

S1: Interview Guide

您好，非常感谢您愿意参与本次访谈。本次研究旨在了解兰州单身女性对亲密关系、自我身份与生活感受的真实看法，所有内容仅用于学术分析。

本次访谈全程录音，所有个人信息会全部匿名处理，文稿仅使用化名；您拥有完全选择权：任何敏感问题都可以拒绝回答，中途随时终止访谈，不会产生任何不利影响；访谈内容严格保密，录音完成研究后永久删除；访谈结束后，我会提供本地免费心理疏导渠道供您需要时使用。

请问您是否已经充分了解以上内容，并签署书面知情同意书？

一、单身人生轨迹

1. 简单聊聊您的成长、求学、工作经历，以及您目前单身状态形成的完整过程（未婚 / 离异 / 丧偶）。
2. 您当初选择 / 被动进入单身生活时，身边家人、亲友是什么态度？
3. 多年单身生活中，您对婚姻、伴侣的想法发生过哪些变化？

二、家庭与同辈婚恋压力

1. 家里长辈是否频繁催婚？他们常以哪些理由劝说您走入婚姻？
2. 同龄人、同事聚会时，是否会拿您的单身身份调侃、评判？
3. 超过 35 岁之后，家人和周遭的监视、议论是否明显加重？您如何应对？
4. 离异 / 丧偶之后，家人对您再次发展亲密关系的包容度有什么变化？

三、性经历、观念与当下亲密状态

1. 您如何看待女性自身的生理与亲密需求？社会上对单身女性的亲密行为普遍存在两种评价：单身发生关系不自重、长期无性生活不正常，您怎么看这种双重标准？
2. 如果有过亲密关系经历，这些经历给您带来的感受是怎样的？满足、愧疚、矛盾或是其他？
3. 未婚的您如何看待婚前守贞；离异女性重新接触亲密时会有哪些顾虑；丧偶女性是否认为自己不再拥有情感、生理需求？
4. 您是否尝试过线上交友、线下短期亲密接触？过程中遇到过哪些风险或负面体验？
5. 当您有生理需求但没有稳定伴侣时，一般会如何处理？

四、性自我认同

1. 亲密选择会影响您对自己的评价吗？什么样的亲密生活状态会让您觉得“做自己”？
2. 您心中理想的自我形象，是否和大众定义的“好女人”“本分女性”存在冲突？
3. 当您的亲密选择和家人、社会道德标准冲突时，内心会产生怎样的拉扯？
4. 经济、学历、年龄这些条件，会改变您对自身亲密选择权的底气吗？

五、主观幸福感与生活满足感

1. 整体而言，您目前的生活满意程度如何？哪些场景会让您感到踏实、愉悦？
2. 亲密层面的满足 / 缺失，会直接影响您整体的心情与生活质量吗？
3. 当您压抑自身需求换取他人认可时，长期内心感受如何？
4. 如果可以完全不受旁人眼光约束，您会如何安排自己的亲密生活？这种理想状态会提升您的幸福感吗？

六、污名应对与自我保护方式

1. 面对外界对单身女性亲密生活的评判，您通常会选择隐瞒、辩解还是完全不在意？
2. 您会刻意区分“家人 / 同事面前”和“私下”两套生活模式，隔离自己的亲密生活吗？
3. 您有没有通过事业、独处、女性好友圈子消解婚恋、亲密相关的压力？
4. 您认为当下城市里缺少哪些面向单身女性的私密健康服务与情绪支持渠道？

非常感谢您坦诚分享所有想法，您的经历对本次研究至关重要。如果后续您想起还有想补充的内容，可以通过预留联系方式和我沟通。

备用追问：

1. 如果方便，可以再多说说这件事带给您的内心感受吗？
2. 当时家人知道这件事后，具体说了哪些话？
3. 这种矛盾的感受持续多久了？
4. 经济条件变好 / 变差之后，您的想法有什么变化？

English script

Thank you sincerely for taking part in this interview. This academic research explores inland single women's real perceptions of intimate relationships, sexual self-identity and life wellbeing. All data will only be used for qualitative analysis.

The whole conversation will be audio-recorded; all personal identifiable information will be anonymized, and only pseudonyms will appear in transcripts. You hold full autonomy: you may decline any sensitive questions or terminate the interview at any time without negative consequences. All interview records are strictly confidential; original audio files will be permanently erased once the research project finishes. After the interview, I will share local free psychological counselling resources for your reference if needed.

Do you fully understand the above terms and confirm your signed informed consent before we start?

Module 1: Life trajectory & paths to singlehood

1. Could you briefly talk about your growth, education and career, as well as how you became single (never-married / divorced / widowed)?
2. When you first became single, what attitudes did your family and friends hold towards your status?
3. Over years of single life, how have your views on marriage and romantic partners shifted?

