau et al., 2007). One of the strengths of the current program of studies is that it expands the body of research with respect to midlife adults' first dates. Further, it provides a novel approach to studying young adult samples by going beyond the typical undergraduate participant pool. Because of the novel nature of the studies, attempts should be made to replicate the findings in the future. Such research may help to alleviate the concerns raised by the limitations noted above.

When we think about attitudes towards dating, we tend to think of each generation as being more liberal than the generation that preceded it, pushing sexual and dating behaviours further than boundaries established by the previous generation. However, contrary to popular thinking, single heterosexual North American young adults appear to approach first dates in a very traditional way with a heavy reliance on normative scripts. So (at least from a first date perspective), we may be able to draw on knowledge derived from previous research, understanding that current young adults rely heavily on scripts from the individuals who went before them for cues to their own dating behaviour. In this way, we can continue to benefit from the wealth of scholarship done by researchers on

this topic to continue to guide future scholarship, as well as the policies, practical decisions, and activities that derive from it.

The results of this research program suggest the first date expectations and behaviours of young and midlife single heterosexual North American adults are not exactly the same – specifically as they relate to differences between midlife adult women and the other three age/gender combined groups. As a result, we should approach young adult/midlife adult comparisons with caution. This research suggests that we cannot extrapolate research on the first date experiences of young adults to that of midlife adults (in all cases), and that any such comparisons should be carefully considered with respect to generalizability. In a broad sense, this may mean that we consider replicating first date research conducted on young adult samples with midlife adults.

Future research should study the first date attitudes and behaviours of young and midlife adults over time. From a longitudinal perspective, it will be interesting to compare young and midlife adults against their past and future selves, as well as generations that follow them. This type of longitudinal program would help to shed light on whether first date expectations and behaviours will continue to remain relatively static over time, or if not, how and at what rate they change.

A final outcome of this research program is the knowledge that midlife adult women are less traditional with respect to gender roles on first dates than one might expect. While research suggests that these findings are consistent with a broader change in the social, political, and economic realities midlife adult women face, further research is needed in this regard to understand the impact, extent, and future of these trends. While the findings do indicate a less traditional approach to first dates by midlife adult women

(when compared to young adult men, young adult women, and midlife adult men), a more expansive research program could delve deeper into this phenomenon to understand whether the trend toward more liberal views reflects a broad social phenomenon or an aberration specific to this cohort of women in North America.

While the findings of the research pointed toward less traditional first date expectations and behaviours among midlife adult women, these women did behave traditionally in some regards. For example, the research pointed to midlife adult women ascribing to the traditional first date power dynamic wherein the male takes a more active role, the female a more passive role. It would be interesting to see whether this dynamic shifts along with the other changes observed in midlife women.

Any future research regarding midlife adult women and their first date experiences must explore the larger implications of these liberalizing trends. Namely, future research should consider, as mentioned above, whether this is a trend or a momentary blip in dating expectations and behaviour. Further, does this less traditional trend for current midlife adult women only exist in a first date context, or does it carry on across subsequent dates or into longer-term relationships? These are important questions we should consider.

To conclude, the present research has undoubtedly uncovered new, valuable information regarding the dating and sexual practices of single heterosexual North American midlife adults, in addition to providing new insight into the broader single heterosexual North American young adult population. More importantly perhaps, it has highlighted the need for further research on that domain, particularly for midlife adults. Given that there is a growing societal trend for many North American midlife adults to

remain or become single during their middle adulthood years (Statistics Canada, 2001, 2006; U.S. Census Bureau, 2000, 2006), single heterosexual North American midlife adults are poised to become a larger demographic group as the population ages. While progress in understanding this group is slow, Weitz (2009) points to growing depictions of Baby Boomers' sexuality in contemporary U.S. film as a positive sign. As this group continues to exert their influence on popular culture (and society more broadly), we can hope researchers will also continue to explore this demographic. In the course of time, research of this nature will help to clarify the role and impact of sexual behaviour at every age.

## References

- Abramson, P. R., & Imai-Marquez, J. (1981). The Japanese-American: A cross cultural cross-sectional study of sex guilt. *Journal of Research in Personality, 16*, 227-237.
- Afifi, W. A., & Faulkner, S. L. (2000). On being “just friends”: The frequency and impact of sexual activity in cross-sex friendships. *Journal of Social and Personal Relationships, 17*, 205-222.
- Argue, A., Johnson, D. R., & White, L. K. (1999). Age and religiosity: Evidence from a three-wave panel analysis. *Journal for the Scientific Study of Religion, 38*, 423-435.
- Amichair-Hamburger, Y. (2013). *The social net: Understanding our online behavior*, (Second ed.). Oxford: Oxford University Press.
- Bailey, B. L. (1988). *From front porch to back seat: Courtship in twentieth century America*. Baltimore, MD: John Hopkins University Press.
- Barkan, S. E. (2006). Religiosity and premarital sex in adulthood. *Journal for the Scientific Study of Religion, 45*, 407-417.
- Bem, S. L. (1981). Gender schema theory: A cognitive account of sex-typing. *Psychological Review, 88*, 354-364.
- Bower, G. H., Black, J. B., & Turner, T. J. (1979). Scripts in memory for text. *Cognitive Psychology, 11*, 177-220.
- Brannon, L. (2005). *Gender psychological perspectives* (4<sup>th</sup> ed.). Toronto, ON: Pearson Education Inc.

- Brown, S. A., Goldman, M. S., Inn, A., and Anderson, L. R. (1980). Expectations of reinforcement from alcohol: Their domain and relation to drinking partners. *Journal of Consulting and Clinical Psychology, 48*, 419-426.
- Burgoon, J. K., & Hale, J. L. (1988). Nonverbal expectancy violations: Model elaboration and application to immediacy behaviours. *Communication Monographs, 55*, 58-79.
- Buss, D. M. (2003). *The evolution of desire: Strategies of human mating* (Rev. ed.). New York: Basic Books.
- Buss, D. M., & Schmitt, D. P. (1993). Sexual strategies theory: An evolutionary perspective on human mating. *Psychological Review, 100*, 204-233.
- Cate, R. M., & Lloyd, S. A. (1992). *Courtship*. Newbury Park, CA: Sage.
- Chase, W. G., & Simon, H. A. (1973). The mind's eye in chess. In W. G. Chase & H.A. Simon (Eds.), *Visual information processing* (pp. 555). New York: Academic Press.
- Clark, R. D. (1990). The impact of AIDS on gender differences in willingness to engage in casual sex. *Journal of Applied Social Psychology, 20*, 771-782.
- Clark, R. D., & Hatfield, E. (1989). Gender differences in receptivity to sexual offers. *Journal of Psychology and Human Sexuality, 2*, 39-55.
- Cohen, J. (1988). *Statistical power for the behavioural sciences* (2<sup>nd</sup> ed.). Hillsdale, NJ: Erlbaum.
- Cooney, T. M., & Dunne, K. (2001). Intimate Relationships in Later Life. *Journal of Family Issues, 22*, 838-858.

- Cooper, M. L., & Orcutt, H. K. (1997). Drinking and sexual experience on first dates among adolescents. *Journal of Abnormal Psychology, 106*, 191-202.
- Corcoran, K. J., & Bell, B. G. (1990). Opposite sex perceptions of the effects of alcohol consumption on subsequent sexual activity in a dating situation. *Psychology, A Journal of Human Behaviour, 27*, 7-11.
- Corcoran, K. J., & Thomas, L. R. (1991). The influence of observed alcohol consumption on perceptions of initiation of sexual activity in a college dating situation. *Journal of Applied Social Psychology, 21*, 500-507.
- Coupland, J. (2000). Past the “perfect kind of age?” Styling selves and relationships in over-50s dating advertisements. *Journal of Communication, 50*, 9-30.
- Crawford, M., & Popp, D. (2003). Sexual double standards: A review and methodological critique of two decades of research. *The Journal of Sex Research, 40*, 13-26.
- Davidson, J. K., Moore, N. B., & Ullstrup, K. M. (2004). Religiosity and sexual responsibility: Relationships of choice. *American Journal of Health Behaviour, 28*, 335-346.
- DePaulo, B. M., & Morris, W. L. (2005). Singles in society and in science. *Psychological Inquiry, 16*, 57-83.
- Desmarais, S., & Curtis, J. (2001). Gender and perceived income entitlement among full-time workers: Analyses for Canadian national samples, 1984 and 1994. *Basic and Applied Social Psychology, 23*, 157-168.
- Emmers-Sommer, T. M., Farrell, J., Gentry, A., Stevens, S., Eckstein, J., Battocletti, J., &

- Gardener, C. (2010). First date sexual expectations: The effects of who asked, who paid, date location, and gender. *Communication Studies*, 61, 339-355.
- Erikson, E. H. (1968). *Identity, youth, and crisis*. New York: W. W. Norton.
- Fiori, K. L., Brown, E. E., Cortina, K. S., & Antonucci, T. C. (2006). Locus of control as a mediator of the relationship between religiosity and life satisfaction: Age, race, and gender differences. *Mental Health, Religion, & Culture*, 9, 239-263.
- Ganong, L. H., & Coleman, M. (1992). Gender differences in expectations of self and future partner. *Journal of Family Issues*, 13, 55-64.
- Ganong, L. H., Coleman, M., Thompson, A., & Goodwin-Watkins, C. (1996). African American and European American college students' expectations for self and for future partners. *Journal of Family Issues*, 17, 758-775.
- Geis, F. L., Brown, V., Jennings, J., & Corrado-Taylor, D. (1984). Sex vs. status in sex-associated stereotypes. *Sex Roles*, 11, 771-785.
- George, W. H., Gournic, S. J., & McAfee, M. P. (1988). Perceptions of postdrinking female sexuality: Effects of gender, beverage of choice, and drink payment. *Journal of Applied Social Psychology*, 15, 1295-1317.
- Ginsberg, G. (1988). Rules, scripts and prototypes in personal relationships. In S.W. Duck (Ed.), *Handbook of personal relationships* (pp. 23-39). Oxford, England: John Wiley & Sons.
- Glenn, N., & Marquardt, E. (2001). *Hooking up, hanging out, and hoping for Mr. Right: College women on dating and mating today*. New York: Institute for American Values.

- Gordon, J. R., & Whelan, K. S. (1998). Successful professional women in midlife: How organizations can more effectively understand and respond to the challenges. *The Academy of Management Executive*, 12, 8-27.
- Gregory, V. L., & Pike, C. K. (2012). Missing data: A comparison of online and classroom data collection methods with social work students. *Journal of Social Service Research*, 38, 351-365.
- Haag Granello, D., & Wheaton, J. E. (2004). Online data collection: Strategies for research. *Journal of Counseling & Development*, 82, 387-393.
- Harris, M. J. (1993). Issues in studying the mediation of expectancy effects: A taxonomy of expectancy effects. In D. P. Blanck (Ed.), *Interpersonal expectancies: Theory, research, and applications* (pp. 350-378). New York: Cambridge University Press.
- Helderman, R. S. (2013, January 3). The 113<sup>th</sup> congress is the most diverse in history. *The Washington Post*. Retrieved from [http://articles.washingtonpost.com/2013-01-03/politics/36209417\\_1\\_diversity-democratic-party-presidential-election](http://articles.washingtonpost.com/2013-01-03/politics/36209417_1_diversity-democratic-party-presidential-election)
- Holmberg, D., & Holmes, J. G. (1994). Reconstruction of relationship memories: A mental models approach. In N. Schwarz & S. Sudman (Eds.), *Autobiographical memory and the validity of retrospective reports* (pp. 267-288). New York: Springer-Verlag.
- Howell, D. C. (2009) *Statistical methods for psychology* (7th ed.). Belmont: Cengage Wadsworth.
- Hyde, J. S., & Oliver, M. B. (2000). Gender differences in sexuality: Results from meta-

- analysis. In C. B. Travis & J. W. White (Eds.). *Sexuality, Society, and Feminism* (pp. 57-77). Washington, DC: American Psychological Association.
- King, V., & Scott, M. E. (2005). A comparison of cohabiting relationships among older and younger adults. *Journal of Marriage and Family, 67*, 271-285.
- Laner, M. R., & Ventrone, N. A. (1998). Egalitarian daters/traditional daters. *Journal of Family Issues, 19*, 468-477.
- Laner, M. R., & Ventrone, N. A. (2000). Dating scripts revisited. *Journal of Family Issues, 21*, 488-500.
- Larkin, J. H., McDermott, J., Simon, D. P., & Simon, H. A. (1980). Models of competence in solving physics problems. *Cognitive Science, 4*, 317-345.
- Larsen, K. S., & Long, E. (1988). Attitudes toward sex-roles: Traditional or egalitarian? *Sex Roles, 19*, 1-12.
- Levesque, L. M., & Caron, S. L. (2004). Dating preferences of women born between 1945 and 1960. *Journal of Family Issues, 25*, 833-846.
- Levin, J. S., & Taylor, R. J. (1993). Gender and age differences in religiosity among Black Americans. *The Gerontologist, 33*, 16-23.
- Levin, J. S., Taylor, R. J., & Chatters, L. M. (1994). Race and gender differences in religiosity among older adults: Findings from four national surveys. *Journal of Gerontology, 149*, S137-S145.
- Levine, S. B. (2003). The nature of sexual desire: A clinician's perspective. *Archives of Sexual Behaviour, 32*, 279-285.

- Lyons, H., Giordano, P. C., Manning, W. D., & Longmore, M. A. (2011). Identity, peer relationships, and adolescent girls' sexual behaviour: An exploration of the contemporary double standard. *Journal of Sex Research, 48*, 437-449.
- Marks, M. J. (2008). Evaluations of sexually active men and women under divided attention: A social cognitive approach to the sexual double standard. *Basic and Applied Social Psychology, 30*, 84-91.
- Marks, M. J., & Fraley, R. C. (2006). Confirmation bias and the sexual double standard. *Sex Roles, 54*, 19-26.
- Marks, M. J., & Fraley, R. C. (2007). The impact of social interaction on the sexual double standard. *Social Influence, 2*, 29-54.
- McCabe, M. P., & Collins, J. K. (1984). Measurement of depth of desired and experienced sexual involvement at different stages of dating. *Journal of Sex Research, 20*, 377-390.
- McNamara, J. R., & Grossman, K. (1991). Initiation of dates and anxiety among college men and women. *Psychological Reports, 69*, 252-254.
- Milhausen, R. R., & Herold, E. S. (2001). Reconceptualizing the sexual double standard. *Journal of Psychology & Human Sexuality, 13*, 63-83.
- Millstein, S. G., & Irwin, C. E. (1983). Acceptability of computer-acquired sexual histories in adolescent girls. *Journal of Pediatrics, November*, 815.
- Mongeau, P. A., & Carey, C. M. (1996). Who's wooing whom II? An experimental investigation of date-initiation and expectancy violation. *Western Journal of Communication, 60*, 195-213.

