

## **Friendship Intimacy and Personality: Introductory Psychology Students**

The following information is related to a study that you may have participated in January/February of 2023. If you participated in this study, you completed an online survey about yourself (e.g., personality) and your relationship with a close platonic friend. Previous research in our lab demonstrates that there is very little research examining how a platonic friendship can turn into a romantic relationship, even though most people prefer to be friends with someone before starting a romantic relationship with that person. The present study explored whether personality might influence who develops romantic or passionate feelings towards a platonic friend. The goals of this study were to 1) find which personality traits were linked to the development of romantic feelings towards a platonic friend, and 2) find if relationship satisfaction and friendship-based intimacy (feelings of warmth and trust) were linked to the development of romantic feelings towards a platonic friend.

### **KEY FINDINGS:**

*What personality traits predict current romantic attraction in platonic friendships?*

Yes. Individuals who reported higher levels of extraversion, agreeableness, and emotional stability also reported increased levels of romantic attraction to their platonic friend. However, most people reported little to no romantic attraction towards a platonic friend.

*Does current relationship satisfaction predict romantic attraction in platonic relationships?*

Yes. Individuals who reported lower levels of relationship satisfaction in their current relationship also reported increased levels of romantic attraction in their platonic relationships.

*Does friendship-based intimacy predict romantic attraction in platonic relationships?*

Yes. Individuals who reported higher friendship-based intimacy also reported increased levels of romantic attraction in their platonic relationships.

### **FUTURE DIRECTIONS:**

Future studies should examine the extent to which emotional stability, extraversion and agreeableness impacts romantic attraction in platonic friendships. As the majority of individuals who took the survey identified as heterosexual, future studies may also want to examine whether these findings are able to generalize to individuals with other sexual orientations.

If you would like more information related to this study, please refer to:

Stinson, D. A., Cameron, J. J., & Hoplock, L. B. (2022). The friends-to-lovers pathway to romance: Prevalent, preferred, and overlooked by science. *Social Psychological & Personality Science*, 13(2), 562–571. <https://doi.org/10.1177/19485506211026992>

*Podcast with the Toronto Star:* <https://www.thestar.com/podcasts/thismatters/2021/07/28/the-science-behind-why-you-should-date-your-friends-no-really.html>

If you have any other questions or concerns about the study, please contact:

Dr. Jessica Cameron at [Jessica.Cameron@umanitoba.ca](mailto:Jessica.Cameron@umanitoba.ca)

Jessica Plett at [plettj1@myumanitoba.ca](mailto:plettj1@myumanitoba.ca)

**Thank you again for your participation!**