Research Square

Preprints are preliminary reports that have not undergone peer review.
They should not be considered conclusive, used to inform clinical practice,
or referenced by the media as validated information.

The Solo Rainbow: A Descriptive Examination of Single Individuals' Well-Being Across Sexual Identities

Elisabetta Febe Canaletti
University of Waterloo
Michael Krämer
University of Zurich
Julia Stern
University of Bremen
Christopher Pepping
Griffith University
Yoobin Park
Rutgers, The State University of New Jersey
Geoff MacDonald
geoff.macdonald@utoronto.ca

University of Toronto

Research Article

Keywords:

Posted Date: May 21st, 2026

DOI: https://doi.org/10.21203/rs.3.rs-9635048/v1

License: This work is licensed under a Creative Commons Attribution 4.0 International License. Read Full License

Additional Declarations: No competing interests reported.

Abstract

Although research on singlehood has been developing rapidly, quantitative data on sexual minority individuals' well-being in singlehood is scant. This study examined the well-being of sexual minority single individuals both at the aggregated level (i.e., sexual minority versus majority individuals) and at an identity-specific level (i.e., gay, lesbian, etc.). On more domain-general indicators of well-being (i.e., life satisfaction and loneliness), the data replicated previous findings of lower well-being among sexual minority individuals. However, on indicators more specifically tied to relationship status (i.e., singlehood satisfaction and sexual satisfaction), sexual minority single people's outcomes equaled or surpassed those of sexual majority single people. The data indicated that asexual/aromantic and questioning individuals fared particularly well in more singlehood-specific domains suggesting that singlehood may be particularly well-suited for these individuals. Our findings suggest the importance of an intersectional approach to understanding singlehood, requiring consideration of the unique experiences of singles with various sexual identities.

Introduction

Recent research has suggested rising rates of singlehood across the world (Australian Institute of Family Studies, 2019; Office for National Statistics, 2019; Statistics Canada, 2015; U.S. Census Bureau, 1979, 2011, 2017), which has led to a proliferation of research with the goal of understanding the well-being implications of increasing numbers of people living single (Girme et al., 2023; Kislev, 2019). The pool of singles (defined here as individuals without a committed romantic relationship) is highly diverse, but one form of diversity among singles that remains under-considered is sexual orientation. Indeed, there is reason to think that the dynamics of singlehood may differ across various sexual identities. In 2020, 47% of sexual minority Americans reported being single as compared to 29% of heterosexual Americans (Pew Research Center, 2020), highlighting that differences are evident even at the level of singlehood prevalence. Sexual minority populations (e.g., lesbian, gay, bisexual, queer, questioning, asexual), are becoming increasingly visible (Jones, 2021), but a research focus specifically on sexual minority single individuals has been rare (Lavender-Stott, 2023).

One focus of research on sexual minority individuals is disparities in subjective well-being relative to heterosexual people. According to Meyer's (2003) minority stress model (see also Brooks, 1981), sexual minority populations experience more stressors than do heterosexual and cisgender people. This model asserts that external stressors (e.g., prejudice and discrimination) and internal stress processes (e.g., internalized stigma and identity concealment), contribute to poorer mental health and well-being among sexual minority people. Numerous papers have established evidence for the lower average well-being of sexual minority people (Checa et al., 2022; Eres et al., 2021; Fish & Weis, 2019; Gallup, 2014; Grabovac et al., 2019; Hsieh & Liu, 2021; Meyer, 2003; OECD, 2019; Pachankis & Bränström, 2018; Perales, 2016; Perales, 2019; Radkowsky & Siegel, 1997; Rokach, 2014; Westefeld et al., 2001). However, the lack of focus on sexual minority single individuals leaves open the question of well-being outcomes for this group.

To the extent that such research has been conducted, it has pointed toward singlehood presenting both challenges and opportunities for sexual minority individuals. In terms of challenges, Laming et al. (2021) show that single sexual minorities were higher in internalized stigma and stigma consciousness compared to their partnered counterparts, and internalized stigma was a unique predictor of single status in sexual minority individuals, over and above effects of attachment and age. Internalized stigma is also related to less relationship commitment and shorter relationship duration (Greene & Britton, 2015; Mohr & Fassinger, 2006; Ross & Rosser, 1996 as cited in Laming et al., 2021). It is plausible that, for sexual minority individuals, higher internalized stigma may be related to less satisfaction with singlehood, such that single status is less voluntary and thereby less satisfying (Kislev, 2020). Beyond these internal psychological barriers, single sexual minorities face tangible structural disadvantages; using data from the Aging with Pride survey, Goldsen et al. (2017) found that single older LGBT adults reported poorer health and fewer economic and social resources than their partnered peers. This pattern of disadvantage is echoed in broader well-being metrics: Elizabeth et al. (2025) demonstrated that while partnership benefits all groups, the advantages in reducing loneliness and enhancing thriving are significantly larger for sexual minorities than for straight individuals, suggesting a steeper well-being penalty for unpartnered sexual minorities.