Module 2: Familial & peer marital pressure

1. Do your elderly family members frequently pressure you to marry? What arguments do they usually use to persuade you?
2. At gatherings with peers or colleagues, do people tease or judge you for being single?
3. After turning 35, has surveillance and gossip from relatives and communities grown heavier? How do you cope with this pressure?
4. After divorce or widowhood, how has your family's tolerance for you to start new intimate relationships changed?

Module 3: Sexual history, attitudes and current intimate practices

1. How do you view women's natural physical and intimate desires? Society holds two conflicting judgements on single women's sexuality: having non-marital intimacy is immoral, while lifelong celibacy is abnormal. What do you think of this sexual double standard?

2. If you have had intimate relationships before, what feelings did those experiences bring you—satisfaction, guilt, inner conflict, or others?
3. For never-married participants: your opinions on premarital chastity; for divorced participants: what worries you about new intimate encounters; for widowed participants: do you think you no longer have emotional or physical needs after losing your spouse?
4. Have you tried online dating or casual intimate connections offline? What risks or unpleasant experiences did you encounter?
5. When you have physical desires without a steady partner, how do you usually deal with this feeling?

Module 4: Sexual self-identity

1. Do your intimate choices affect how you evaluate yourself? What kind of intimate life makes you feel authentic and true to yourself?
2. Is there a conflict between your ideal self and society's stereotyped image of a "decent woman"?
3. When your intimate choices clash with family expectations and social morality, what inner struggles do you experience?
4. Do factors such as income, education and age change your sense of agency over your own intimate decisions?

Module 5: Subjective wellbeing & life satisfaction

1. Overall, how satisfied are you with your current life? What moments make you feel stable and happy?
2. Does satisfaction or lack of intimate connection directly shape your general mood and quality of life?
3. When you suppress your own needs to gain social acceptance, how do you feel in the long run?
4. If you could fully ignore other people's judgements, how would you arrange your intimate life? Would this ideal state improve your wellbeing?

Module 6: Stigma coping strategies

1. Faced with social judgement on single women's sexuality, do you tend to hide your life, argue with others, or stay indifferent?
2. Do you separate your intimate life from public spheres (family/work) and maintain two different lifestyles in different contexts?

3. Have you used career development, solo leisure or female friend groups to relieve marriage and sexuality-related pressure?
4. What confidential sexual health services or emotional support do you think are missing for urban single women at present?

Thank you so much for your frank sharing today. Your personal experience is vital to this research. If you think of extra thoughts you want to add afterwards, you may reach me via the contact information you left.

Appendix Supplementary Prompt List

1. If comfortable, could you elaborate more on how this experience made you feel inside?
2. What exact words did your family say after they learned about this matter?
3. How long have you held this conflicting feeling?
4. How did your opinions shift after your financial situation improved or worsened?

S2: Coding Scheme Document

I. Overall Coding Process Overview

1. Familiarization: Repeated reading of all full transcripts + audio re-listening; field memos integrated into coding logs
2. Open inductive coding: Line-by-line manual labeling (total raw codes = 347) — no pre-set deductive categories
3. Code clustering: Group raw codes into sub-themes; eliminate duplicate & low-frequency codes
4. Theme refinement: Cross-check all codes against full dataset; remove unsupported minor sub-themes
5. Theme definition: Form three core typologies + two cross-cutting moderating themes
6. Narrative synthesis: Match representative participant quotes to each theme for manuscript writing

II. Three Main Overarching Themes

Theme 1: Sexual Negotiation & Negotiated Autonomy

Purpose: Capture women's daily bargaining between desire, morality, family judgment

Sub-themes & Corresponding Raw Code Groups

1. Moralized Retreat
 - Raw code cluster: Premarital chastity identity; fear of gossip; avoid casual dating; self-suppression of desire; bad experience with online sexual encounters; family pressure to remain "pure"; fear of being labeled loose; loneliness accepted as trade-off for reputation
2. Pragmatic Accommodation
 - Raw code cluster: One-night stand emotional emptiness; sex for relational peace; internal shame after intimacy; split self; separate sex from love; reluctant compliance with partner's demands; short-term physical relief but long guilt
3. Integrative Autonomy
 - Raw code cluster: Sex as personal pleasure; voluntary single celibacy without anxiety;

self-determined bodily decisions; ignore others' judgment; family support for personal intimate choices; consistent values and sexual practice

Theme 2: Self-Identity Construction

Purpose: Link sexual behaviors to participants' self-perception

Sub-themes & Corresponding Raw Code Groups

1. Moral self-evaluation
 - Codes: Good woman identity; sense of shame; self-respect tied to chastity; self-acceptance of casual intimacy
2. Singlehood stigma identity
 - Codes: Leftover woman mockery; divorced failure label; widowed sexual invisibility; age-based marriage pressure
3. Independent modern female identity
 - Codes: Career priority; self-care; refuse marriage as mandatory life task; bodily autonomy discourse