- Mongeau, P. A., Carey, C. M., & Williams, M. L. M. (1998). First date initiation and enactment: An expectancy violation perspective. In D. J. Canary & K. Dindia (Eds.). *Sex differences and similarities: A handbook* (pp. 413-426). Hillsdale, NJ: Lawrence Erlbaum Associates.
- Mongeau, P. A., Hale, J. L., Johnson, K. L., & Hillis, J. D. (1993). Who's wooing whom? An investigation of female-initiated dating. In P. J. Kalbfleisch (Ed.), *Interpersonal communication: Evolving interpersonal relationships* (pp. 51-68). Hillsdale, NJ: Lawrence-Erlbaum.
- Mongeau, P. A., Jacobsen, J., & Donnerstein, C. (2007). Defining dates and first date goals. *Communication Research, 34*, 526-547.
- Mongeau, P. A., & Johnson, K. L. (1995). Predicting cross-sex first date sexual expectations and involvement: Contextual and individual differences. *Personal Relationships, 2*, 301-312.
- Mongeau, P. A., Serewicz, M. C. M., & Therrien, L. F. (2004). Goals for cross-sex first dates: Identification, measurement, and the influence of contextual factors. *Communication Monographs, 71*, 121-147.
- Mongeau, P. A., Yeazell, M., & Hale, J. L. (1994). Sex differences in relational message interpretations on male-and female-initiated first dates : A research note. *Journal of Social Behaviour and Personality, 9*, 731-742.
- Montenegro, X. P. (2003). *Lifestyles, dating, and romance: A study of midlife singles*. Washington, DC: AARP.

- Morr, M.C., & Mongeau, P. A. (2004). First date expectations: The impact of sex of initiator, alcohol consumption, and relationship type. *Communication Research, 31*, 3-35.
- Muehlenhard, C. L., Frieddman, D. E., & Thomas, C. M. (1985). Is date rape justifiable? The effects of dating activity, who initiated, who paid, and men's attitudes toward women. *Psychology of Women Quarterly, 9*, 297-309.
- Muehlenhard, C. L., & Linton, M. A. (1987). Date rape and sexual aggression in dating situations: Incidence and risk factors. *Journal of Consulting Psychology, 34*, 186-196.
- Muehlenhard, C. L., & Scardino, T. J. (1985). What will he think? Men's impression of women who initiate dates and achieve academically. *Journal of Counseling Psychology, 32*, 560-569.
- Muehlenhard, C. L., & Quackenbush, D. M. (1996). *The social meaning of women's condom use: The sexual double standard and women's beliefs about the meaning ascribed to condom use*. Unpublished manuscript.
- Mueller, C. (1991). The gender gap and women's political influence. *Annals of the American Academy of Political and Social Science, 515*, 23-37.
- Muhlbauer, V., & Chrisler, J. C. (2012). Women, poser, and aging: An introduction. *Women and Therapy, 35*, 137-144.
- Nelson, D. L., & Burke, R. J. (2000). Women executives: Health, stress, and success. *The Academy of Management Executive, 14*, 107-121.

- Ogolsky, B., Niehuis, S., & Ridley, C. (2009). Using online methods and designs to conduct research on personal relationships. *Marriage & Family Review, 45*, 610-628.
- Oliver, M. B., & Hyde, J. S. (1993). Gender differences in sexuality: A meta-analysis. *Psychological Bulletin, 114*, 29-51.
- Paperny, D. M., Aono, J. Y., Lehman, R. M., Hammar, S. L., & Risser, J. *et al.* (1990). Computer-assisted detection and intervention in adolescent high-risk health behaviors. *Journal of Pediatrics, 116*, 456-462.
- Pezdek, K. (2003). Event memory and autobiographical memory for the events of September 11, 2001. *Applied Cognitive Psychology, 17*, 1033-1045.
- Reynolds, D. J., & Stiles, W. B. (2007). Online data collection for psychotherapy process research. *Cyber Psychology & Behavior, 10*, 92-99.
- Rich, E. R. (2001). Negotiation of HIV preventive behaviours in divorced and separated women reentering the sexual arena. *Journal of the Association of Nurses In AIDS Care, 12*, 25-35.
- Roche, J. P. (1986). Premarital sex: Attitudes and behaviour by dating stage. *Adolescence, 21*, 107-121.
- Roche, J. P., & Ramsbey, T. W. (1993). Premarital sexuality: A five-year follow-up study of attitudes and behaviour by dating stage. *Adolescence, 28*, 67-80.
- Roscoe, B., Diana, M. S., & Brooks, R. H. (1987). Early, late, and middle adolescents' views on dating and factors influencing partner-selection. *Adolescence, 85*, 59-68.
- Rose, S., & Frieze, I. H. (1989). Young singles' scripts for a first date. *Gender and Society, 3*, 258-268.

- Rose, S., & Frieze, I. H. (1993). Young singles`contemporary dating scripts. *Sex Roles*, 28, 499-509.
- Serewicz, M. C. M., & Gale, E. (2008). First-date scripts: Gender roles, context, and relationship. *Sex Roles*, 58, 149-164.
- Siddiq, F. (2013, February 8). Female premiers: From Rita Johnston to Kathleen Wayne – and beyond. *The Vancouver Sun*. Retrieved from <http://www.vancouversun.com/Female+premiers+From+Rita+Johnston+Kathleen+Wynne+beyond/7940280/story.html>
- Simon, W., & Gagnon, J. H. (1986). Sexual scripts: Permanence and change. *Archives of Sexual Behaviour*, 15, 97-120.
- Simpson, J. A., & Gangestad, S. W. (1991). Individual differences in sociosexuality: Evidence for convergent and discriminant validity. *Journal of Personality and Social Psychology*, 60, 870-883.
- Simpson, J. A., & Gangestad, S. W. (1992). Sociosexuality and romantic partner choice. *Journal of Personality*, 60, 31-51.
- Simpson, J. A., Gangestad, S. W., & Nations, C. (1995). Sociosexuality and relationship initiation: An ethological perspective of nonverbal behaviour. In G. Fletcher & J. fitness (Eds.), *Knowledge structures in close relationships: A social psychological approach* (pp. 121-146). Hillsdale, NJ: Lawrence Erlbaum.
- Social Security Online (2008). When to start receiving retirement benefits. Retrieved May 6, 2009, from <http://www.socialsecurity.gov/pubs/10147.html>

- Spector, I. P., Carey, M. P., & Steinberg, L. (1996). The sexual desire inventory: Development, factor structure, and evidence of reliability. *Journal of Sex & Marital Therapy*, 22, 175-190.
- Spector, I. P., & Fremeth, S. M. (1996). Sexual behaviours and attitudes of geriatric residents in long-term care facilities. *Journal of Sex & Marital Therapy*, 22, 235-246.
- Sprecher, S., & Hatfield, E. (1996). Premarital sexual standards among U.S. college students: Comparison with Russian and Japanese students. *Archives of Sexual Behaviour*, 25, 261-288.
- Statistics Canada. (1996). Population 15 years and over by marital status, showing selected age groups and sex, for Canada, provinces and territories, 1996 census. Retrieved August 28, 2008, from <http://www.statcan.ca/english/census96/oct14/mar1.htm>
- Statistics Canada. (2001). Legal marital status, age groups and sex for population, for Canada, provinces, territories, census metropolitan areas and census agglomerations, 2001 census. Retrieved May 2, 2009, from <http://www12.statcan.ca/english/census01/products/standard/themes/ListProducts.cfm?Temporal=2001&APATH=3&THEME=38&FREE=0>
- Statistics Canada. (2006). Legal marital status, common-law status, age groups and sex for the population 15 years and over of Canada, provinces, territories, census metropolitan areas and census agglomerations, 2001 and 2006 censuses. Retrieved August 28, 2008, from <http://www12.statcan.ca/english/census06/>

data/topics/ListProducts.cfm?Temporal=2006&APATH=3&THEME=67&FREE  
=0&GRP=1

- Strauss, A., & Corbin, J. (1990). *Basics of qualitative research: Grounded theory procedures and techniques*. Newbury Park, CA: Sage.
- Taylor, R. J., Mattis, J., & Chatters, L. M. (1999). Subjective religiosity among African Americans: A synthesis of findings from five national samples. *Journal of Black Psychology, 25*, 524-543.
- Turner, C. F., Ku, L., Rogers, S. M., Lindberg, L. D., Pleck, J. H., & Sonenstein, F. L. (1998). Technology, experimentation, and the quality of survey data. *Science, 280*, 847-848.
- Upchurch, D. M., Kusunoki, Y., Simon, P., & Doty, M. M. (2003). Sexual behaviour and condom practices among Los Angeles women. *Women's Health Issues, 13*, 8-15.
- U.S. Census Bureau. (2000). Marital status of the population aged 15 and over by sex, age, race, and Hispanic origin: 2000. Retrieved May 2, 2009, from <http://www.census.gov/prod/2003pubs/c2kbr-30.pdf>
- U.S. Census Bureau. (2006). Marital status of the population 15 years and over by age and sex: 2006 [MS EXCEL]. Retrieved May 2, 2009, from <http://www.census.gov/>
- Warren, J. P. (2006). The aging baby boom cohort: Predictors of condom use for disease prevention (Doctoral dissertation, University of Massachusetts, 2006). *Dissertation Abstracts International, 67*, 1138.

- Watson, W. K., & Bell, N. J. (2005). Narratives of development, experiences of risk: Adult women's perspectives on relationships and safer sex. *British Journal of Health Psychology, 10*, 311-327.
- Weigold, A., Weigold, I. K., Russell, E. J., & Natera, S. N. (2012, August). *Equivalence of online and paper-and-pencil data collection*. Paper presented at the meeting of American Psychological Association, Orlando, Florida.
- Weigold, A., Weigold, I. K., Russell, E. J., Shook, J., Natera, S. N., & Lam, H. Y. (2011, August). *Examination of the equivalence of online and paper--pencil data collection methods*. Paper presented at the meeting of American Psychological Association, Washington, D.C.
- Weitz, R. (2010). Changing the scripts: Midlife women's sexuality in contemporary U.S. film. *Sexuality & Culture, 14*, 17-32.
- Wood, R. T. A., Griffiths, M. D., & Eatough, V. (2004). Online data collection from video game players: Methodological issues. *Cyber Psychology & Behaviour, 7*, 511-518.
- Worthington, R. L. (2004). Sexual identity, sexual orientation, religious identity, and change: Is it possible to depolarize the debate? *The Counseling Psychologist, 32*, 741-749.
- Wulfert, E., & Wan, C. K. (1995). Safer sex intentions and condom use viewed from a health belief, reasoned action, and social cognitive perspective. *The Journal of Sex Research, 32*, 299-311.

Appendix A  
Study 1  
Consent Form

**Title of the Study: Young and Midlife Single Heterosexual North American Adults' Typical First Dates**

Thank you for choosing to learn more about this research. My name is Erin Allard and this research is being conducted as part of my doctoral dissertation in Psychology at the University of Guelph, under the supervision of Dr. Serge Desmarais. This research has received ethics approval from the University of Guelph's Research Ethics Board for research involving human participants.

Purpose:

In this study, we are interested in learning about young and midlife adults' typical first dates; by "date," we mean any pre-planned social activity where you arrange to meet a person where there is some romantic interest or the potential for (or investigation of) romantic interest. The purpose of the research is to help us to understand: 1) what actions are included in typical first date scripts (note: a script is an event broken down into the individual actions that make up that event, with the actions listed in the order in which they occur), 2) whether there are differences between young adults and midlife adults in regard to the actions that are listed, and 3) whether there are differences between men and women in regard to the actions that are listed.

Your Participation:

You are invited to participate in this research. TO BE ELIGIBLE TO PARTICIPATE, however, YOU MUST MEET THE FOLLOWING CRITERIA:

- You live in North America (i.e., either in Canada or the United States)
- You are either between the ages of 18-24 years or 35-54 years
- You sexual orientation is heterosexual (i.e., you are sexually attracted to individuals of the opposite sex)
- You are currently single (e.g., you may be separated, divorced, widowed, or you may have never married) OR you are in a romantic partner relationship that began less than two months ago (i.e., within the last 60 days), before which you were single

Informed Consent:

1. Your participation in this research is voluntary. You may withdraw from the research at any time without consequence of any kind, and you may exercise the option of removing your data from the study. You may also leave blank any question you do not wish to answer and still remain in the study. You are not waiving any legal claims, rights or remedies because of your participation in this research.

2. If you agree to participate, you will be asked to respond to several demographic questions (regarding your age, gender, dating and sexual history, etc.), and to complete a number of rating scales about your opinions, attitudes, and behaviours. You will also be asked to describe a typical first date for a man and a woman, in addition to answering several other questions regarding typical first dates.
3. All of your responses will remain confidential, and all of the data will only be viewed and analyzed in group form (i.e., no individual responses will be identified). Any publication of the research results will also only be reported in group form. Questionnaire data gathered on-line does not contain any information that can reveal the identity of participants. The on-line surveys are hosted by Survey Monkey, a well-known and reputable company. Survey Monkey employs multiple layers of security, including SSL encryption, to make sure that accounts and data remain private and secure. Your responses will be entirely confidential, but not completely anonymous (due to the US servers used for the questionnaire, the data is subject to the Patriot Act and possible seizure by US authorities). Your name will not be associated with your responses in any report. The data will be stored on password protected computers in a locked office until it is no longer needed, after which it will be destroyed.
4. The study should take approximately 25-30 minutes to complete. Once you begin the survey, instructions will guide you through completion of the study.
5. You may only complete this study once. You must complete the study in one sitting. That is, you cannot complete part of the study, exit the study and then return to it at a later time to finish the study. Also, once a page in the study has been submitted, you cannot go back and change existing responses.
6. At the end of the study, you will be given feedback about the anticipated results of the research, and you will be given an opportunity to request to receive a copy of the results for the study.
7. Potential Risks and Benefits: Individuals who participate in research on sexual and relational issues typically do not experience any significant risks. Although some discomfort may arise from the items contained in the questionnaire, it is not anticipated that this discomfort will be any greater than what is encountered in everyday life. For such items, you can simply choose to disregard them, or you can end your participation in the research entirely. By participating in this research, you will be contributing to the field of literature on first dates, helping researchers to discover: 1) what actions are included in first date scripts, 2) whether there are differences between young adults and midlife adults in regard to the actions that are listed, and 3) whether there are differences between men and women in regard to the actions that are listed. You may also obtain insight into your own sexual and relational perceptions as a result of participating in this research. If you request that the results of the research be sent to you (which is optional), an added benefit will be that you will be provided with information that may be relevant and helpful on a personal level.

If you have any questions or concerns about this research, please feel free to contact:

Erin Allard, PhD Candidate  
Department of Psychology  
University of Guelph  
N1G 2W1  
519-824-4120 ext.58754  
eallard@uoguelph.ca

Or

Dr. Serge Desmarais  
Psychology Department  
University of Guelph  
N1G 2W1  
519-824-4120 ext.53880  
s.desmarais@exec.uoguelph.ca

If you have any questions regarding the use and safety of human participants in this research project, please contact:

Sandra Auld  
University of Guelph Research Ethics Coordinator  
519-824-4120 ext.56606  
sauld@uoguelph.ca

1. If you agree to the above conditions and wish to participate in this survey, then please click on the circle next to "Yes, I understand the conditions and wish to participate in this survey." Clicking on the circle signifies that you have read and understood the above information, and have consented to participate in the survey. If you do not wish to participate in this survey then please click on the words "Exit this survey" at the top right hand corner of this page.

Yes, I understand the conditions and wish to participate in this survey.

Appendix B  
Studies 1 and 2  
Demographics Questionnaire

1. What is your age (in years)?

\_\_\_\_\_

2. What is your gender?

- Male
- Female
- Trans
- Other (please specify)

\_\_\_\_\_

3. How do you define yourself? Please check all that apply (i.e., you may check more than one).

- White, Caucasian
- Black, African Canadian, African American
- Hispanic
- Native
- Middle Eastern, Arabic
- South Asian (i.e., India, Pakistan)
- East Asian (i.e., China, Japan)
- Southeast Asian (i.e., Thailand, Philippines, Malaysia)
- Other (please specify)

\_\_\_\_\_

4. What is your sexual orientation?

- Heterosexual
- Bisexual
- Homosexual

5. What is your current relationship status?

- I am single (e.g., you may be separated, divorced, widowed, or you may have never married).
- I am in a committed romantic partner dating relationship.
- I am in a committed romantic partner common law or marital relationship.

