

Supplementary Material

The analysed questionnaire items

Indicate your biological sex:

- ☐ Male
- ☐ Female

Indicate your gender:

- ☐ Cisgender
- ☐ Transgender/gender variant/nonbinary
- ☐ Other

Indicate your age:

Indicate your educational level (indicate the highest qualification obtained):

- ☐ Elementary school
- ☐ Secondary school
- ☐ High school
- ☐ Three-year degree
- ☐ Master's degree
- ☐ Master/Doctorate/Specialization

Indicate your relational status:

- ☐ Single
- ☐ In a stable relationship
- ☐ In an informal relationship

Indicate your sexual orientation:

- ☐ Heterosexual
- ☐ Homosexual
- ☐ Bisexual
- ☐ Fluid
- ☐ Other

Have you drunk alcohol in the past 12 months? If so, how much?

- ☐ No
- ☐ Yes, only in special occasions
- ☐ Yes, only at the weekend
- ☐ Yes, up to twice a week
- ☐ Yes, 3-5 times a week
- ☐ Yes, everyday

Do you use dating apps?

- ☐ No, I've never used them
- ☐ No, I used them in the past
- ☐ Yes, I do

How long have you used them for? (only for former users)

- ☐ 1-5 days
- ☐ 6-30 days
- ☐ 1-6 months
- ☐ more than 6 months

Questions for active users only

Indicate the number of dating apps you have installed:

At what age did you use a dating app for the first time?

How many years have you been using apps?

What were you primary looking for within the app, when you installed it?

- ☐ Meet new people
- ☐ Casual sex
- ☐ Begin a relationship
- ☐ Transgression
- ☐ I didn't know

How often do you enter apps?

- ☐ Almost never
- ☐ Once or twice a month
- ☐ Once or twice a week
- ☐ Once a day
- ☐ Two or three times per day
- ☐ More than three times per day

How often do you check your app notifications?

- ☐ rarely without hearing the notification signal or vibration, or only hearing signals or vibrations
- ☐ sometimes also without hearing the notification signal or vibration
- ☐ often also without hearing the notification signal or vibration
- ☐ very often also without hearing the notification signal or vibration

Do you ever stop what you're doing to check if you have app notifications?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often

On average, how much time do you spend in the apps in a day?

- ☐ less than 5 minutes
- ☐ from 5 to 15 minutes
- ☐ from 15 minutes to half an hour
- ☐ from half an hour to one hour
- ☐ from one to three hours
- ☐ from three to six hours
- ☐ I'm not able to quantify it

Do you happen to use the apps more than you would like?

- ☐ Never
- ☐ Rarely
- ☐ Often

Do you happen to access the apps without thinking about it and realize it later?

- ☐ Never
- ☐ Rarely

- ☐ Often

Do you happen to give up hours of sleep to check app notifications?

- ☐ Never
- ☐ Rarely
- ☐ Often

Have you ever proposed yourself to reduce the time you spend in the apps?

- ☐ Never
- ☐ Rarely
- ☐ Often

Do you get anxious or do you miss something if you can't use the apps for some reason?

- ☐ Never
- ☐ Rarely
- ☐ Often

List of variables

The table reports the 28 variables that were extracted from the responses to the questionnaire.

Be_male = this is a dichotomous variable indicating the gender of the participant (1=male, 0=female).

Age = this is a continuous variable indicating the age of the participant.

Education_level = this variable indicates years of education of the participant. The response was coded as follows: 8= “middle school”, 13= “high school”, 16= “triennial degree”, 18= “master degree or more years of education”.

Relational_status = this is a dichotomous variable indicating the relational status of the participant (1=single, 0= in a relationship).

Sexual_orientation = this is a dichotomous variable indicating the sexual orientation of the participant (1= heterosexual, 0= non-heterosexual).

Alcohol_assumption = this is a dichotomous variable indicating participants who drink alcohol during the last year (1= drinking alcohol, 0= teetotaller).

Occasional_drinking = this is a dichotomous variable indicating participants who occasionally drink alcohol (1= drinking alcohol occasionally, 0= other frequency of drinking alcohol).

Regular_drinking = this is a dichotomous variable indicating participants who regularly drink alcohol (1= drinking alcohol regularly, 0= minor frequency of drinking alcohol).

Dating_app_user = this categorical variable indicates types of dating app users (former user, active user, non-user).

Active_user = this dichotomous variable indicates active dating app users (1= active users, 0 = other users).

Motivation_new_people = this dichotomous variable indicates active users who have installed dating apps to find friends (1= to find friends, 0 = other motivations).

Motivation_relationship = this dichotomous variable indicates active users who have installed dating apps to find romantic partners (1= to find romantic partners, 0 = other motivations).

Motivation_casual_sex = this dichotomous variable indicates active users who have installed dating apps to find sexual partners (1= to find sexual partners, 0 = other motivations).

Motivation_transgression = this dichotomous variable indicates active users who have installed dating apps to find transgression (1= to find transgression, 0 = other motivations).

Motivation_don't_know = this dichotomous variable indicates active users who have installed dating apps without a specific motivation (1= no specific motivation, 0 = other motivations).

Beginning_age = this is a continuous variable indicating the age at which active users installed dating apps.

Usage_years = this is a continuous variable indicating active users' years of dating apps utilization.

Past_time_6_months = this dichotomous variable indicates former dating app users who utilized dating apps for more than 6 months (1= more than 6 months, 0 = other utilization time).

App_number = this is a continuous variable indicating how many dating apps active users have.

App_access_3_times = this is a dichotomous variable indicating active users who enter their dating apps more than 3 times per day (1= more than 3 times, 0 = less than 3 times).

Check_notifications_often = this is a dichotomous variable indicating active users who often or very often check their notifications also without hearing the notification signal or vibration (1= check often or very often, 0 = minor check frequencies).

Stop_activities_often = this is a dichotomous variable indicating active users who often or very often stop other activities to check their dating apps (1= stop often or very often, 0 = minor stop frequencies).

Daily_time_1h = this is a dichotomous variable indicating active users who spend more than 1 hour per day using dating apps. (1= "more than 1 hour", 0 = "less time"). Note: "not able to quantify it" responses were not included in the analysis.

Uncontrolled_use_often = this is a dichotomous variable indicating active users who often or always think they are using too much the apps (1= often, 0 = minor frequencies).

Unaware_accesses_often = this is a dichotomous variable indicating active users who often enter dating apps without thinking of it and realizing it later (1= often, 0 = minor frequencies).

Give_up_sleep_often = this is a dichotomous variable indicating active users who often give up hours of sleep to check app notifications (1= often, 0 = minor frequencies).

Desire_to_reduce_time_often = this is a dichotomous variable indicating active users who often have proposed to themselves reduce the time spent on dating apps (1= often, 0 = minor frequencies).

Anxiety_feelings_often = this is a dichotomous variable indicating active users who often get anxious or miss something when they are unable to use the apps (1= often, 0 = minor frequencies).