Theme 3: Subjective Wellbeing

Purpose: Track factors shaping satisfaction / distress

Sub-themes & Corresponding Raw Code Groups

1. Cognitive coherence (core internal mechanism)
 - Codes: Consistency between action and values; identity dissonance; split inner self; relief after consistent choices
2. Social validation (core external resource)
 - Codes: Family understanding; peer teasing; community gossip; supportive female friend circles
3. Long-term psychological outcomes
 - Codes: Chronic sexual frustration; stable life satisfaction; anxiety about intimate relationships; emotional alienation

III. Intersectional Auxiliary Coding Axis

Attached to every participant transcript segment for subgroup comparison

1. Marital status code: NM (never-married) / D (divorced) / W (widowed)
2. Age bracket: 27–34 / 35–44 / 45–55

3. Education level: Bachelor / Master / Doctor
4. Annual income tier: Low (<100,000 RMB), Middle (100,000–300,000 RMB), High (>300,000 RMB)
5. Has children: Y / N

IV. Code Elimination Standard

1. Raw codes appearing fewer than 3 times across all transcripts were discarded as marginal isolated remarks
2. Synonymous duplicate codes merged (e.g. “fear gossip” + “afraid neighborhood talk” merged into one unified code)
3. Descriptive surface-only codes without links to sexuality/identity removed (e.g. daily work trivialities irrelevant to research questions)

V. Theme Validation Rules

1. Cross-case check: Each sub-theme must appear across at minimum 6 different participants
2. Intersection test: Every main theme can be subdivided by marital status / income / age auxiliary codes
3. Theoretical alignment: All final themes map back to the three-tier macro-meso-micro analytical framework

VI. Quotation Selection Standard for Manuscript

Only extracts meeting two standards are retained in the published text:

1. Exemplify the core logic of a theme without unique identifying information
2. Balanced distribution across NM/D/W three marital subgroups

VII. Translation Coding Note

All Chinese original quotes were translated into English by lead author; a bilingual gender scholar reviewed all translated passages to eliminate cultural misinterpretation, with translation correction records stored in supplementary logs.

VIII. Supplementary Qualitative Analysis Records

This section documents additional analytical audit trails generated throughout the NVivo thematic coding process, for referee verification of analysis transparency.

1. NVivo 14 Coding Operation Records

All open coding, code clustering, theme refinement and cross-case checking procedures were completed within NVivo 14. Operation logs record the timeline of line-by-line inductive coding, duplicate code merging, elimination of low-frequency codes, and repeated cross-theme comparison across the full dataset. All theme adjustments and revision traces are retained within the analytical workflow documented in this scheme.

2. Team Reflexive Memo Logs

Reflexive field and coding memos were written by the lead researcher immediately after each interview and during each stage of thematic analysis. Memos document subjective impressions of participants, emerging analytical doubts, adjustments to coding logic, and self-reflection on researcher bias when interpreting sexual narratives. These reflexive notes guided the refinement of the three negotiated autonomy typologies.

3. Bilingual Quotation Translation Proofreading Records

All Chinese original participant extracts were translated into academic English by the primary author. A bilingual scholar specializing in gender studies conducted a second round of independent proofreading. Translation correction logs record semantic adjustments for cultural concepts (e.g., *mianzi*, leftover women, chastity norms) to avoid misinterpretation of local sexual morality, ensuring consistency between original meaning and manuscript quotations.

S3: Anonymized Transcript Samples

Sample 1 — Ling, 39, Divorced (Moralized Retreat Group)

我离婚之后很清楚，女人再主动找异性发生关系，所有人都会指责我，但对方男性不会被说半点。之前单位已婚男同事跟我暗示想维持纯肉体关系，我直接拒绝了。我宁愿自己长期忍耐生理需求，也不想成为圈子里被闲话的对象。之前试过线上交友，一见面对方提出多人关系，我当场就走了，这种环境对离异女性没有保护，克制欲望是最稳妥自保的方式。

English Translation:

After my divorce, I know clearly that if I take the initiative to have intimate relations with men, everyone will blame me, while men will face no criticism at all. A married male colleague at work once hinted he wanted a purely physical affair, and I turned him down straight away. I would rather endure my physical needs alone for a long time than become the target of gossip among acquaintances. I tried online dating before, but the man suggested a threesome as soon as we met. I left immediately. This kind of social space offers no protection for divorced women; restraining my desire is the safest way to protect myself.