6. If you are not currently single (i.e., if you did not select “I am single” for the previous question), then for how long have you been dating your current romantic partner?

\_\_\_\_\_

7. In which country do you currently live?

- Canada
- United States

- Other (please specify)

\_\_\_\_\_

8. In which province/state do you currently live?

\_\_\_\_\_

9. Which of the following best describes the area where you live?

- It is a rural area.
- It is an urban area.

10. What is the highest level of education that you have achieved?

- Some high school
- High school degree
- Some college
- College degree
- Some undergraduate university studies
- Undergraduate (Bachelor's) university degree
- Some Master's studies
- Master's degree
- Some PhD studies
- PhD degree
- Other (please specify)

\_\_\_\_\_

11. What is your current employment status?

- Employed full-time outside the home
- Employed part-time outside the home
- Full-time home maker
- Student
- Retired
- Currently unemployed
- Other (please specify)

\_\_\_\_\_

12. If you are currently employed full-time or part-time outside the home, what is your occupation?

\_\_\_\_\_

13. Do you have any children?

- Yes
- No

14. If yes, how many children do you have?

\_\_\_\_\_

**Note: When completing the following questions, please be aware that by “date,” we mean any pre-planned social activity where you arrange to meet a person where there is some romantic interest or the potential for (or investigation of) romantic interest.**

15. How long has it been since your first date ever (i.e., the first date of your lifetime)?

\_\_\_\_\_

16. Do you feel that dating norms and practices have changed since then?

- Yes
- No

17. If yes, please explain

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

18. Please use the following scale to indicate how comfortable or uncomfortable you are with each of the following situations. The scale ranges from VERY UNCOMFORTABLE to VERY COMFORTABLE.

Thinking about going on a first date

-2 \_\_\_\_\_ -1 \_\_\_\_\_ 0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_  
Very Uncomfortable Neutral Very Comfortable

Being on a first date

-2 \_\_\_\_\_ -1 \_\_\_\_\_ 0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_  
Very Uncomfortable Neutral Very Comfortable

Negotiating sexual activity on a first date

-2 \_\_\_\_\_ -1 \_\_\_\_\_ 0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_  
Very Uncomfortable Neutral Very Comfortable

Engaging in sexual activity on a first date

-2 \_\_\_\_\_ -1 \_\_\_\_\_ 0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_  
Very Uncomfortable Neutral Very Comfortable

Appendix C  
Studies 1 and 2  
Sexual and Relational History Questionnaire

1. Which relationship status do you prefer for yourself?
- Being single and not dating
  - Being single and dating
  - Being in a committed romantic partner dating relationship
  - Being in a committed romantic partner common law relationship
  - Being in a committed romantic partner marital relationship
  - Other (please specify)
- 

2. Have you ever been married?
- Yes
  - No

3. If yes, how many times have you been married?
- \_\_\_\_\_

4. Have you ever been separated?
- Yes
  - No

5. If yes, how many times have you been separated?
- \_\_\_\_\_

6. Have you ever been divorced?
- Yes
  - No

7. If yes, how many times have you been divorced?
- \_\_\_\_\_

8. Have you ever been made a widow/widower?
- Yes
  - No

9. If yes, how many times have you been made a widow/widower?
- \_\_\_\_\_

**The following questions will refer to the last individual with whom you shared a committed romantic partner relationship (whether it be your ex-boyfriend/girlfriend, ex-spouse, deceased spouse, etc.).**

10. How long (in months) has it been since your last committed romantic partner relationship ended?

\_\_\_\_\_

11. How long (in months) did the relationship between you and this committed romantic partner last?

\_\_\_\_\_

12. Who initiated the breakup or end of this committed romantic partner relationship?
- I did
  - My partner did
  - We mutually decided to end the relationship

**Again, when completing the following questions please be aware that by “date,” we mean any pre-planned social activity where you arrange to meet a person where there is some romantic interest or the potential for (or investigation of) romantic interest.**

13. For each of the following, please rate the extent of your experience. The scale ranges from NONE AT ALL to QUITE EXTENSIVE.

Your dating experience

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

None \_\_\_\_\_ Quite  
At all \_\_\_\_\_ Extensive

Your first date experience

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

None \_\_\_\_\_ Quite  
At all \_\_\_\_\_ Extensive

Your sexual experience

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

None \_\_\_\_\_ Quite  
At all \_\_\_\_\_ Extensive

**Please answer the following questions. If you do not know the exact number for a question, please give your best estimate as to approximately what the number would be.**

14. How many individuals have you dated throughout your lifetime?

\_\_\_\_\_

15. How many individuals have you given oral sex to throughout your lifetime?

\_\_\_\_\_

16. How many individuals have you received oral sex from throughout your lifetime?

\_\_\_\_\_

17. How many individuals have you had anal sex with throughout your lifetime?

\_\_\_\_\_

18. How many individuals have you had sex (vaginal sexual intercourse) with throughout your lifetime?

\_\_\_\_\_

Appendix D  
Studies 1 and 2  
Sociosexual Orientation Inventory

**Please answer all of the following questions honestly. For the questions dealing with behaviour, type your answers in the blank spaces provided. For the questions dealing with thoughts and attitudes, choose the appropriate number on the scales provided.**

1. With how many different partners have you had sex within the past year?

\_\_\_\_\_

2. How many different partners do you foresee yourself having sex with during the next five years? (Please give a specific, realistic estimate)

\_\_\_\_\_

3. With how many different partners have you had sex on one and only one occasion?

\_\_\_\_\_

4. How often do you fantasize about having sex with someone other than your current dating partner, when you have a dating partner?

- Never
- Once every two or three months
- Once a month
- Once every two weeks
- Once a week
- A few times each week
- Nearly every day
- At least once a day

5. Each item below is a belief statement with which you may agree or disagree. Beside each statement is a scale, which ranges from I STRONGLY DISAGREE to I STRONGLY AGREE. For each item we would like you to indicate the extent to which you agree or disagree with that statement.

Sex without love is OK.

1\_\_\_\_\_2\_\_\_\_\_3\_\_\_\_\_4\_\_\_\_\_5\_\_\_\_\_6\_\_\_\_\_7\_\_\_\_\_8\_\_\_\_\_9  
I strongly Neutral I strongly  
Disagree Agree

I can imagine myself being comfortable and enjoying “casual” sex with different partners.

1\_\_\_\_\_2\_\_\_\_\_3\_\_\_\_\_4\_\_\_\_\_5\_\_\_\_\_6\_\_\_\_\_7\_\_\_\_\_8\_\_\_\_\_9  
I strongly Neutral I strongly  
Disagree Agree

I would have to be closely attached to someone (both emotionally and psychologically) before I could feel comfortable and fully enjoy having sex with him or her.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9  
I strongly Neutral I strongly  
Disagree Agree

Appendix E  
Studies 1 and 2  
Sexual Double Standard Scale

**1. Each item below is a belief statement with which you may agree or disagree. Beside each statement is a scale, which ranges from DISAGREE STRONGLY to AGREE STRONGLY. For each item we would like you to indicate the extent to which you agree or disagree with that statement.**

It's worse for a woman to sleep around than it is for a man.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

It's best for a guy to lose his virginity before he's out of his teens.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

It's okay for a woman to have more than one sexual relationship at the same time.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

It is just as important for a man to be a virgin when he marries as it is for a woman.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

I approve of a 16-year-old girl's having sex just as much as a 16-year-old boy's having sex.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

I kind of admire a girl who has had sex with a lot of guys.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

I kind of feel sorry for a 21-year-old woman who is still a virgin.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

A woman's having casual sex is just as acceptable to me as a man's having casual sex.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

It's okay for a man to have sex with a woman with whom he is not in love.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

I kind of admire a guy who has had sex with a lot of girls.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

A woman who initiates sex is too aggressive.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

It's okay for a man to have more than one sexual relationship at the same time.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

I question the character of a woman who has had a lot of sexual partners.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

I admire a man who is a virgin when he gets married.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

A man should be more sexually experienced than his wife.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

A girl who has sex on the first date is "easy."

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
Disagree Disagree Agree Agree  
Strongly Mildly Mildly Strongly

I kind of feel sorry for a 21-year-old man who is still a virgin.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

I question the character of a guy who has had a lot of sexual partners.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

Women are naturally more monogamous (inclined to stick with one partner) than are men.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

A man should be sexually experienced when he gets married.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

A guy who has sex on the first date is "easy."

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

It's okay for a woman to have sex with a man she is not in love with.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

A woman should be sexually experienced when she gets married.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

It's best for a girl to lose her virginity before she's out of her teens.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

I admire a woman who is a virgin when she gets married.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

A man who initiates sex is too aggressive.

0	1	2	3
Disagree Strongly	Disagree Mildly	Agree Mildly	Agree Strongly

Appendix F  
Studies 1 and 2  
Traditional/Egalitarian Sex Roles Scale (Measuring Egalitarianism)

**For each of the following statements, please choose the spot on the scale that best describes how you feel about each statement. The scale ranges from FURTHEST FROM THE WAY YOU FEEL to CLOSEST TO THE WAY YOU FEEL.**

It is just as important to educate daughters as it is to educate sons.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel

Women should be more concerned with clothing and appearance than men.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel

Women should have as much sexual freedom as men.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel

The man should be more responsible for the economic support of the family than the woman.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel

The belief that women cannot make as good supervisors or executives as men is a myth.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel

The word “obey” should be removed from wedding vows.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7  
Furthest from the way you feel \_\_\_\_\_ Closest to the way you feel





Appendix G  
Studies 1 and 2  
Religiosity Scale

1. Please choose the appropriate spot on the scale provided to indicate how you feel. The scale ranges from NOT AT ALL IMPORTANT to VERY IMPORTANT.

How important are religious or spiritual beliefs in your day-to-day life?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Not At All Very  
Important Important

2. Please choose the appropriate spot on the scale provided to indicate how you behave. The scale ranges from NEVER to ALMOST ALWAYS.

How often do you seek spiritual comfort and support when faced with personal difficulties?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Never Almost  
Always

3. Please choose the appropriate spot on the scale provided to indicate how you behave. The scale ranges from NEVER to MORE THAN ONCE A WEEK.

How often do you usually attend religious services?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Never More Than  
Once a Week

How often do you read religious books or other materials?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Never More Than  
Once a Week

Appendix H  
Studies 1 and 2  
Sexual Desire Inventory 2

**This questionnaire asks about your level of sexual desire. By “desire,” we mean interest in or wish for sexual activity. For each item, please choose the response that best shows your thoughts and feelings.**

1. During the last month, how often would you have liked to engage in sexual activity with a partner (for example, touching each other’s genitals, giving or receiving oral stimulation, intercourse, etc.)?

- Not at all
- Once a month
- Once every two weeks
- Once a week
- Twice a week
- 3 to 4 times a week
- Once a day
- More than once a day

2. During the last month, how often have you had sexual thoughts involving a partner?

- Not at all
- Once or twice a month
- Once a week
- Twice a week
- 3 to 4 times a week
- Once a day
- A couple of times a day
- Many times a day

3. Please use the following scale to answer each of the questions listed. The scale ranges from NO DESIRE to STRONG DESIRE.

When you have sexual thoughts, how strong is your desire to engage in sexual behaviour with a partner?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

When you first see an attractive person, how strong is your sexual desire?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

When you spend time with an attractive person (for example, at work or school), how strong is your sexual desire?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

When you are in romantic situations (such as a candle-lit dinner, a walk on the beach, etc.), how strong is your sexual desire?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

How strong is your desire to engage in sexual activity with a partner?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

4. Please use the following scale to answer the question given. The scale ranges from NOT AT ALL IMPORTANT to EXTREMELY IMPORTANT.

How important is it for you to fulfill your sexual desire through activity with a partner?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
Not at all \_\_\_\_\_ Extremely  
Important \_\_\_\_\_ Important

5. Please use the following scale to answer the question given. The scale ranges from MUCH LESS DESIRE to MUCH MORE DESIRE.

Compared to other people of your age and sex, how would you rate your desire to behave sexually with a partner?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
Much Less \_\_\_\_\_ Much More  
Desire \_\_\_\_\_ Desire

6. During the last month, how often would you have liked to behave sexually by yourself (for example, masturbating, touching your genitals, etc.)?

- Not at all
- Once a month
- Once every two weeks
- Once a week
- Twice a week
- 3 to 4 times a week
- Once a day
- More than once a day

7. Please use the following scale to answer the question given. The scale ranges from NO DESIRE to STRONG DESIRE.

How strong is your desire to engage in sexual behaviour by yourself?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
No \_\_\_\_\_ Strong  
Desire \_\_\_\_\_ Desire

8. Please use the following scale to answer the question given. The scale ranges from NOT AT ALL IMPORTANT to EXTREMELY IMPORTANT.

How important is it for you to fulfill your desires to behave sexually by yourself?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
Not at all \_\_\_\_\_ Extremely  
Important \_\_\_\_\_ Important

9. Please use the following scale to answer the question given. The scale ranges from MUCH LESS DESIRE to MUCH MORE DESIRE.

Compared to other people of your age and sex, how would you rate your desire to behave sexually by yourself?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8  
Much Less \_\_\_\_\_ Much More  
Desire \_\_\_\_\_ Desire

10. How long could you go comfortably without having sexual activity of some kind?

- Forever
- A year or two
- Several months
- A month
- A few weeks
- A week
- A few days
- One day
- Less than one day

Appendix I  
Study 1  
Typical Female First Date Script Elicitation

**You are almost done! This is the second last page of questions for this study. The responses that you provide on this page and the page that follows it will be of central focus in the analyses for this study. If you have come this far then please do not give up now. Please answer the remaining questions to the best of your ability.**

1. The following is an example that is being provided to help you to gain a better understanding of what we would like you to do for this question, and the one that follows it. If an individual was asked to list the actions that they thought people would typically perform while making a grilled cheese sandwich, from the beginning of the event to its end, listing the actions in the order in which they would occur, the individual may list actions that are similar to the following:

- 1) Gather a pan, a butter knife, a spatula, a plate, a loaf of bread, butter, and a slice of processed cheese.
- 2) Heat the pan on a stove at medium heat.
- 3) Take two pieces of bread and butter the tops of them using the butter knife.
- 4) Take the slice of processed cheese out of its wrapper.
- 5) Place one piece of bread in the heated pan, with the buttered side facing down.
- 6) Place the slice of processed cheese on top of the slice of bread that has been placed in the heated pan.
- 7) Place the second slice of bread on top of the first slice of bread that has now been topped with the processed cheese slice, with the buttered side facing up.
- 8) Use a spatula to check the bottom of the sandwich.
- 9) When the side of the sandwich that is facing down looks cooked (it is light brown in colour), use the spatula to flip the sandwich so that the buttered side of the top slice of bread is now face down in the heated pan.
- 10) When the side of the grilled cheese sandwich that is facing down looks cooked (it is light brown in colour), use the spatula to take the sandwich out of the pan and put it on a plate.