Coding labels attached to this passage: Moralized Retreat; Divorced; Medium Income; Sexual Double Bind; Fear of Social Stigma

Sample 2 — Qiqi, 28, Never-Married (Moralized Retreat / Integrative Autonomy in value alignment)

我和家里都认同婚前保持贞洁。这不是压抑欲望，是尊重自己的身体和真正的亲密关系。我不排斥恋爱，但不会为了排解生理需求随便与人发生关系。身边朋友总拿单身处女调侃我，虽然偶尔尴尬，但我内心认同自己的选择，不会为了迎合别人改变原则。

English Translation:

My family and I both value premarital chastity. This is not suppressing desire; it is a way to respect my own body and genuine romantic connection. I am not against dating, but I will not have casual intimacy just to relieve physical needs. My friends often tease me for being a virgin while single. Though I feel awkward sometimes, I fully recognize my own choices and will not change my principles to fit others' expectations.

Coding labels: Moralized Retreat; Integrative Autonomy (value coherence); Never-married; Family Validation; Cognitive Coherence

Sample 3 — Xiao, 30, Never-Married (Pragmatic Accommodation)

我跟前夫前男友发生过一夜情，本来以为只解决生理需求、不投入感情就不会难过。

但第二天他一走，我忍不住大哭。理智告诉我不需要期待长久关系，可情绪根本跟不上自己的自我说服，每次事后都会陷入空虚和愧疚。

English Translation:

I had a one-night stand with my ex who is already married. I thought if I only sought physical release without emotional attachment, I would not feel sad. But I cried nonstop after he left the next morning. Logically I told myself I should hold no expectations for a long-term relationship, yet my emotions cannot follow my rationalization. I fall into emptiness and guilt every time afterward.

Coding labels: Pragmatic Accommodation; Transactional Intimacy; Self Dissonance; Never-married

Sample 4 — Rong, 31, Never-Married (Integrative Autonomy)

性只是身体愉悦，和婚姻绑定的传统看法我不认同。我不打算结婚，所以不会在意旁人怎么评价我的亲密选择。经济独立之后，我不用依附任何人，可以自主挑选相处对象，不用因为担心流言压抑自己的真实需求，我的行为和内心想法完全一致，不会产生自我矛盾。

English Translation:

I disagree with the traditional view that sex must be tied to marriage. I have no plan to marry, so I do not care what others think of my intimate choices. Now that I am financially independent, I do not need to rely on anyone. I can choose partners freely and do not have to suppress my true desires out of fear of gossip. My behaviors align fully with my inner beliefs with no internal conflict.

Coding labels: Integrative Autonomy; High Income; Never-married; Autonomous Pleasure; Cognitive Coherence

Sample 5 — Mei, 27, Never-Married (Reluctant Compliance, Pragmatic Accommodation)

Original Chinese transcript extract:

伴侣需求很强，几乎每天都想要。如果我多次拒绝，他会低落生气，为了维持和平我大多顺从。很多时候我自己没有欲望，但会勉强配合，有时候会觉得身体好像不属于自己，长期下来心里会有隔阂。

English Translation:

My partner has strong sexual needs almost every day. If I refuse many times, he becomes upset. I mostly comply to keep our relationship peaceful. Often I have no desire myself but force myself to cooperate. Sometimes I feel like my body does not belong to me, and this creates emotional distance over time.

Coding labels: Pragmatic Accommodation; Reluctant Compliance; Gendered Relational Norms; Never-married

Sample 6 — Qiao, 32, Never-married (Cross-cutting Theme: Social Validation Pressure)

圈子里只剩我还是单身处女，朋友总当众取笑我，我觉得非常丢人。为了不再被调侃，我喝酒之后和别人发生了关系，但事后完全没有轻松，反而长期对自己产生负面评价，纯粹是为了获取群体认同做出的被动选择。

English Translation:

I am the only virgin single woman in my friend group, and they tease me publicly all the time, which makes me extremely ashamed. To stop the mockery, I hooked up with someone after drinking. However, I felt no relief afterward and held negative self-perceptions for a long time. This passive choice was only made to gain recognition from my peers.

Coding labels: Social Validation Pressure; Cognitive Dissonance; Never-married

Sample 7 — Yuanzi, 45, Divorced (Moralized Retreat)

线上交友风险太高，初次见面对方就提出多人亲密，让我非常不适。尝试一次之后我彻底放弃向外寻求亲密，宁愿独自忍受需求，避免再次遭遇不尊重女性的场景。

English Translation:

Online dating carries too many risks. The man proposed group intimacy the first time we met, which made me extremely uncomfortable. After this single attempt, I completely gave up seeking intimate connections outside marriage. I would rather endure my needs alone to avoid encountering disrespectful treatment again.

Coding labels: Moralized Retreat; Divorced; Unsafe Sexual Space

Sample 8 — Yezi, 32 Widowed (Moralized Retreat)

丈夫过世之后，家里亲戚都会默认我不再有生理需求，一提感情就被劝安分过日子，不敢和旁人说自己还有欲望，只能完全压抑自己。

English Translation:

After my husband passed away, all relatives assume I no longer have physical needs. If I mention intimate needs, they tell me to stay quiet and behave. I dare not share my desires with anyone and have to suppress them entirely.

Coding: Widowhood sexual erasure, moralized retreat, family surveillance

Sample 9 — Xin, 39 Widowed

身边同龄人都默认寡妇不该再谈恋爱，更别说有亲密关系，出去社交都会被指指点

点，索性不再接触异性。

English Translation:

People around me believe widows should not date, let alone have intimate relationships. I get judged when socializing, so I stop connecting with men.

Coding: Widow stigma, social validation deficit, moralized retreat

Sample10 — Yu,41 Widowed with child

带着孩子，所有人都觉得我该一心抚养孩子，不能有私人感情需求，哪怕有想法也只能藏起来。

English Translation:

I have a child. Everyone thinks I should only focus on raising him and abandon my own intimate needs, so I hide all my desires.

Coding: Widow + childcare burden, sexual erasure

Sample11 — Dan,49 Widowed (Integrative tendency)

我年纪大了，不在乎别人怎么看，如果遇到合得来的人，有亲密关系也很正常，不会因为丧偶就否定自己的需求。

English Translation:

I don't care about others' opinions at my age. If I meet someone compatible, intimacy is normal; I won't deny my own needs just because I lost my spouse.

Coding: Integrative tendency, resisting widowhood stigma

Transcript Anonymization Statement

All place names, workplace titles, school/hospital names, income exact figures removed; only income tiers retained in coding labels. No full names of participants, partners, family members appear anywhere. Specific identifying life events (e.g. specific divorce year, exact child age) redacted. All extracts selected avoid unique life trajectories that could identify individual interviewees. Full raw audio recordings cannot be shared per participant informed consent; only anonymized text samples provided for peer review verification.

S3-1: All Participants Transcript Index

pseudonym	Age Bracket	Marital Status	Children	Education	Income Tier	Core Negotiation Strategy	Main Sub-themes Covered in Transcript	Quoted in Manuscript (Y/N)
Can	27–34	NM	N	Bachelor	Low	Moralized Retreat	Premarital chastity, family surveillance, virgin stigma	N
Mei	27–34	NM	N	Bachelor	Low	Pragmatic Accommodation	Reluctant partner compliance, relational compromise	Y
Xuan	27–34	NM	N	Master	Low	Moralized Retreat	Peer mockery of virginity, fear of gossip	N
Qiqi	27–34	NM	N	Bachelor	Low	Moralized Retreat / Integrative Autonomy	Voluntary chastity, family validation, value coherence	Y
Wen	27–34	NM	N	Master	Med	Pragmatic Accommodation	Emotional emptiness after casual intimacy	N
An	27–34	NM	N	Doctor	High	Integrative Autonomy	Bodily self-determination, freedom from marriage pressure	Y
Hong	27–34	NM	N	Bachelor	Low	Moralized Retreat	Avoid casual dating, fear social judgment	N
Zhuzhu	27–34	D	N	Master	High	Pragmatic Accommodation	Guilt following short-term intimate relationships	N
Nana	27–34	NM	N	Bachelor	Med	Moralized Retreat	“Leftover” age stigma, family marriage demands	N
Xiao	27–34	NM	N	Master	Med	Pragmatic Accommodation	One-night stand dissonance, split inner self	Y
Wanzi	27–34	D	N	Bachelor	Med	Moralized Retreat	Distressing online dating experience, male advances avoidance	N
Rong	27–34	NM	N	Master	High	Integrative Autonomy	Sex as independent pleasure,	Y

pseudonym	Age Bracket	Marital Status	Children	Education	Income Tier	Core Negotiation Strategy	Main Sub-themes Covered in Transcript	Quoted in Manuscript (Y/N)
							disregard of social gossip	
Qiao	27–34	NM	N	Bachelor	Med	Pragmatic Accommodation	Coerced intimacy to escape virgin mockery	Y
Yezi	27–34	W	N	Master	High	Moralized Retreat	Widow sexual erasure, kin surveillance	Y
Na	27–34	D	N	Master	High	Pragmatic Accommodation	Shame over divorced women's sexual needs	N
Wei	35–44	NM	N	Bachelor	Med	Moralized Retreat	Over-35 intensive family marriage pressure	N
Jie	35–44	NM	N	Doctor	High	Pragmatic Accommodation	Alternating desire and self-blame	Y
Chen	35–44	D	N	Bachelor	High	Moralized Retreat	Gendered double standard targeting divorced women	N
Mumu	35–44	D	Y	Bachelor	Med	Pragmatic Accommodation	Conflicts between dating and childcare	N
Lili	35–44	NM	N	Bachelor	Low	Moralized Retreat	Traditional familial chastity norms	N
Rui	35–44	NM	N	Bachelor	Low	Moralized Retreat	Refuse implicit sexual expectations from blind dates	N
Ling	35–44	D	N	Master	High	Moralized Retreat	Reject casual affairs with married male colleagues	Y
Xin	35–44	W	N	Bachelor	Med	Moralized Retreat	Social prohibition on widows' romantic pursuits	Y
Ying	35–44	NM	N	Bachelor	Low	Pragmatic Accommodation	Passively satisfy partner's frequent sexual demands	N
Fang	35–44	D	Y	Master	High	Pragmatic Accommodation	Anxiety of gossip when dating with children	N