We are interested in the events which occur during a first date. We would like you to LIST THE ACTIONS WHICH A WOMAN WOULD TYPICALLY PERFORM ON A FIRST DATE WITH SOMEONE NEW (that is, with a man whom she had never dated before), from the beginning of the date to its end. INCLUDE AT LEAST TWENTY (20) ACTIONS which a woman would perform on a routine first date, putting them in the order in which they would occur. Please number each action individually. Two text boxes are provided for your response. If you fill the first box, please move on to the second box.

Box #1

---

---

---

---

---

---

---

---

---

---

2. Box #2

---

---

---

---

---

---

---

---

---

---



3. Please use the following scale to answer each of the questions listed. The scale ranges from NOT AT ALL to VERY MUCH.

To what extent does the typical first date script you provided for your gender resemble your own typical first date script?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Not Very  
At All Much

To what extent does the typical first date script you provided for your gender resemble your ideal first date script?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Not Very  
At All Much

To what extent does the typical first date script you provided for the opposite gender resemble your ideal first date script for individuals of that gender?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4  
Not Very  
At All Much

Appendix K  
Study 1  
Debriefing

You have reached the end of the questionnaire portion of this study!

**\*\* AFTER READING THE INFORMATION BELOW, PLEASE BE SURE TO ADVANCE TO THE NEXT PAGE TO COMPLETE THE STUDY BEFORE YOU EXIT.**

Purpose:

As you already know, this study is being conducted as part of Erin Allard's doctoral dissertation in Psychology at the University of Guelph, under the supervision of Dr. Serge Desmarais. The purpose of this research is to help us to understand: 1) what actions young and midlife adults include in typical first date scripts, 2) whether there are differences between the two age groups in regard to the actions that are listed, and 3) whether there are differences between men and women in regard to the actions that are listed.

Hypotheses:

- 1) Midlife adults' typical first date scripts will be more consistent with traditional gender roles than will young adults' typical first date scripts, regardless of their gender.
- 2) Women will report more opposite sex actions in the typical female first date script (reporting male performed actions when they were asked to solely report female performed actions) than men will report in the typical male first date script (reporting female performed actions when they were asked to solely report male performed actions), regardless of their age group.
- 3) Men will include more sexual behaviours in their typical first date scripts than will women, regardless of their age group.
- 4) Young adults will include more sexual behaviours in their typical first date scripts than will midlife adults, regardless of their gender.
- 5) Young adult men will include more sexual behaviours in their typical first date scripts than will members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).

Receiving the Results of the Study:

Due to the fact that the questionnaires will be scored on a group rather than an individual basis, individual scores will not be available. However, a summary of the findings from this study will be made available to you, shall you chose to receive it. If you would like to receive a copy of the results for the study then please e-mail Erin Allard at eallard@uoguelph.ca with the words "Results Requested for Study 1" as the subject of the e-mail. Erin will then e-mail a copy of the results to you, as soon as they are ready.

Questions:

Again, if you have any questions or concerns about this research, please feel free to contact:

Erin Allard, PhD Candidate  
Department of Psychology  
University of Guelph  
N1G 2W1  
519-824-4120 ext.58754  
eallard@uoguelph.ca

Or

Dr. Serge Desmarais  
Psychology Department  
University of Guelph  
N1G 2W1  
519-824-4120 ext.53880  
s.desmarais@exec.uoguelph.ca

Thanks, the survey is now complete!

**\*\* PLEASE CLICK THE SUBMIT BUTTON ON THE NEXT PAGE TO SUBMIT YOUR WORK BEFORE YOU EXIT.**

Thank you for your time!

Appendix L  
Study 1  
Typical Female First Date Script Actions, Post Collapsing

FAsksMOut  
FAgreesToDate  
FHopesMIsGoodLooking  
FPlansAPotentialOut  
FDiscussesDateWithFriendAndOrHasFriendHelpPrepForDate  
FTakesSafetyPrecautionsForDate  
FOrganizesAndOrProvidesCareForChildrenOrPetsBeforeDate  
FWorksOutBeforeDate  
FEatsBeforeDate  
FHasADrinkBeforeDate  
FRelaxesBeforeDate  
FListensToMusicBeforeDate  
FPreparesHomeForDate  
FGetsMoneyForTheDate  
FBuysAndOrGivesMAGift  
FPsychologicallyPreparesForDate  
FPreparesPurseForDate  
FLeavesHerPhoneAtHomeOrTurnsPhoneOffDuringDate  
FBringsAPhoneOnDate  
FGetsReadyForDate  
FGetsReadyForTheDateAesthetically  
FShowersShavesBrushesTeethAndOrMakesHerselfSmellGood  
FShopsForClothesForDateAndOrDressesNicely  
FThinksAboutOrIsConcernedAboutHerPhysicalAppearance  
FConfirmsPlansForDateAndOrContactsMBeforeDate  
FWondersIfMWillShowUp  
FWaitsForMBeforeDate  
FChecksPhone  
FIsOnTimeOrEarlyForDate  
FMakesMWaitWhileSheFinishesGettingReadyOrIsLateForDate  
FApologizesToM  
FSmilesAtM  
FDoesNotLookAround  
FMakesEyeContactWithM  
FGreetsM  
FDoesNotShowMHerReactionToHisAppearance  
FComplimentsM  
FSolicitsComplimentOnAppearanceFromM  
FBlushes  
FVisitsMsHomeForDate  
FInvitesMIntoHerHomeAtBeginningOfDate  
FInvitesMIntoHerHomeForDate

FAcceptsMsGift  
FThanksM  
FTakesMsCoat  
FShowsMAroundHerHome  
FIntroducesMToHerFamily  
FIntroducesMToHerFriends  
FSuggestsDateTimePlaceTransportationAndOrActivities  
FDecidesDateTimePlaceTransportationAndOrActivities  
FSolicitsMsInputOnDateTimePlaceTransportationAndOrActivities  
FIgnoresMsInputOnDateTimePlaceTransportationAndOrActivities  
FAllowsMToChooseDateTimePlaceTransportationAndOrActivities  
FWaitsForMToAskHerIfSheIsReadyToGoForDate  
FOpensOwnDoor  
FOpensMsDoor  
FDoesNotWaitForMToOpenHerDoor  
FExpectsAllowsChivalryWithCoatDoorWalkingEntryChairCarryItems  
FDrivesMToALocation  
FDoesNotSelectMusicInCar  
FIsNervousOrWorried  
FPerformsActionsSheThinksSheShouldOrActsACertainWayOnDate  
FListensToM  
FWaitsForOrHopesMWillMakeConversationWithHer  
FMakesConversationWithM  
FDoesNotTalkTooMuch  
FDoesNotTalkAboutCertainTopics  
FKeepsConversationTopicsLightAndFun  
FTellsJokesAndOrTeasesM  
FTellsMSheIsExcited  
FTellsMSheLikesHim  
FTellsMHeDoesNotRespectHer  
FDoesNotComplain  
FComplainsToM  
FHopesMTriesToGetToKnowHer  
FGetsToKnowM  
FGaugesOrEnsuresHerSafteyDuringTheDate  
FIsCarefulAboutDisclosingPersonalInformation  
FDisclosesPersonalInformation  
FIsHonestNaturalAndOrHerself  
FIsModest  
FIsPoliteToM  
FIsRespectfulOfM  
FIsFriendlyOrKind  
FIsCaringAndOrGaugesOrTriesToMakeMComfortable  
FEvaluatesOwnComfortLevelWithM  
FRelaxesAndOrGetsComfortable  
FIsExcitedFunOrPlayful

FHasFunOrAGoodTimeAndOrEnjoysMsCompany  
 FDoesNotLaughAtMsNonFunnyJokes  
 FLaughs  
 FShowsMSheIsHavingAGoodTime  
 FPaysAttentionToM  
 FDoesNotCheckTheTimeDuringTheDate  
 FChecksTheTimeDuringTheDate  
 FMentallyEvaluatesMAndOrDeterminesCompatibility  
 FGivesMSignsIfSheIsInterestedInOrLikesHim  
 FGaugesMsLevelOfInterestInHer  
 FAsksMHowHeThinksTheDateIsGoing  
 FGaugesWhetherItIsOkayToHaveDrinksOnWhetherMDrinks  
 FWaitsForMToOrderTheirDrinks  
 FAsksOrAllowsMToChooseDrinkSelection  
 FOrdersOwnDrinks  
 FOrdersExpensiveDrink  
 FOrdersMsDrinks  
 FPaysForOwnDrinks  
 FPaysForMsDrinks  
 FAsksMToMakeAToast  
 FObservesMsConsumptionOfDrinksToSeeIfHeHasADrinkingProblem  
 FDrinksDuringTheDate  
 FDoesNotOverindulgeInDrinksOrDoesNotDrink  
 FDrinksTooMuchOrGetsDrunk  
 FWantsToGoToANiceRestaurant  
 FAsksMForFoodBeverageAndOrMealSuggestion  
 FMakesFoodBeverageAndOrMealSuggestion  
 FOrdersOwnFoodBeverageAndOrMeal  
 FOrdersInexpensiveFoodBeverageAndOrMeal  
 FOrdersExpensiveFoodBeverageAndOrMeal  
 FOrdersArousingFoodBeverageAndOrMeal  
 FOrdersLargeFoodBeverageAndOrMealThatSheDoesNotFinish  
 FDoesNotLimitHerselfToASmallFoodBeverageAndOrMeal  
 FOrdersAndOrEatsLightlyOrPolitely  
 FOrdersMsFoodBeverageAndOrMeal  
 FEatsSeductively  
 FWaitsForMBeforeSheEats  
 FAsksMToShareSomeFoodBeverageAndOrMeal  
 FOffersToShareSomeOfHerFoodBverageAndOrMealWithM  
 FFeedsM  
 FWatchesMEat  
 FThanksServerAtRestaurant  
 FExpectsAndOrAllowsMToPayForHerFoodBeverageAndOrMeal  
 FOffersToPayForOwnFoodBeverageAndOrMeal  
 FPaysForOwnFoodBeverageAndOrMeal  
 FPaysForMsFoodBeveragesAndOrMeal

FNoticesWhetherOrNotMOffersToPayForTheirFoodBeverageAndOrMeal  
FVisitsRestroomAndOrChecksOrRefreshesAppearance  
FDoesNotTakeTooLongInRestroom  
FChecksUpOnChildrenWhileOnDate  
FContactsFriendsAndOrFriendsContactFDuringDate  
FAsksToMeetUpWithHerFriends  
FTurnsDateIntoAParty  
FFlirtsWithOrDancesWithOtherMen  
FExpectsOrAllowsMToPayForDateActivities  
FOffersToPayForDateActivities  
FWantsMToBuyHerSomething  
FWearsMsCoat  
FWaitsForMToAskHerToContinueDateInAHome  
FThinksAboutAndOrDecidesWhetherToContinueDate  
FDecidesWhetherToInviteMInToContinueDate  
FDoesNotInviteMInToContinueDate  
FSuggestsOrInvitesMInToContinueDate  
FAllowsMIntoHerHomeToContinueDate  
FDoesNotVisitMsHomeToContinueDate  
FVisitsMsHomeToContinueDate  
FAsksForADrinkInAHome  
FOffersMADrinkInAHome  
FOffersMFoodBeverageAndOrMealInAHome  
FMakesMFoodBeverageAndOrMealInAHome  
FCleansUpAfterServingMFoodBeverageAndOrMealInAHome  
FOffersToHelpMPrepareFoodBeverageAndOrMealInAHome  
FDoesNotFlirtWithM  
FFlirtsWithM  
FMovesCloserInProximityToM  
FDoesNotTouchM  
FTouchesMOnNonSexualPartsOfTheBody  
FHugsHoldsHandsWithAndOrLinksArmsWithM  
FThinksAboutOrTalksAboutKissingNeckingAndOrMakingOutWithM  
FDoesNotAllowMToKissNeckAndOrMakeOutWithHer  
FAllowsMToKissNeckAndOrMakeOutWithHer  
FKissesNecksAndOrMakesOutWithM  
FDecidesHerSexualIntentionsForM  
FDoesNotLeadMOn  
FDoesNotEncourageSexualContact  
FDoesNotFearSayingNoToUnwantedSexualAdvances  
FDoesNotDoAnythingSheIsUncomfortableWith  
FDoesNotEngageInSexualActivityBeyondASaidPoint  
FRejectsMsAdvances  
FDoesNotActAggressivelyTowardsMIfSheLikesHim  
FRespondsToMsAdvances  
FAcceptsMsAdvances

FTriesNotToAppearEasy  
FInitiatesSexualActivity  
FHopesMDoesNotWantToHaveOralAnalAndOrVaginalSex  
FTellsMSheDoesNotContinueOrHaveOralAnalAOVaginalSexOnFirstDates  
FGetsSexuallyAroused  
FEngagesInForeplayWithPetsUndressesSelfOrMAndOrShowersWithM  
FEnsuresThereIsProtectionForSexualActivity  
FEngagesInOralAnalAndOrVaginalSexWithM  
FDecidesWhenToEndSexualActivity  
FDoesNotInviteMToSpendTheNight  
FInvitesMToSpendTheNight  
FDoesNotSpendTheNightAtMsHome  
FSpendsTheNightAtMsHome  
FTakesMForOrMakesMBreakfastInTheMorning  
FDecidesWhenDateEnds  
FLeavesOrGoesHome  
FAsksOrHasMPickHerUpAndOrTakeHerHome  
FAllowsMToDriveHerHomeAtEndOfDate  
FDoesNotAllowMToWalkHerToDoorAndOrToCarAtEndOfDate  
FWalksMToDoorAndOrToCarAtEndOfDate  
FEscortsMHome  
FHopesMHadAGoodTime  
FTellsMWhetherSheHadAGoodTimeOrEnjoyedHisCompany  
FDoesNotGiveMHerContactInformation  
FGivesMHerContactInformation  
FAsksMForHisContactInformation  
FTakesMsContactInformation  
FAsksMWhenSheWillSeeOrHearFromHim  
FAsksOrTellsMToContactHerInTheFuture  
FHopesToHearFromMInTheFuture  
FDoesNotPlanToContactMInTheFuture  
FTellsMSheWillContactHimInTheFuture  
FAgreesToTalkToMOnThePhone  
FTellsMSheLooksForwardToHearingFromHimOrSeeingHimInTheFuture  
FCommentsAmbiguouslyAboutTalkingToMInTheFuture  
FDemonstratesNeedinessAndInvitesMToHelpHerInTheFuture  
FTriesToFigureOutOrDecidesIfThereWillBeASecondDate  
FWaitsToSeeIfMInitiatesTalkOfSecondDate  
FInitiatesDiscussionOfExpressesInterestInAndOrAsksMOnSecondDate  
FAgreesToSecondDate  
FHopesMWillIndicateGoodbye  
FDecidesWhetherOrNotThereWillBeAGoodbye  
FDoesNotIndicateGoodbye  
FIndicatesGoodbye  
FDoesNotAllowMToIndicateGoodbye  
FAllowsMToIndicateGoodbye