pseudonym	Age Bracket	Marital Status	Children	Education	Income Tier	Core Negotiation Strategy	Main Sub-themes Covered in Transcript	Quoted in Manuscript (Y/N)
Huan	35–44	D	Y	Master	High	Pragmatic Accommodation	Split identity as divorced mother	N
Yu	45–55	W	Y	Bachelor	Med	Moralized Retreat	Family belief that widows ought to abandon intimate needs	Y
Suqin	45–55	D	Y	Doctor	High	Integrative Autonomy	Stable self-acceptance post-divorce	N
Weiwei	45–55	D	Y	Master	High	Pragmatic Accommodation	Hesitant short-term dating	N
Xian	45–55	D	Y	Bachelor	Med	Moralized Retreat	Limited dating options due to low income	N
Yuanzi	45–45	D	N	Bachelor	Med	Moralized Retreat	Traumatic online intimate encounter	Y
Bai	45–55	W	Y	Bachelor	Med	Moralized Retreat	Dual stigma of old age and widowhood	N
Shiyu	45–55	W	Y	Bachelor	Med	Moralized Retreat	Relatives' disapproval of dating	N
Hanhan	45–55	D	Y	Master	High	Pragmatic Accommodation	Avoid public intimate contact	N
Yinuo	45–55	D	Y	Bachelor	High	Pragmatic Accommodation	Compromise in transactional dating	N
Dan	45–55	W	Y	Bachelor	High	Integrative Autonomy	Older widows' legitimate right to intimacy	Y
Min	45–55	D	Y	Bachelor	High	Moralized Retreat	Adult children's judgment on mother's dating	N
Zhen	45–55	D	Y	Bachelor	Low	Moralized Retreat	Financial limits on social interaction	N
Kun	45–55	D	Y	Bachelor	High	Pragmatic Accommodation	Low-expectation casual relationships	N
Jianning	45–55	D	Y	Bachelor	Med	Moralized	Post-retirement	N

pseudonym	Age Bracket	Marital Status	Children	Education	Income Tier	Core Negotiation Strategy	Main Sub-themes Covered in Transcript	Quoted in Manuscript (Y/N)
						Retreat	family marriage pressure	
Chunni	45–55	W	Y	Bachelor	Med	Moralized Retreat	Sexual invisibility for elderly widows	N

Notes:

1. Abbreviation Explanation: NM = Never-married; D = Divorced; W = Widowed
2. Income Tier: Low (<100,000 RMB/year), Med = 100,000–300,000 RMB/year, High (>300,000 RMB/year)

3. Anonymization Statement

All transcripts have fully removed real names, work units, exact residential locations, precise income figures and unique life events to eliminate any risk of participant identification.

4. Processing Statement

Every transcript underwent full verbatim transcription, line-by-line open coding and cross-case thematic comparison. No participant records were omitted or discarded during all stages of qualitative analysis.

5. Quotation Explanation

Only a small portion of representative extracts were selected for manuscript presentation. The majority of transcript data support the study’s intersectional comparative analysis without direct in-text citation.

S3-2: Code Text Mapping Table

Theme Category		Code Name	All Related Pseudonyms	Code Frequency
Moralized Retreat 道德退缩		婚前贞洁 / Premarital chastity	Can, Qiqi, Hong, Lili, Xuan	11
		害怕邻里亲友闲话 / Fear of communal gossip	Ling, Chen, Xian, Zhen	17
		拒绝婚外短期关系 / Reject casual extramarital intimacy	Ling, Wanzi, Yuanzi	12
		线上交友遭遇风险 / Harmful online dating experience	Yuanzi, Wanzi	6
		“剩女” 年龄污名 / Age-based leftover stigma	Nana, Wei, Rui	10
		离异女性欲望被污名 / Stigma against divorced women's desire	Ling, Mumu, Fang	14
		寡妇需求被无视 / Widow sexual erasure	Yezi, Xin, Yu, Bai, Shiyu, Chunni	9
		压抑生理需求换取体面 / Suppress desire for social reputation	All retreat-group participants	23
Pragmatic Accommodation 务实妥协		一夜情后空虚愧疚 / Emptiness & guilt after one-night stands	Xiao, Jie, Zhuzhu	14
		为维持关系勉强顺从伴侣 / Reluctant sexual compliance	Mei, Ying	5
		自我割裂，理智与感受冲突 / Split internal self	Xiao, Jie, Qiao	12
		仅寻求生理排解、不期待感情 / Separate sex and love	Wen, Yinuo, Kun	8
		因同伴嘲讽仓促发生关系 / Coerced intimacy to avoid mockery	Qiao	4
		单亲母亲亲密顾虑 / Dating anxiety with children present	Mumu, Huan, Fang	7
Integrative Autonomy 整合自主		性独立于婚姻、无需他人评判 / Sex decoupled from marriage norms	Rong, Dan	4
		自愿独身无焦虑 / Voluntary singlehood without anxiety	An, Qiqi	9
		家庭支持个人亲密选择 / Family validation of bodily choices	Qiqi, Suqin	6
		经济独立支撑自主亲密选择 / Financial freedom enables sexual agency	Rong, An, Dan, Suqin	9
		价值观与行为完全统一 / Full cognitive coherence	All 9 integrative participants	9
Cross-cutting Cross-Theme 跨群体通用机制	Social Validation 社会认可	亲友理解 = 心理舒缓 / Supportive kin reduces distress	Qiqi, Rong, An	10
		同伴嘲笑带来羞耻 / Peer teasing triggers shame	Qiao, Xuan, Nana	12
		独居女性缺少同频社交圈 / Lack of supportive female networks	Yuanzi, Ling, Xin	15
	Cognitive Coherence 认知自治	行为与观念冲突 = 持续内耗 / Value-behavior dissonance	All pragmatic accommodation group	14
		选择自洽则生活满意度高 /	All integrative	9

		Consistency boosts wellbeing	autonomy group	
		长期压抑带来身心隔阂 / Long-term desire suppression	All moralized retreat group	23

Notes:

1. This mapping table aggregates all 347 inductive open codes generated in NVivo 14 coding. Duplicate synonymous codes have been merged into unified labels for readability.
2. The “code frequency” column counts how many distinct anonymized transcripts contain this code, proving thematic patterns are not based on a small number of isolated interview extracts.
3. All pseudonyms correspond one-to-one with S3-1 Participant Transcript Index, allowing cross-verification between sample demographics and coding results.
4. All codes originate from full anonymized processed transcripts, not just the short-quoted samples presented in the manuscript.

西北民族大学科技伦理审查审批表

编号（校科技伦理委员会负责编码）：2023011602

项目信息	研究项目名称	Sexuality, Self-Identity, and Subjective Well-Being among Single Women in Urban China（中国城市单身女性的性、自我认同与主观幸福感）		
	项目起止时间	2023年2月1日——2024年3月31日		
	项目经费来源	无		
负责人信息	姓名	赵靓	单位	外国语学院
	职工号	280061334	联系方式	18993199431

涉及伦理问题的研究内容和研究方案摘要：

一、研究内容

本研究旨在探讨中国城市单身女性如何在“第四次单身浪潮”和性别双重标准的社会背景下，协调性（sexuality）、自我认同（self-identity）与主观幸福感（subjective well-being）之间的关系。研究聚焦于未婚、离异和丧偶三类单身女性群体，分析她们的性协商策略、身份建构过程及幸福感影响因素。

二、研究方法

- 参与者招募：通过小红书、微信等社交媒体、滚雪球抽样等方式招募41名居住在兰州市的27-55岁单身女性。
- 数据收集：采用半结构化深度访谈，每次访谈时长约90-120分钟。访谈话题包括：单身历程、婚姻压力、性经历与态度、自我认同、幸福感等。在获得知情同意后对访谈进行录音。
- 数据分析：采用反思性主题分析法，使用NVivo软件辅助编码。

三、涉及伦理问题的关键点

- 敏感话题：研究涉及参与者的性经历、性态度等个人隐私，可能引发情绪不适。
- 隐私保护：研究涉及大量个人身份信息（姓名、工作单位、家庭背景等）。
- 知情同意：需确保参与者充分理解研究内容并自愿参与，且有权随时退出。

四、伦理风险防控措施

- 知情同意：访谈前向参与者详细说明研究目的、流程、风险及权利，签署书面知情同意书。
- 匿名化处理：所有参与者使用化名，删除转录稿中所有可识别身份的信息。
- 数据安全：录音文件和转录稿存储在加密、受密码保护的电脑中，仅研究团队可访问。
- 心理支持：如参与者在访谈中出现情绪困扰，研究者将暂停访谈并提供心理咨询资源。
- 自愿退出：参与者可随时无条件退出研究，已提供的数据将应要求删除。