FTellsMSheLikesHisGoodbye  
FWatchesMLeaveAtEndOfDate  
FEvaluatesHowWellDateWentOverall  
FDiscussesDateWithFriendsAfterDate  
FThinksAboutMAfterDate  
FIsHappySmilingOrRelievedAfterDate  
FWaitsByPhoneAfterDate  
FContactsMAfterDate  
FThinksAboutSecondDateAfterDate  
TheyContactOneAnotherBeforeTheDate  
TheyNegotiateDateTimePlaceTransportationAndOrActivities  
TheyGetTogetherInAnAmbiguousWayToStartTheDate  
TheyPackAPicnic  
TheyMeetAtAMutualLocationForTheDate  
TheyMeetOneAnotherForTheFirstTime  
TheyGreetOneAnother  
TheySmile  
TheyMakeEyeContact  
TheyComplimentOneAnother  
TheyTravelToALocationTogether  
TheyListenToMusic  
TheyAvoidTalkingAboutCertainTopics  
TheyMakeConversation  
TheyGetToKnowOneAnother  
TheyRelaxOrGetComfortable  
TheyJokeAndOrLaugh  
TheyHaveFunAndOrAGoodTime  
TheyEngageInAmbiguousDateActivities  
TheyDrinkDuringTheDate  
TheyHaveADrinkingContest  
TheyGoOutForFoodBeverageAndOrMeal  
TheyToastBeforeTheirFoodBeverageAndOrMeal  
TheyShareFoodBeverageAndOrMeal  
TheyFeedOneAnother  
TheyPayTheBillForFoodBeverageAndOrMeal  
TheySplitTheBillForFoodBeverageAndOrMeal  
TheyBuyEventTickets  
TheySeeAMovieAtATheatre  
TheyGoForAWalk  
TheySpendTimeInAPark  
TheyUnpackAndHaveAPicnic  
TheyCheckOutScenicViews  
TheyLookAtTheStarsSunriseOrSunset  
TheySpendTimeInOnOrAroundWater  
TheySpendTimeAtACarnival  
TheyPlayGamesAndOrSports

TheyWatchOthersPlayGamesAndOrASports  
TheyShop  
TheyGoToAComedyClub  
TheyGoToAConcertAndOrPlay  
TheyGoToABarOrClub  
TheySpendTimeWithFriends  
TheyDance  
TheyGoForADrive  
TheySpendTimeInAParkedCar  
TheyContinueDateInAHome  
TheyHaveFoodBeverageAndOrMealInAHome  
TheyCleanUpAfterFoodBeverageAndOrMealInAHome  
TheyWatchTvOrAMovieInAHome  
TheyFlirt  
TheySitClose  
TheyTouchOneAnotherOnNonSexualPartsOfTheBody  
TheyHugHoldHandsAndOrLinkArms  
TheyKissNeckAndOrMakeOut  
TheyNegotiateAndOrTalkAboutSexualActivities  
TheyDiscussSexualPreferencesHistoryAndOrProtection  
TheySpendTimeInABedroom  
TheyEngageInAmbiguousSexualActivities  
TheyEngageInForeplayPettingUndressingAndOrShowering  
TheyEngageInOralAnalAndOrVaginalSex  
TheySmoke  
TheyGoToSleep  
TheyHaveBreakfastAfterSpendingTheNightTogether  
TheyDecideToEndDate  
TheyGoHomeAfterTheDateInAnAmbiguousWay  
TheyTellOneAnotherTheyFunHadOrAGoodTimeAndOrHowTheDateWent  
TheyExchangeContactInformation  
TheyDiscussWhenTheyWillContactOneAnotherInTheFuture  
TheyDiscussAndOrPlanASecondDate  
TheyHaveAnAwkwardEndOfDateMoment  
TheyIndicateGoodbye  
TheyContactOneAnotherAfterDate  
MAsksFOut  
MAgreesToDate  
MBuysAndOrGivesFAGift  
MConfirmsPlansForDateAndOrContactsFBeforeDate  
MPicksUpF  
MIsLateForTheDate  
MSmilesAtF  
MGreetsF  
MComplimentsF  
MVisitsFsHomeAtBeginningOfDate

MVisitsFsHomeForTheDate  
 MWaitForFBeforeDate  
 MConversesWithFsFriend  
 MIsChavalrousWithCoatsDoorsWalkingEntriesChairsCarryingItems  
 MSolicitsFsInputOnDateTimePlaceTransportationAndOrActivities  
 MAllowsFToChooseDateTimePlaceTransportationAndOrActivities  
 MSuggestsDateTimePlaceTransportationAndOrActivities  
 MDecidesDateTimePlaceTransportationAndOrActivities  
 MDrivesFToALocation  
 MListensToF  
 MMakesConversationWithF  
 MTellsJokesAndOrTeasesF  
 MGetsToKnowF  
 MIsPoliteToF  
 MOffersFADrink  
 MDrinksDuringTheDate  
 MChoosesOwnDrinks  
 MChoosesFsDrinks  
 MAllowsFToChooseTheirDrinks  
 MPaysForOwnDrinks  
 MPaysForFsDrinks  
 MOffersFFoodBeverageAndOrMeal  
 MOrdersOwnFoodBeverageAndOrMeal  
 MOrdersFsFoodBeverageAndOrMeal  
 MAllowsFToOrderHerFoodBeverageAndOrMeal  
 MOffersToPayForOwnFoodBeverageAndOrMeal  
 MOffersToPayForFsFoodBeverageAndOrMeal  
 MPaysForOwnFoodBeverageAndOrMeal  
 MPaysForFsFoodBeverageAndOrMeal  
 MPaysForOwnDateActivities  
 MPaysForFsDateActivities  
 MInvitesFInToContinueDate  
 MWondersIfFWillInviteHimInToContinueDate  
 MDoesNotShowUpAtFsHomeToContinueDate  
 MVisitsFsHomeToContinueDate  
 MOffersFFoodBeverageAndOrMealInAHome  
 MHasFoodBeverageAndOrMealInAHome  
 MFlirtsWithF  
 MMovesCloserInProximityToF  
 MTouchesFOnNonSexualPartsOfTheBody  
 MHugsHoldsHandsWithAndOrLinksArmsWithF  
 MKissesNecksAndOrMakesOutWithF  
 MInitiatesSexualActivity  
 MStopsHisSexualAdvancesToPreserveFuturePotentialWithDate  
 MEngagesInAmbiguousSexualActivityWithF  
 MEngagesInForeplayWithPetsUndressesSelfOrFAndOrShowersWithF

MSpendsTheNightAtFsHome  
MIsUncomfortableAtFsHome  
MDecidesWhenDateEnds  
MOffersFADriveHome  
MEscortsFHome  
MEnsuresFGetsHomeSafely  
MAksOrFindsOutIfFHadAGoodTime  
MTellsFWhetherHeHadAGoodTimeAndOrEnjoyedHerCompany  
MThanksF  
MGivesFHisConatctInformation  
MAksFForHerContactInformation  
MAksFIIfHeCanContactHerInTheFuture  
MTellsFToContactHimOrHeWillContactHerInTheFuture  
MInitiatesDiscussionOfExpressesInterestInAndOrAsksFOnSecondDate  
MIndicatesGoodbye

Appendix M  
Study 1  
Typical Male First Date Script Actions, Post Collapsing

MAsksFOut  
MAgreesToDate  
MHopesFIsGoodLooking  
MHopesFWillNotTalkTooMuch  
MHasABackUpPlan  
MTalksToFriendsBeforeDate  
MAsksFriendToContactHimDuringDateAsAnOutIfNeeded  
MTakesSafetyPrecautionsForDate  
MWorksOutBeforeDate  
MMasturbatesBeforeDate  
MEatsBeforeDate  
MHasFoodBeverageAndOrMealOutBeforeDate  
MHasADrinkBeforeDate  
MRelaxesBeforeDate  
MWatchesTVBeforeDate  
MPlaysGamesBeforeDate  
MPreparesHomeForDate  
MBuysOrPreparesFoodInPreparationForDate  
MBuysOrPreparesAlcoholInPreparationForDate  
MDoesNotBuyAndOrGiveFAGift  
MBuysAndOrGivesFAGift  
MPreparesCarForDate  
MGetsMoneyForTheDate  
MPsychologicallyPreparesForDate  
MGetsReady  
MShowersBrushesTeethAndOrMakesHimselfSmellGood  
MGroomsHimselfShavesAndOrDoesOrGetsHairOrNailsDone  
MShopsForClothesForDateAndOrDressesNicely  
MDoesNotTryToLookGood  
MMakesSureHeLooksGood  
MThinksAboutOrIsConcernedAboutHisAppearance  
MAsksOthersAboutHisAppearance  
MConfirmsPlansForDateAndOrContactsFBeforeDate  
MOffersToBringSomethingForDate  
MChecksDirections  
MDoesNotOfferToPickUpF  
MSuggestsThatHePicksUpF  
MPicksUpF  
MDoesNotHonkHornWhenPickingUpF  
MDoesNotRushF  
MHopesFIsReadyAndDoesNotHaveToWaitForHer  
MWaitForFBeforeDate

MAsksFIfSheIsReady  
 MChecksPhone  
 MIsOnTimeOrEarlyForTheDate  
 MIsLateForTheDate  
 MAsksFIfHeIsLate  
 MApologizesToF  
 MSmilesAtF  
 MDoesNotRollEyesStareAndOrMakeTooMuchEyeContactWithF  
 MMakesEyeContactWithF  
 MWatchesF  
 MLooksAround  
 MTakesCueFromFAsToHowToGreetHer  
 MGreetsF  
 MChecksOutF  
 MDoesNotComplimentF  
 MComplimentsF  
 MSolicitsComplimentsOnAppearanceFromF  
 MDoesNotEnterFsHomeAtBeginningOfDateWithoutInvitation  
 MDecinlesFsOfferToVisitHerHomeAtBeginningOfDate  
 MVisitsFsHomeAtBeginningofDate  
 MVisitsFsHomeForDate  
 MMeetsFsFamily  
 MAllowsFsFamilyToGetToKnowHim  
 MMeetsFsFriends  
 MMakesAGoodImpressionOnFsFriends  
 MPacksOrHelpsPackAPicnicAndOrSetsUpAPicnic  
 MHasIdeasForDateTimePlaceTransportationAndOrActivities  
 MSuggestsDateTimePlaceTransportationAndOrActivities  
 MDecidesDateTimePlaceTransportationAndOrActivities  
 MSolicitsFsInputOnDateTimePlaceTransportationAndOrActivities  
 MAllowsFToChooseDateTimePlaceTransportationAndOrActivities  
 MDoesNotOpenFsDoor  
 MIsChivalrousWithCoatsDoorsWalkingEntriesChairsCarryingItems  
 MDrivesFToALocation  
 MSpeedsOrSwearsWhileDriving  
 MDrivesCarefully  
 MIsNervousOrWorried  
 MIsShy  
 MWaitForFToMakeConversation  
 MPretendsToListenToF  
 MListensToF  
 MTriesToRememberInformationAboutF  
 MTriesToImpressF  
 MMakesConversationWithF  
 MTellsFHeLovesHer  
 MAvoidsTalkingAboutCertainTopics

MDoesNotTellJokesAndOrTeaseF  
MTellsJokesAndOrTeasesF  
MComplainsToF  
MDoesNotGetToKnowF  
MGetsToKnowF  
MDisclosesPersonalInformation  
MIsHonestNaturalAndOrHimself  
MIsFriendlyOrKind  
MIsPoliteToF  
MIsExcitedFunAndOrPlayful  
MLaughs  
MIsHappy  
MIsConfident  
MIsComfortableWithF  
MRelaxes  
MLooksForCuesRegardingHowAssertiveToBe  
MShowsHeIsNotAPushoverOrWimp  
MDoesNotActSnobbyOrArrogant  
MShowsFHeIsNotSelfAbsorbed  
MThinksOnlyAboutHimself  
MIsNotAttentiveToF  
MIsAttentiveToF  
MIsCaringAndOrTriesToMakeFComfortable  
MDoesNotCheckTheTimeDuringTheDate  
MChecksTheTimeDuringTheDate  
MMentallyEvaluatesFAndOrDeterminesCompatibility  
MGuagesHisOwnInterestedInF  
MGivesFSignsThatHeIsNotInterested  
MGivesFSignsIfHeIsInterestedInOrLikesHer  
MDoesNotSendMixedSignals  
MWaitForFToIndicateIfSheIsInterested  
MInfersThatFIsInterestedInHim  
MMentallyEvaluatesHowTheDateIsGoing  
MTellsFHisIntentions  
MDecidesIfThereWillBeDrinksDuringTheDate  
MSolicitsFsInputOnDrinks  
MHopesFWillOrderADrinkFirst  
MOffersFADrink  
MIsDismayedIfFDoesNotOrderADrink  
MOrdersFsDrinks  
MObservesHowMuchFDrinks  
MTriesToGetFDrunk  
MWaitForFToGetDrunk  
MAllowsFToMakeAFoolOfHerself  
MCarriesF  
MOrdersOwnDrinks

MDrinksDuringTheDate  
MDoesNotOverindulgeInDrinksOrDoesNotDrink  
MPaysForOwnDrinks  
MDoesNotPayForFsDrinks  
MPaysForFsDrinks  
MFollowsFToTable  
MWalksBesideF  
MDoesNotPullOutFsChair  
MOffersFFoodBeverageAndOrMeal  
MSolicitsFsInputOnFoodBeverageAndOrMeal  
MSuggestsFoodBeverageAndOrMealForF  
MOrdersFsFoodBeverageAndOrMeal  
MServesFSomeFoodBeverageAndOrMeal  
MAsksFToOrderHisFoodBeverageAndOrMeal  
MAllowsFToOrderHisFoodBeverageAndOrMeal  
MAsksFToOrderHerFoodBeverageAndOrMeal  
MAllowsFToOrderHerFoodBeverageAndOrMeal  
MHopesFWillNotOrderALightFoodBeverageAndOrMeal  
MDoesNotOfferInputOnFsFoodBeverageAndOrMealUnlessAsked  
MOrdersOwnFoodBeverageAndOrMeal  
MOrdersLargeFoodBeverageAndOrMeal  
MOrdersInexpensiveFoodBeverageAndOrMeal  
MOrdersExpensiveFoodBeverageAndOrMeal  
MOrdersAndOrEatsLightlyOrPolitely  
MOrdersSimilarFoodBeverageAndOrMealToF  
MOffersToShareSomeOfHisFoodBeverageAndOrMealWithF  
MExpectsFToEatLightly  
MIsDisappointedFOrdersInexpensiveFoodBeverageAndOrMeal  
MFinishesFoodBeverageAndOrMeal  
MIsWorriedAboutCostsAndOrHopesFOffersToPayForFoodBeverageAOMeal  
MOffersToPayForOwnFoodBeverageAndOrMeal  
MOffersToSplitTheBillForFoodBeverageAndOrMeal  
MOffersToPayForFsFoodBeverageAndOrMeal  
MDoesNotPayForOwnFoodBeverageAndOrMeal  
MPaysForOwnFoodBeverageAndOrMeal  
MDoesNotPayForFsFoodBeverageAndOrMeal  
MAllowsFToPayForFoodBeverageAndOrMeal  
MRefusesToLetFPayForHerFoodBeverageAndOrMeal  
MPaysForFsFoodBeverageAndOrMeal  
MPaysForFoodBeverageAndOrMealTip  
MExcusesF  
MAllowsFToVisitRestroom  
MWaitForFWhileOnDate  
MVisitsRestroomAndOrChecksOrRefreshesAppearance  
MContactsFriendsAndOrFriendsContactFDuringDate  
MOffersToPayForOwnDateActivities

MOffersToPayForFsDateActivities  
 MPaysForOwnDateActivities  
 MPaysForFsDateActivities  
 MAllowsFToPayForHerDateActivities  
 MAsksFIfSheWouldLikeHimToBuyHerAnything  
 MAllowsFToWinGame  
 MRequestsOrPlaysASongForF  
 MIntroducesFToHisFriends  
 MDecidesWhetherToLikeFBasedOnWhatHisFriendsThink  
 MDoesNotCheckOutOrFlirtWithOtherWomen  
 MChecksOutOrFlirtsWithOtherWomen  
 MChecksToSeeIfOthersAreCheckingOutF  
 MAsksFToContinueDate  
 MDoesNotInviteFInToContinueDate  
 MInvitesFInToContinueDate  
 MInsistsFVisitsHisHomeToContinueDate  
 MShowsFAroundHisHome  
 MShowsFPictures  
 MOffersFADrinInAHome  
 MOffersFFoodBeverageAndOrMealInAHome  
 MMakesAndOrServesFFoodBeverageAndOrMealInAHome  
 MHasFoodBeverageAndOrMealInAHome  
 MCleansUpDishes  
 MDoesNotShowUpAtFsHomeToContinueDate  
 MDoesNotAskToOrSeemDesperateToVisitFsHomeToContinueDate  
 MWaitsToSeeIfAndOrHopesFWillInviteHimInToConinueDate  
 MAsksOrTriesToGetFToInviteHimInToContinueDate  
 MVisitsFsHomeToContinueDate  
 MTakesPicturesOfF  
 MFlirtsWithF  
 MIsAffectionateWithF  
 MMovesCloserInProximityToF  
 MAllowsFToTouchHimOnNonSexualPartsOfTheBody  
 MTouchesFOnNonSexualPartsOfTheBody  
 MHugsHoldsHandsWithAndOrLinksArmsWithF  
 MDoesNotTryToKissNeckAndOrMakeOutWithF  
 MKissesNecksAndOrMakesOutWithF  
 MGetsAKissNeckAndOrMakeOutFromF  
 MWaitsForCueFromFAboutSexualBehaviour  
 MDecidesWhetherOrNotHeWillInitiatePhysicalContact  
 MWaitsToMakeAMove  
 MDoesNotInitiateSexualActivity  
 MInitiatesSexualActivity  
 MDoesNotGrabFsBehind  
 MGrabsFsBehind  
 MHopesToOrThinksAboutSeeingFNaked

MHopesToOrThinksAboutEngagingInSexualActivityWithF  
 MIsNotAfraidToTurnFDownIfNecessary  
 MAsksFAboutComfortLevelWithMPerformingARomanticOrSexualAction  
 MDoesNotEngageInSexualTalk  
 MDoesNotEngageInSexualActivityBeyondASaidPoint  
 MTellsFHeDoesNotBelieveInCasualOralAnalAndOrVaginalSex  
 MAsksFIfSheHasOralAnalAndOrVaginalSexOnFirstDates  
 MActsSurprisedWhenFOffersOralAnalAndOrVaginalSex  
 MDoesNotPressureFSexually  
 MTellsFHeWantsToHaveOralAnalAndOrVaginalSexWithHer  
 MGoesAsFarAsFIsWillingToSexually  
 MIsUpsetWhenFRejectsHisOfferToHaveOralAnalAndOrVaginalSex  
 MTakesFsRejectionCalmly  
 MRespectsFsWishes  
 MEngagesInForeplayWithPetsUndressesSelfOrFAndOrShowersWithF  
 MWaitForFToUndress  
 MIsOpenToTalkingAboutContraceptionWithF  
 MEnsuresThereIsProtectionForSexualActivity  
 MDoesNotInitiateOralAnalAndOrVaginalSex  
 MEngagesInOralAnalAndOrVaginalSexWithF  
 MHasAGoodTime  
 MLovesF  
 MInvitesFToSpendTheNight  
 MInsistsThatFSpendsTheNight  
 MSpendsTheNightAtFsHome  
 MTakesFForOrMakesFBreakfastInTheMorning  
 MDecidesWhenDateEnds  
 MAsksFForADriveAtEndOfDate  
 MDecidesAndThinksOfExcuseToStopAtDrugstore  
 MTakesACabHome  
 MOffersFADriveHome  
 MBringsFHomeEarly  
 MEscortsFHome  
 MDoesNotWalkFToDoorAndOrToCarAtEndOfDate  
 M Finds Out Whether F Had A Good Time And Or Enjoyed His Company  
 MTellsFWhetherHeHadAGoodTimeAndOrEnjoyedHerCompany  
 MThanksF  
 MDoesNotTellFHeDoesNotWantToSeeHerInTheFuture  
 MTellsFItIsNotGoingToWorkOutIfHeFeelsThatWay  
 MDecidesToBeFriendsIfItDoesNotWorkOut  
 MDoesNotGiveFHisContactInformation  
 MGivesFHisContactInformation  
 MAsksForAndOrGetsFsContactInformation  
 MAsksFIfHeCanContactHerInTheFuture  
 MDoesNotTellFHeWillContactHerInTheFuture  
 MTellsFHeWillContactHerInTheFuture

MDoesNotPlanToContactFInTheFuture  
 MPlansToContactFInTheFuture  
 MHopesToHearFromFInTheFuture  
 MLeavesFWithHisAvailability  
 MDoesNotBringUpSecondDateIfFDoesNot  
 MIsOpenToDiscussingSecondDate  
 MWondersAboutAndOrHopesForASecondDate  
 MDecidesIfHeWantsASecondDateWithF  
 MInitiatesDiscussionOfExpressesInterestInAndOrAksFOnSecondDate  
 MWondersAboutAndOrHopesForAGoodbyeFromF  
 MFollowsFsLeadForGoodbyeActions  
 MDoesNotRequestAGoodbye  
 MInitiatesGoodbye  
 MDoesNotIndicateGoodbye  
 MIndicatesGoodbye  
 MAllowsFToIndicateGoodbye  
 MReceivesGoodbyeFromF  
 MLeavesFWantingMoreOfHim  
 MWatchesFEnterHerHome  
 MEnsuresFsHomeIsSecureBeforeHeLeaves  
 MMullsOverTheDateAfterDate  
 MIsHappySmilingAndOrRelievedAfterDate  
 MThinksAboutFAfterDate  
 MContactsFAferDate  
 MSendsFAGiftAfterDate  
 MThinksAboutSecondDateAfterDate  
 MPlansSecondDate  
 MContactsFamilyAfterDate  
 MContactsFriendsAfterDate  
 MIsSexuallyFrustratedAfterDate  
 MMasturbatesAfterDate  
 MThinksAboutFindingAnotherDate  
 MMeetsUpWithFriendsAtBarAfterDate  
 MGoestoABarOrClubWithoutFAfterDate  
 MHasADrinkAfterDate  
 M Finds Another Date  
 TheyAgreeToDate  
 TheyContactOneAnotherBeforeTheDate  
 TheyNegotiateDateTimePlaceTransportationAndOrActivities  
 TheyDiscussTheirExpectationsForTheDate  
 TheyMeetAtAMutualLocationForTheDate  
 TheyMeetOneAnotherForTheFirstTime  
 TheyMakeEyeContact  
 TheyGreetOneAnother  
 TheyComplimentOneAnother  
 TheyTravelToALocationTogether

TheyListenToMusic  
TheyHaveAwkwardSilence  
TheyMakeConversation  
TheyAvoidTalkingAboutCertainTopics  
TheyGetToKnowOneAnother  
TheyTryToEntertainOneAnother  
TheyJokeAndOrLaugh  
TheyHaveFunAndOrAGoodTime  
TheyRelaxOrGetComfortable  
TheyDrinkDuringTheDate  
TheyGoOutForFoodBeverageAndOrMeal  
TheyOfferToFeedOneAnother  
TheyShareFoodBeverageAndOrMeal  
TheyDoNotHaveCandlesAtTheirTable  
TheyAgreeWhoWillPay  
TheySplitTheCostOfFoodBeverageAndOrMeal  
TheyEngageInAmbiguousDateActivities  
TheySeeAMovieAtATheatre  
TheyGoForAWalk  
TheySpendTimeInAPark  
TheyUnpackAndHaveAPicnic  
TheyLookAtTheStarsSunriseOrSunset  
TheySpendTimeInOnOrAroundWater  
TheySpendTimeAtACarnival  
TheyPlayGamesAndOrSports  
TheyWatchOthersPlayGamesAndOrSports  
TheyShop  
TheyGoToAComedyClub  
TheyGoToAConcertAndOrPlay  
TheyGoToABarOrClub  
TheySpendTimeWithFriends  
TheyGoToAParty  
TheyDance  
TheyGoForADrive  
TheySpendTimeInAParkedCar  
TheyContinueDateInAHotel  
TheyHaveFoodBeveragesAndOrAMealInAHome  
TheyWatchTvOrAMovieInAHome  
TheySpendTimeHangingOutInAHome  
TheyFlirt  
TheyMoveCloserInProximityToOneAnother  
TheyTouchOneAnotherOnNonSexualPartsOfTheBody  
TheyHugHoldHandsAndOrLinkArms  
TheyKissNeckAndOrMakeOut  
TheyNegotiateAndOrTalkAboutSexualActivities  
TheySpendTimeInABedroom

TheyEngageInAmbiguousSexualActivities  
TheyEngageInForeplayPettingUndressingAndOrShowering  
TheyUseACondom  
TheyEngageInOralAnalAndOrVaginalSex  
TheyDress  
TheyGetTired  
TheyGoToSleep  
TheyNegotiateWhenDateEnds  
TheyTellOneAnotherTheyHadFunAndOrAGoodTimeAndOrHowTheDateWent  
TheyExchangeContactInformation  
TheAgreeToKeepInTouch  
TheyDiscussAndOrPlanASecondDate  
TheyIndicateGoodbye  
FAsksMOut  
FAgreesToDate  
FPicksUpM  
FVisitsMsHomeForDate  
FInvitesMIntoHerHomeAtBeginningOfDate  
FSmilesAtM  
FGreetsM  
FComplimentsM  
FBlushes  
FIntroducesMToHerFamily  
FAllowsMToDecideDateTimePlaceTransportationAndOrActivities  
FDecidesDateTimePlaceTransportationAndOrActivities  
FOpensOwnDoor  
FDrivesMToALocation  
FWantsToListenAndOrListensToMsMusic  
FListensToM  
FMakesConversationWithM  
FTellsJokesAndOrTeasesM  
FLaughes  
FGetsToKnowM  
FDisclosesPersonalInformation  
FDoesNotOrderADrink  
FChoosesOwnDrinkSelection  
FChoosesMsDrinkSelection  
FDrinksDuringTheDate  
FDrinksTooMuchOrGetsDrunk  
FOffersToPayForDrinks  
FSelectsSeating  
FSuggestsFoodBeverageAndOrMeal  
FOrdersOwnFoodBeverageAndOrMeal  
FOrdersAndOrEatsLightlyOrPolitely  
FOrdersInexpensiveFoodBeverageAndOrMeal  
FOrdersExpensiveFoodBeverageAndOrMeal

FOrdersMsFoodBeverageAndOrMeal  
 FOffersMSomeOfHerFoodBeverageAndOrMeal  
 FOffersToPayForOwnFoodBeverageAndOrMeal  
 FExpectsMToPayForFoodBeverageAndOrMeal  
 FPaysForOwnFoodBeverageAndOrMeal  
 FPaysForMsFoodBeverageAndOrMeal  
 FPaysForFoodBeverageAndOrMealTip  
 FVisitsRestroomAndOrChecksOrRefreshesAppearance  
 FContactsFriendsAndOrFriendsContactFDuringDate  
 FOffersToPayForDateActivities  
 FPaysForOwnDateActivities  
 FRejectsMsOfferToVisitHisHomeToContinueDate  
 FVisitsMsHomeToContinueDate  
 FDoesNotInviteMInToContinueDate  
 FInvitesMInToContinueDate  
 FAllowsMToVisitHerHomeToContinueDate  
 FWaitsForMToShowUpAfterAgreeingToContinueDate  
 FOffersMADrinkInAHome  
 FOffersMFoodBeverageAndOrMealInAHome  
 FHasPrePreparedFoodBeverageAndOrMeal  
 FFlirtsWithM  
 FTouchesMOnNonSexualPartsOfTheBody  
 FAllowsMToKissNeckAndOrMakeOutWithHer  
 FRejectsMsAdvances  
 FStopsSexualActivity  
 FTellsMSheDoesNotHaveOralAnalAndOrVaginalSexOnFirstDates  
 FInitiatesSexualActivity  
 FRespondsToMsAdvances  
 FDiscussesContraceptionWithM  
 FEngagesInForeplayWithPetsUndressesSelfOrMAndOrShowersWithM  
 FEngagesInOralAnalAndOrVaginalSexWithM  
 FRejectsMsOfferToSpendTheNightAtHisHome  
 FSpendsTheNightAtMsHome  
 FDecidesWhenDateEnds  
 FWalksMToDoorAndOrToCarAtEndOfDate  
 FThanksM  
 FDoesNotGiveMHerContacInformation  
 FGivesMHerContactInformation  
 FGivesMPermissionToContactHerInTheFuture  
 FInitiatesDiscussionOfExpressesInterestInAndOrAsksMOnSecondDate  
 FAgreesToSecondDate  
 FSetsToneForGoodbyeActions  
 FIndicatesGoodbye  
 FDoesNotAllowMToIndicateGoodbye  
 FAllowsMToIndicateGoodbye  
 FWatchesMLeaveAtEndOfDate

Appendix N  
Study 2  
Consent Form

**Title of the Study: Young and Midlife Single Heterosexual North American Adults' First Date Experiences**

Thank you for choosing to learn more about this research. My name is Erin Allard and this research is being conducted as part of my doctoral dissertation in Psychology at the University of Guelph, under the supervision of Dr. Serge Desmarais. This research has received ethics approval from the University of Guelph's Research Ethics Board for research involving human participants.

Purpose:

The purpose of this study is to help us (as researchers) to gain a better understanding of: 1) the sexual activities that individuals engage in on first dates, and 2) the actions that individuals include in first date scripts (note: a script is an event broken down into the individual actions that make up that event, with the actions listed in the order in which they occur). For each of the above, we are also interested in examining: 1) whether there are differences between young adults and midlife adults, and 2) whether there are differences between men and women.

Your Participation:

You are invited to participate in this research. TO BE ELIGIBLE TO PARTICIPATE, however, YOU MUST MEET THE FOLLOWING CRITERIA:

- You live in North America (i.e., either in Canada or the United States)
- You are either between the ages of 18-24 years or 35-54 years
- Your sexual orientation is heterosexual (i.e., you are sexually attracted to individuals of the opposite sex)
- Your most recent first date was within the last two months (i.e., within the last 60 days), it was with someone new (i.e., someone whom you had not dated previously), and it was NOT a double or group date. You should also feel as though you can accurately remember this date (i.e., your most recent first date) in detail.

Note: By "date" we mean any pre-planned social activity where you arrange to meet a person where there is some romantic interest or the potential for (or investigation of) romantic interest.

Informed Consent:

1. Your participation in this research is voluntary. You may withdraw from the research at any time without consequence of any kind, and you may exercise the option of removing your data from the study. You may also leave blank any question you do not wish to answer and still remain in the study. You are not waiving any legal claims, rights or remedies because of your participation in this research.

2. If you agree to participate, you will be asked to respond to several demographic questions (regarding your age, gender, dating and sexual history, etc.), and to complete a number of rating scales about your opinions, attitudes, and behaviours. You will also be asked to answer several questions about the individual with whom your most recent first date was with, what your goals were for your date with that person, and what sexual behaviour you engaged in during your date with that person. Finally, it will be requested that you describe the actions that you performed during the date.