申请人（项目负责人）承诺：

以上所填内容均属实，如获批准，我将严格按照提供的方案进行研究，并遵守西北民族大学大学科技伦理委员会的相关规定。

申请人（项目负责人）签字：赵翀

2023 年 1 月 15 日

业务主管部门意见：

单位公章
科研管理部门负责人签字：张同松

2023 年 1 月 16 日

备注：一式两份。分别由校科技伦理委员会秘书处、申请人留存。

S5: Informed Consent Template

知情同意书

课题名称：协商自主：中国内陆三线城市单身女性的性自我认同与双重束缚

研究单位：西北民族大学

伦理审批编号：_____

研究者：_____

联系邮箱：_____

一、研究说明

本项目为高校人文社科纯学术质性研究，旨在调研兰州未婚、离异、丧偶单身女性的亲密观念、性自我认同与主观幸福感。调研方式为一对一深度半结构化访谈，全程录音。所有访谈材料仅用于论文编码与学术分析，不用于商业推广、媒体传播等其他用途，全部信息严格保密。

二、受访者权利告知

1. 完全自愿参与：您可在访谈任意阶段、访谈结束后无条件退出，无需解释原因，不会产生任何不利影响。
2. 拒绝作答权：所有婚恋、性相关敏感问题，您均可直接跳过、不予回答。
3. 全面隐私保护：文稿将删除姓名、工作单位、住址、子女信息等所有可识别个人信息，统一使用虚构化名；正式稿件中不会出现能够定位到您的独特人生细节。
4. 数据存储与销毁规则：录音仅加密存储于研究团队本地离线设备，不上传公共云盘；论文完成全部审稿、发表流程后，所有原始录音永久清除；仅脱敏文字稿留存作学术存档。
5. 数据共享约定：仅脱敏文本片段可提供给期刊审稿人核验，原始录音依据本协议永不对外公开、不上传任何公共数据库。
6. 情绪支持保障：访谈涉及私密情感内容，若过程中产生焦虑、低落等负面情绪，研究者将提供本地免费心理咨询渠道清单。

三、数据使用约定

本人清楚访谈录音、转录文字仅用于本课题主题分析；论文引用段落会再次模糊可识别线索。我允许研究者使用脱敏后的文字内容完成学术写作与期刊投稿，不允许将原始录音完整提供给包括审稿人在内的任何第三方。

四、确认签署

本人已完整阅读并理解全部条款，所有疑问均已得到研究者解答，自愿参与本次访谈。

受访者化名：_____

签署日期：_____

受访者手写签名：_____

研究者签名：_____

备注：本知情同意书经本校伦理委员会审核，符合社科人类受试者伦理规范。

Informed Consent Template

Project Title: Negotiated Autonomy: Sexual Selfhood and the Sexual Double Bind of Single Women in Inland Chinese Third-Tier City

Research Institution: Northwest Minzu University

IRB Approval Number: _____

Researcher: _____

Contact Email: _____

I. Project Introduction

This is a purely academic qualitative social science study conducted by university researchers. It investigates intimate attitudes, sexual self-identity and subjective wellbeing of never-married, divorced and widowed single women in Lanzhou. Data are collected via one-on-one semi-structured interviews with audio recording. All interview materials are solely used for thematic coding and academic analysis of this manuscript, without any commercial or media usage. All participant information will be kept strictly confidential.

II. Participant Rights

1. Fully voluntary participation: You may withdraw unconditionally at any time during or after the interview without reasoning, and no negative consequences will be brought to you.

2. Right to skip sensitive questions: You have full authority to decline any questions related to romantic relationships or sexual experiences.

3. Comprehensive privacy protection: All identifiable information including real names, workplaces, residential addresses and children's information will be erased from transcripts, replaced by fictional pseudonyms. No unique personal details that could trace your identity will appear in the published paper.

4. Data storage and destruction policy: All audio files are encrypted and stored on offline local devices of the research team, never uploaded to public cloud storage. After peer review and formal publication of the manuscript, all original audio recordings will be permanently deleted. Only anonymized textual transcripts will be retained for academic archiving.

5. Data sharing agreement: Only de-identified transcript extracts can be shared with journal referees for verification. Original audio recordings will never be disclosed to any third party including reviewers, nor uploaded to public repositories as stipulated in this form.

6. Emotional support: Since the interview covers private intimate topics, a list of free local psychological counselling resources will be provided if you experience distress during conversation.

III. Data Usage Agreement

I acknowledge that interview recordings and transcribed texts will only be used for thematic analysis of this research project. All quoted extracts in the manuscript will be further de-identified. I authorize researchers to utilize anonymized written content for academic writing and journal submission, and I do not authorize full release of original audio files to any third parties.

IV. Confirmation & Signature

I have fully read, understood all terms above, and all my inquiries have been answered clearly by the researcher. I voluntarily take part in this interview.

Participant Pseudonym: _____

Date: _____

Participant Handwritten Signature: _____

Researcher Signature: _____

Note: This consent form has been reviewed and approved by the university Institutional Review Board, complying with ethical standards for social science human subject research.