3. All of your responses will remain confidential, and all of the data will only be viewed and analyzed in group form (i.e., no individual responses will be identified). Any publication of the research results will also only be reported in group form. Questionnaire data gathered on-line does not contain any information that can reveal the identity of the participants. The on-line survey is hosted by Survey Monkey, a well-known and reputable company. Survey Monkey employs multiple layers of security, including SSL encryption, to make sure that accounts and data remain private and secure. Your responses will be entirely confidential, but not completely anonymous (due to the US servers used for the questionnaire, the data is subject to the Patriot Act and possible seizure by US authorities). Your name will not be associated with your responses in any report. The data will be stored on password protected computers in a locked office until it is no longer needed, after which it will be destroyed.

4. The study should take approximately 30 minutes to complete. Once you begin the survey, instructions will guide you through completion of the study.

5. You may only complete this study once. You must complete the study in one sitting. That is, you cannot complete part of the study, exit the study and then return to it at a later time to finish the study. Also, once a page in the study has been submitted, you cannot go back and change existing responses.

6. At the end of the study, you will be given feedback about the anticipated results of the research, and you will be given an opportunity to request to receive a copy of the results for the study.

7. Potential Risks and Benefits: Individuals who participate in research on sexual and relational issues typically do not experience any significant risks. Although some discomfort may arise from the items contained in the questionnaires, it is not anticipated that this discomfort will be any greater than what is encountered in everyday life. For such items, you can simply choose to disregard them, or you can end your participation in the research entirely. By participating in this research, you will be helping researchers to better understand: 1) individuals' goals for first dates, 2) the sexual activities that individuals engage in on first dates, and 3) the actions that individuals include in first date scripts. Gender and age group differences will also be examined. You may also obtain insight into your own sexual and relational perceptions as a result of participating in this research. If you request that the results of the research be sent to you (which is

optional), an added benefit will be that you will be provided with information that may be relevant and helpful on a personal level.

If you have any questions or concerns about this research, please feel free to contact:

Erin Allard, PhD Candidate  
Department of Psychology  
University of Guelph  
N1G 2W1  
519-824-4120 ext.58754  
eallard@uoguelph.ca

Or

Dr. Serge Desmarais  
Psychology Department  
University of Guelph  
N1G 2W1  
519-824-4120 ext.53880  
s.desmarais@exec.uoguelph.ca

If you have any questions regarding the use and safety of human participants in this research project, please contact:

Sandra Auld  
University of Guelph Research Ethics Coordinator  
519-824-4120 ext.56606  
sauld@uoguelph.ca

1. If you agree to the above conditions and wish to participate in this survey, then please click on the circle next to "Yes, I understand the conditions and wish to participate in this survey." Clicking on the circle signifies that you have read and understood the above information, and have consented to participate in the survey. If you do not wish to participate in this survey then please click on the words "Exit this survey" at the top right hand corner of this page.

- Yes, I understand the conditions and wish to participate in this survey.

Appendix O  
Study 2  
Information About the Date Partner

**Please answer the following questions about THE INDIVIDUAL WITH WHOM YOUR MOST RECENT FIRST DATE WAS WITH.**

**Remember: To be eligible to participate in this study, this first date MUST have occurred within the last two months (i.e., within the last 60 days), it MUST have been a first date with someone new (i.e., someone whom you had not dated previously), and it MUST NOT have been a double or group date. If your most recent first date does not meet these criteria then you cannot complete the rest of this study.**

1. How many days has it been since your most recent first date?

\_\_\_\_\_

2. What was your date's age (in years)?

\_\_\_\_\_

3. What was your date's gender?

- Male
- Female
- Trans
- Other (please specify)

\_\_\_\_\_

4. What was your date's employment status?

- Employed full-time outside the home
- Employed part-time outside the home
- Full-time homemaker
- Student
- Retired
- Currently unemployed
- Other (please specify)

\_\_\_\_\_

5. If your date was currently employed full-time or part-time outside the home, what was his/her occupation?

\_\_\_\_\_

6. Did your date have any children?

- Yes
- No

7. If yes, how many children did he/she have?

\_\_\_\_\_

8. Was your date's current relationship status single at the time of the date?

- Yes
- No

9. How did you meet your date?

- Through a family member
- Through a friend
- Through work
- Through school
- Through church
- Through a community group
- At a bar
- Through speed dating
- Through the personal advertisements in a magazine/newspaper
- Through an online dating service (e.g., Lavalife, Match.com, E-Harmony)
- Via other online activities (e.g., chat room, discussion board)
- Other (please specify)

\_\_\_\_\_

10. How were plans for the date made?

- I asked him/her out on the date without him/her hinting he/she would like to be asked
- I asked him/her out on the date after him/her hinting he/she would like to be asked
- Your date asked you out on the date without your hinting that you would like to be asked
- Your date asked you out on the date after you hinted that you would like to be asked
- Other (please specify)

\_\_\_\_\_

11. Please choose the appropriate spot on the scale provided to indicate how you felt at the time of the date. The scale ranges from NOT AT ALL WELL to VERY WELL.

How well did you feel you knew your date, at the time of the date?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6  
No At \_\_\_\_\_ Very  
All Well \_\_\_\_\_ Well

12. Please choose the appropriate spot on the scale provided to indicate how you felt at the time of the date. The scale ranges from NOT AT ALL ATTRACTED to VERY ATTRACTED.

How attracted were you to your date based on his/her personality, at the time of the date?  
0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_  
Not At All \_\_\_\_\_ Very  
Attracted \_\_\_\_\_ Attracted

How attracted were you to your date based on his/her physical appearance, at the time of the date?  
0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_  
Not At All \_\_\_\_\_ Very  
Attracted \_\_\_\_\_ Attracted

13. Please choose the appropriate spot on the scale provided to indicate how you felt at the time of the date. The scale ranges from NOT AT ALL to VERY MUCH.

How much did you like your date overall, at the time of the date?  
0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_  
Not \_\_\_\_\_ Very  
At All \_\_\_\_\_ Much

14. Please choose the appropriate spot on the scale provided to indicate how you felt at the time of the date. The scale ranges from NOT AT ALL COMPATIBLE to VERY COMPATIBLE

How compatible did you think you were with your date, at the time of the date?  
0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_  
Not At All \_\_\_\_\_ Very  
Compatible \_\_\_\_\_ Compatible

15. Please choose the appropriate spot on the scale provided to indicate how satisfied you were with your experience on the date. The scale ranges from NOT AT ALL SATISFIED to VERY SATISFIED.

How satisfied were you with your experience on the date as a whole?  
0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_  
Not At All \_\_\_\_\_ Very  
Satisfied \_\_\_\_\_ Satisfied



Appendix Q  
Study 2  
First Date Goals

1. One of the things that we are interested in are the goals that people have for going on a first date. Consider **YOUR MOST RECENT FIRST DATE**. What goals did you have for going out on the date? Please list as many goals as you can remember for going out on that date.

---

---

---

---

---

---

---

---

---

---

Appendix R  
Study 2  
Sexual Behaviour in Which Participants Engaged

1. Please check each of the behaviours that occurred on YOUR MOST RECENT FIRST DATE.

Note: You may check more than one.

- None of the behaviours below occurred.
- Hand holding: holding hands or locking arms, generally while walking
- Casual goodnight hug
- Hugging: hugging more than once
- Casual goodnight kiss on the cheek
- Casual goodnight kiss on the lips
- Kissing: kissing on the lips more than once
- Necking: close body contact, with hugging and prolonged kissing
- Light breast petting: caress of the woman's breasts outside the clothing
- Heavy breast petting: fondling or kissing of the woman's breasts under the clothing
- Light genital petting of the woman: touching genital area of the woman, outside the clothing
- Light genital petting of the man: touching the genital area of the man, outside the clothing
- Heavy genital petting of the woman: touching genital area of the woman, under the clothing
- Heavy genital petting of the man: touching genital area of the man, under the clothing
- Oral stimulation of woman's genitals
- Oral stimulation of man's genitals
- Petting of each other's genitals resulting in orgasm for one or both partners
- Intercourse

Appendix S  
Study 2  
Retrospective First Date Script Elicitation

**You are almost done! This is the last page of questions for this study. The responses that you provide on this page will be of central focus in the analyses for this study. If you have come this far then please do not give up now. Please answer the remaining questions to the best of your ability.**

1. The following is an example that is being provided to help you to gain a better understanding of what we would like you to do for this question, and for question #1 on the next page. If an individual was asked to list the actions that he/she performed the last time that he/she made a grilled cheese sandwich, from the beginning of the event to its end, listing the actions in the order in which they occurred, he/she may list actions that are similar to the following:

- 1) I gathered a pan, a butter knife, a spatula, a plate, a loaf of bread, butter, and a slice of processed cheese.
- 2) I heated the pan on a stove at medium heat.
- 3) I took two pieces of bread and buttered the tops of them using the butter knife.
- 4) I took the slice of processed cheese out of its wrapper.
- 5) I placed one piece of bread in the heated pan, with the buttered side facing down.
- 6) I placed the slice of processed cheese on top of the slice of bread that was placed in the heated pan.
- 7) I placed the second slice of bread on top of the first slice of bread that was topped with the processed cheese slice, with the buttered side facing up.
- 8) I used a spatula to check the bottom of the sandwich.
- 9) When the side of the sandwich that was facing down looked cooked (it was light brown in colour), I used the spatula to flip the sandwich so that the buttered side of the top slice of bread was now face down in the heated pan.
- 10) When the side of the grilled cheese sandwich that was facing down looked cooked (it was light brown in colour), I used the spatula to take the sandwich out of the pan and put it on a plate.

We are interested in the events which occur during a first date. We would like you to LIST THE ACTIONS YOU PERFORMED ON YOUR MOST RECENT FIRST DATE, from the beginning of the date to its end. INCLUDE AT LEAST TWENTY (20) ACTIONS which you performed on this first date, putting them in the order in which they occurred. Please number each action individually. Two text boxes are provided for your response. If you fill the first box, please move on to the second box.

Box #1

---

---

---

---

---

---

---

---

---

---

2. Box #2

---

---

---

---

---

---

---

---

---

---

3. Please use the following scale to answer each of the questions listed. The scale ranges from NOT AT ALL to VERY MUCH.

To what extent does your script for this date resemble your typical first date script?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Not At All Very Much

To what extent do you think your script for this date resembles a typical first date script for others who are of the same gender as yourself?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Not At All Very Much

To what extent does your script for this date resemble your ideal first date script?

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
Not At All Very Much

Well done! The pages that follow will provide you with more information regarding the purpose and main hypotheses for this study, how to receive the results of this study, and how to submit your responses and complete this study.

Appendix T  
Study 2  
Debriefing

**\*\* AFTER READING THE INFORMATION BELOW, PLEASE BE SURE TO ADVANCE TO THE NEXT PAGE TO COMPLETE THE STUDY BEFORE YOU EXIT.**

Purpose:

As you already know, this study is being conducted as part of Erin Allard's doctoral dissertation in Psychology at the University of Guelph, under the supervision of Dr. Serge Desmarais. The purpose of this study is to help us (as researchers) to gain a better understanding of: 1) the sexual activities that individuals engage in on first dates, and 2) the actions that individuals include in first date scripts. For each of the above, we are also interested in examining: whether there are differences between young adults and midlife adults, and whether there are differences between men and women.

Hypotheses:

- 1) Midlife adults' actual first date scripts will be more consistent with traditional gender roles than will young adults' actual first date scripts, regardless of their gender.
- 2) Women will report more male actions in their scripts (i.e., reporting actions that their male date partner performed even though they were asked to solely report their own actions) when compared to the number of female actions reported by men in their own scripts (i.e., reporting actions that their female date partner performed even though they were asked to solely report their own actions), regardless of their age group.
- 3) Men will include more sexual behaviours in their actual first date scripts than will women, regardless of their age group.
- 4) Young adults will include more sexual behaviours in their actual first date scripts than will midlife adults, regardless of their gender.
- 5) Young adult men will include more sexual behaviours in their actual first date scripts than will members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).
- 6) Men will report having engaged in more intimate sexual behaviours during their actual first dates than will women, regardless of their age group.
- 7) Young adults will report having engaged in more intimate sexual behaviours during their actual first dates than will midlife adults, regardless of their gender.
- 8) Young adult men will report having engaged in more intimate sexual behaviours on their actual first dates than will members of all other groups (i.e., young adult women, midlife adult men, and midlife adult women).

Receiving the Results of the Study:

Due to the fact that the questionnaires will be scored on a group rather than an individual basis, individual scores will not be available. However, a summary of the findings from this study will be made available to you, shall you chose to receive it. If you would like to

receive a copy of the results for the study then please e-mail Erin Allard at eallard@uoguelph.ca with the words “Results Requested for Study 2” as the subject of the e-mail. Erin will then e-mail a copy of the results to you, as soon as they are ready.

Questions:

Again, if you have any questions or concerns about this research, please feel free to contact:

Erin Allard, PhD Candidate  
Department of Psychology  
University of Guelph  
N1G 2W1  
519-824-4120 ext.58754  
eallard@uoguelph.ca

Or

Dr. Serge Desmarais  
Psychology Department  
University of Guelph  
N1G 2W1  
519-824-4120 ext.53880  
s.desmarais@exec.uoguelph.ca

Thanks, the survey is now complete!

**\*\* PLEASE CLICK THE SUBMIT BUTTON ON THE NEXT PAGE TO SUBMIT YOUR WORK BEFORE YOU EXIT.**

Thank you for your time!

Appendix U  
Study 2  
Retrospective First Date Script Actions, Post Collapsing

MAskedFOut  
MInvitedFToHisHomeForDate  
MMadeRestaurantReservations  
MAteBeforeDate  
MBoughtItemsInPreparationForDate  
MBoughtAndOrGaveFAGift  
MGotMoneyForTheDate  
MGassedUpVehicle  
MShoweredBrushedTeethAndOrMadeHimselfSmellGood  
MGroomedHimselfShavedAndOrDidOrGotHairOrNailsDone  
MShoppedForClothesForDateAndOrDressedNicely  
MConfirmedPlansForDateAndOrContactedFBeforeDate  
MSoughtOutAndOrAskedFForDirections  
MGaveFDirections  
MTravelledToTheMeetingLocation  
MTookACab  
MMadeFWaitAtBeginningOfDate  
MPickedUpF  
MVisitedFsHomeForDate  
MCheckedOutFsHome  
MWaitedForFBeforeDate  
MSmiledAtF  
MMadeEyeContactWithF  
MGreetedF  
MToldFHeWasHappyToSeeHer  
MSoughtOpportunityToCheckFOut  
MComplimentedF  
MMetFsFriends  
MMetFsFamily  
MReportedFsFamilyDidNotLikeHim  
MIntroducedFToHisFriends  
MSuggestedDateTimePlaceTransportationAndOrActivities  
MDecidedDateTimePlaceTransportationAndOrActivities  
MSolicitedFsInputOnDateTimePlaceTransportationAndOrActivities  
MAllowedFToChooseDateTimePlaceTransportationAndOrActivities  
MWasChivalrousWithCoatsDoorsWalkingEntriesChairsCarryingItems  
MOfferedToAndOrWalkedFToALocation  
MDroveFToALocation  
MDroveFsCar  
MDidNotListenToF  
MListenedToF  
MMadeConversationWithF

MToldJokesAndOrTeasedF  
MGotToKnowF  
MReportedOnFsOrTheirComfortLevel  
MReportedNervousBehaviour  
MCommatedOrReportedThatDateWasAwkward  
MReportedBeingAnnoyedByF  
MReportedThatHeAndHisDateFoughtAndMadeUp  
MTalkedToFAboutTheirRelationship  
MDecidedTheyWereNotCompatible  
MOrderedOwnDrinks  
MHadDrinksDuringTheDate  
MDrankTooMuchOrGotDrunk  
MPaidForOwnDrinks  
MOfferedFDrinks  
MOrderedFsDrinks  
MPaidForFsDrinks  
MReportedFGotDrunk  
MCarriedFToALocation  
MSignalledWaiterToComeToTable  
MOrderedOwnFoodBeverageAndOrMeal  
MAllowedFToOrderHerFoodBeverageAndOrMeal  
MSharedHisFoodBeverageAndOrMealWithF  
MFedFSomeFoodBeverageAndOrMeal  
MSpilledOnClothing  
MPaidForOwnFoodBeverageAndOrMeal  
MOfferedToPayForFsFoodBeverageAndOrMeal  
MPaidForFsFoodBerverageAndOrMeal  
MPaidForFoodBeverageAndOrMealTip  
MVisitedRestroomAndOrCheckedOrRefreshedAppearance  
MUsedTechnologyDuringTheDate  
MPaidForOwnEventTicket  
MPaidforFsEventTicket  
MWatchedFPlayHockey  
MHelpedFPlayAndLetFWinAGame  
MReportedPayingAttentionToAGameDuringTheDate  
MInjuredSelfAndActedMacho  
MHelpedFWithShopping  
MTookFHomeToChange  
MShoppedForSelfDuringTheDate  
MBroughtFToAParty  
MSangToF  
MDanced  
MFlirtedWithOtherWomen  
MDeclinedFsOfferToVisitHerHomeToContinueDate  
MAttemptedToGetFToInviteHimIntoHerHomeToContinueDate  
MVisitedFsHomeToContinueDate

MReportedFWantedHimToTakeHerHome  
MInvitedFIntoHisHomeToContinueDate  
MCleanedHisRoomDuringTheDate  
MShowedFAroundHisHome  
MShowedFPhotos  
MHadDrinksInAHome  
MOfferedFDrinksInAHome  
MHelpedFCookOrCleanInAHome  
MHadSupperWithFsFamilyInAHome  
MPreparedFoodBeverageAndOrMealForFInAHome  
MOfferedFFoodBeverageAndOrMealInAHome  
MEnsuredHisRoommatesWereNotHomeWhileFWasThere  
MMovedFurtherInProximityToF  
MMovedCloserInProximityToF  
MFlirtedWithF  
MHuggedHeldHandsWithPutHisArmAroundAndOrTookFsArm  
MKissedNeckedAndOrMadeOutWithF  
MTouchedFOnNonSexualPartsOfTheBody  
MDiscussedSexualExpectationsWithF  
MEnteredFsBedroom  
MRejectedFsSexualAdvances  
MReportedNotWantingToGoBeyondSaidPointSexually  
MReportedStoppingSexualActivityDueToFearOfRejection  
MInitiatedSexualActivity  
MLaidFOnABed  
MEngagedInForeplayWithPettedUndressedSelfOrFAndOrShoweredWithF  
MWashedFsBodyInShower  
MMasturbatedInFrontOfF  
MGotOnTopOfF  
MPutOnACondom  
MAppliedLubricant  
MEngagedInOralAnalAndOrVaginalSexWithF  
MForcefulOrPhysicalToGetSexualActivity  
MSmoked  
MSpentTheNightAtFsHome  
MOfferedFToSpendTheNightAtHisHome  
MCalledFsMotherToSayFWasSpendingTheNightAtHisHome  
MAccompaniedFWhileSheMovedHerCar  
MMadeFBreakfastAfterSpendingTheNightTogether  
MRushedThroughDate  
MDecidedWhenDateEnded  
MAskedIfFNeededToBeEscortedHome  
MEscortedFHome  
MOfferedFARideSomewhere  
MPaidForFsCab  
MPaidForBabysitterForFsChildren

MAskedFWhetherSheHadAGoodTimeOrEnjoyedHisCompany  
MToldFWhetherHeHadAGoodTimeOrEnjoyedHerCompany  
MThankedF  
MGaveFHisContactInformation  
MToldFToContactHimInTheFuture  
MAskedFIfHeCouldContactHerInTheFuture  
MToldFHeWouldContactHerInTheFuture  
MInitiatedDiscussionOfExpressedInterestInAndOrAskedFOnSecondDate  
MToldFSheWouldRegretNotGettingToKnowHimBetter  
MIndicatedGoodbyeToF  
MWaitedForFToLeaveSecurelyAtEndOfDate  
MLeftOrWentHome  
MContactedFAfterDate  
TheyContactedOneAnotherBeforeTheDate  
TheyNegotiatedDateTimePlaceTransportationAndOrActivites  
TheyDiscussedEachOfTheirExpectations  
TheyMetAtAMutualLocationForTheDate  
TheyMetInAHomeForTheDate  
TheyMetOneAnotherForTheFirstTime  
TheySmiled  
TheyMadeEyeContact  
TheyGreetedOneAnother  
TheyDroveSeparatelyToTheSameLocationDuringTheDate  
TheyDroveToFsWithParentsHouseToDropOffChildren  
TheyTravelledToALocationTogether  
TheyListenedToMusic  
TheyMadeConversation  
TheyRanOutOfThingsToSay  
TheyJokedAndOrLaughed  
TheyGotToKnowOneAnother  
TheyHadDrinksDuringTheDate  
TheyGotDrunk  
TheyGotHigh  
TheyAteAmbiguously  
TheyCheckedOutSeveralRestaurantsBeforeChoosingOne  
TheyWentOutForFoodBeverageAndOrMeal  
TheySharedFoodBeverageAndOrMeal  
TheyFedOneAnother  
TheyNegotiatedWhoWouldPayForTheirFoodBeverageAndOrMeal  
TheyPaidForTheirOwnFoodBeverageAndOrMeal  
TheyTalkedToFsWithFamily  
TheyPaidForDateActivitiesAmbiguously  
TheyWentToAnUnnamedEvent  
TheySawAMovieAtATheatre  
TheyWentForAWalk  
TheyWentForABikeRide

TheySpentTimeInAParkGardenOrLookoutOutdoors  
TheySpentTimeDoingCampingActivities  
TheyLookedAtTheStarsSunriseOrSunset  
TheySpentTimeInOnAndOrAroundWater  
TheyPlayedGamesAndOrSports  
TheyWatchedOthersPlayGamesAndOrSports  
TheyWentOnRides  
TheyDidAReligiousActivity  
TheyWentSightSeeing  
TheyTookAPictureTogether  
TheyVisitedPlacesMOrFKnew  
TheyWentToAMuseum  
TheyShopped  
TheyWentToAComedyClub  
TheyWentToAConcertAndOrPlay  
TheyTalkedToBandMembers  
TheyWentToABarOrClub  
TheyTalkedToStrangers  
TheyDanced  
TheySpentTimeAtAParty  
TheySpentTimeWithFriends  
TheySangKaraoke  
TheyTookACab  
TheyWentForADrive  
TheySpentTimeInAParkedCar  
TheyWalkedToAHome  
TheyContinuedDateInAHome  
TheySharedPhotos  
TheyHadFoodBeverageAndOrMealInAHome  
TheyCleanedTogether  
TheySpentTimeOnAPatio  
TheyWatchedTVOrAMovieInAHome  
TheyFirted  
TheySatClose  
TheyTouchedOneAnotherOnNonSexualPartsOfTheBody  
TheyHuggedHeldHandsAndOrLinkedArms  
TheyKissedNeckedAndOrMadeOut  
TheyTalkedRomanticallyAndOrSexually  
TheyWerePassionate  
TheyNegotiatedAndOrTalkedAboutSexualActivities  
TheyRentedAHotelRoom  
TheySatOrLaidOnABed  
TheyEngagedInAmbiguousSexualActivities  
TheyEngagedInForeplayPettingUndressingAndOrShowering  
TheyEngagedInOralAnalAndOrVaginalSex  
TheyDressed

TheySmoked  
TheyWentToSleep  
TheyChangedClothes  
TheyHadBreakfastAfterSpendingTheNightTogether  
TheyHadToCutTheDateShort  
TheyDecidedToEndDate  
TheyDroveHome  
TheyToldOneAnotherTheyHadFunOrAGoodTimeAndOrHowTheDateWent  
TheyThankedOneAnother  
TheyTalkedAboutTheFutureOfTheRelationship  
TheyExchangedContactInformation  
TheyPromisedToKeepInTouch  
TheyDiscussedAndOrPlannedASecondDate  
TheyIndicatedGoodbye  
TheyContactedOneAnotherAfterTheDate  
FInitiatedDate  
FAgreedToDate  
FEnsuredDateOccuredInAPublicLocation  
FThoughtAboutCancellingDateButDecidedNotTo  
FConfirmedPlansForDateAndOrContactedMBeforeDate  
FSoughtOutAndOrAskedMForDirections  
FGaveMDirections  
FTalkedToAFriendBeforeDate  
FEnsuredSheHadMoneyForTheDate  
FBoughtMsPetTreats  
FOrganizedBabysitter  
FCaredForChildrenBeforeDate  
FAteBeforeDate  
FHadADrinkBeforeTheDate  
FSmokedBeforeDate  
FGotReadyForTheDateAesthetically  
FShoweredShavedBrushedTeethAndOrMadeHerselfSmellGood  
FShoppedForClothesForDateAndOrDressedNicely  
FWaitedForMBeforeDate  
FWelcomedMInotHerHomeAtBeginningOfDate  
FIntroducedMToHerFamily  
FIntroducedMToHerFriends  
FSaidGoodbyeToChildren  
FTravelledToAMeetingLocationForTheDate  
FPickedMUp  
FSmiledAtM  
FMadeEyeContactWithM  
FGreetedM  
FComplimentedM  
FVisitedMsHomeForDate  
FMetMsFamily

FPlayedWithMsPet  
 FSuggestedDatePlaceTransportationAndOrActivities  
 FDecidedDatePlaceTransportationAndOrActivities  
 FRejectedMsSuggestedDatePlaceTransportationAndOrActivities  
 FSolicitedMsInputOnDatePlaceTransportationAndOrActivities  
 FAllowedMToChooseDatePlaceTransportationAndOrActivities  
 FOpenedMsDoor  
 FDroveMToALocation  
 FWalkedMToALocation  
 FToldMToDriveCarefully  
 FReportedNervousBehaviour  
 FReportedFeelingAwkwardAtSomePointOnDate  
 FListenedToM  
 FMadeConversationWithM  
 FToldMWhatSheWantedInAMan  
 FMadeMLaugh  
 FLaughed  
 FReportedMWasBeingSensitive  
 FGotToKnowM  
 FReportedFeelingUncomfortable  
 FReportedTheyBecameMoreComfortableWithOneAnother  
 FReportedHerEvaluationOfM  
 FReportedOnCompatibilityWithM  
 FToldMSheWasNotAttractedToHisPersonality  
 FWishedMLuckFindingSomeone  
 FDeclinedOpportunityToHaveDrinks  
 FAskedIfOkayForHerToDrink  
 FAcceptedMsOfferOfADrink  
 FHadDrinksDuringTheDate  
 FReportedBeingEmbarrassedByMsDrunkenBehaviour  
 FDeclinedMsOfferOfFoodBeverageAndOrMeal  
 FOrderedOwnFoodBeverageAndOrMeal  
 FOrderedInexpensiveFoodBeverageAndOrMeal  
 FOrderedAndOrAteLightlyOrPolitely  
 FSharedFoodBeverageAndOrMealWithM  
 FSpilledFood  
 FOfferedToCleanMsClothingThatSheSpilledOn  
 FAskedWaiterForBillForFoodBeverageAndOrMeal  
 FOfferedToPayForOwnFoodBeverageAndOrMeal  
 FPaidForOwnFoodBeverageAndOrMeal  
 FPaidForMsFoodBeverageAndOrMeal  
 FPaidTheTipForFoodBeverageAndOrMeal  
 FVisitedRestroomAndOrCheckedOrRefreshedAppearance  
 FUsedTechnologyDuringTheDate  
 FContactedFamilyOrFamilyContactedFDuringTheDate  
 FContactedFriendsAndOrFriendsContactedFDuringTheDate

FBorrowedMsJacket  
FPaidForOwnDateActivities  
FPaidForMsDateActivities  
FTookShoesOffToWalk  
FShoppedForSelfDuringTheDate  
FMetAndSpentTimeWithMsFriends  
FReportedAnotherManTriedToPickHerUp  
FTalkedToStrangersDuringTheDate  
FSleptDuringTheDate  
FVisitedMsHome  
FFixedMsComputer  
FHelpedMFixATruck  
FRejectedMsAttemptToGetInvitedIntoHerHomeToContinueDate  
FInvitedMIntoHerHomeToContinueDate  
FOfferedMADrinkInAHome  
FCookedForM  
FOfferedAndOrMadeMFoodBeverageAndOrMealInAHome  
FMovedFurtherInProximityToM  
FMovedCloserInProximityToM  
FTouchedMOnNonSexualPartsOfTheBody  
FHuggedHeldHandsWithAndOrLinkedArmsWithM  
FGaveMPermissionToKissNeckAndOrMakeOutWithHer  
FKissedNeckedAndOrMadeOutWithM  
FAskedWhyMStoppedKissingNeckingAndOrMakingOutWithHer  
FWasUncomfortableWithMsSexualExpectations  
FRejectedMsAdvances  
FAcceptedMsAdvances  
FInitiatedSexualActivity  
FShowedMHerTattoo  
FEnteredMsBedroom  
FLaidOnMsBed  
FEngagedInForeplayWithPettedUndressedSelfOrMAndOrShoweredWithM  
FMasturbatedInFrontOfM  
FEngagedInOralAnalAndOrVaginalSexWithM  
FWasForcefulOrPhysicalToGetSexualActivity  
FReportedThatSexDidNotWorkOutWithM  
FDressed  
FSmoked  
FDeclinedMsOfferForHerToSpendTheNightAtHisHome  
FSpentTheNightAtMsHome  
FMovedHerCarDuringTheDate  
FsRoommateWokeMAndFUpInTheMorning  
FMadeMBreakfastAfterSpendingTheNightTogether  
FDecidedWhenDateEnded  
FLeftOrWentHome  
FDroveMHome

FDeclinedMsOfferForARide  
FDeclinedMsOfferToEscortHerHome  
FKnewSheWasNotInterestedSoTriedToShowThatNonverbally  
FReportedThatTheyLikedEachOther  
FToldMWhetherSheHadAGoodTimeOrEnjoyedHisCompany  
FThankedM  
FDidNotGiveMHerContactInformation  
FGaveMHerContactInformation  
FToldMNotToContactHerInTheFuture  
FToldMToContactHerInTheFuture  
FAgreedToContactMInTheFuture  
FReportedBeingRelievedToNotHaveToWonderWhetherToContactM  
FToldMTheyWouldKeepInTouch  
FAgreedWithMThatTheyShouldSpendMoreTimeTogether  
FInitiatedDiscussionOfExpressedInterestInAndOrAskedMOnSecondDate  
FAgreedToSecondDate  
FIndicatedGoodbyeToM  
FBegrudginglyAcceptedMsGoodbye  
FWatchedMLeaveAtEndOfDate  
FContactedMAfterDate