On the other hand, scholars have suggested that being single can provide unique opportunities. DePaulo and Morris (2005) argue that singlehood represents a deviation from the "Ideology of Marriage and Family," which is a normative framework that privileges heterosexual coupling and childrearing. For sexual minority individuals, whose lives already depart from heteronormative scripts, singlehood may therefore align with rather than detract from their sense of identity and agency, offering opportunities for alternative forms of relational fulfillment. Building on this, Lavender-Stott (2023) highlights the ways in which both sexual minority people and single people have historically been positioned as outside normative relational structures. From romantic friendships to families of choice, queer communities have long created relational practices that challenge family privilege and resist equating a successful life with marriage and reproduction. Understanding singlehood through this queer theoretical lens emphasizes how both singlehood and queerness destabilize normative structures, opening up space for diverse forms of intimacy such as friendship networks, chosen kin, and relationship anarchy (Budgeon, 2008; Lavender-Stott & Allen, 2023). In this sense, singlehood can be aligned with queerness, not merely in the sense of sexual orientation but as a refusal to conform to patriarchal and heteronormative timelines and expectations (Halberstam, 2005; Connidis, 2020). Such perspectives suggest that singlehood may in fact hold particular strengths for sexual minority individuals, allowing them to find satisfaction and meaning in relational forms outside the couple norm, while facing less normative pressure to partner.

However, the sexual minority population is not a monolith, and evidence suggests that satisfaction with singlehood may vary across identities. Træen and Kvalem's (2022) findings from a Norwegian sample indicate that gay, bisexual, and trans men reported greater satisfaction with singlehood than heterosexual men, while lesbian and bisexual women reported levels of satisfaction comparable to heterosexual women. These results underscore the complexity of the relationship between sexual orientation and singlehood satisfaction, and suggest that the well-being of sexual minority singles may depend on intersecting factors such as gender and specific sexual minority identity. For example, Laming et al. (2021) found that single sexual minorities reported lower levels of discrimination than those who were partnered, perhaps because it is easier for sexual minorities to conceal their sexual minority identity when

unpartnered. However, this dynamic likely applies primarily to sexual minorities with same-gender partners, and as such may not apply to people such as bisexual individuals partnered with an other-gender partner.

Emerging research highlights that asexual individuals represent a distinct subgroup where the standard benefits of partnership may not apply (for a review, see Tessler, 2026). Analyzing data from over 1,400 asexual participants in the BBC Loneliness Experiment, Zoppolat et al. (2026), found that asexual people, unlike other sexual minority groups or heterosexual people, experienced similar levels of loneliness whether they were single or partnered. Complementing this, Bange et al. (2026) found that in a propensity-matched sample of 447 asexual women, asexual individuals were significantly more interested in remaining single or pursuing alternative committed relationships compared to heterosexual women. Together, these findings suggest that the "singlehood penalty" observed in other groups may be particularly unlikely to generalize to asexual individuals, who may derive well-being from non-romantic relational structures or simply experience singlehood without the same deficit.

Overall, there is mixed evidence regarding the well-being of sexual minority singles, and our goal for this paper is to provide a descriptive analysis of the relation between sexual minority identity and well-being in singlehood. Further, past research has not always systematically measured a variety of well-being outcomes to discern what aspects of well-being may be particularly pertinent in understanding sexual minorities individuals' well-being in singlehood. For example, research has suggested that broad well-being indicators such as life satisfaction are only modestly influenced by partnership status (Hoan & MacDonald, 2025a; Qin et al., 2026), perhaps because life satisfaction is affected by many factors aside from whether or not one is partnered. However, well-being indicators that are more structurally tied to the presence or absence of a romantic partner – such as sexual satisfaction and satisfaction with relationship status – show stronger relations with relationship status (Hoan & MacDonald, 2025a; Qin et al., 2026). Thus, the understanding of single sexual minority individuals' well-being would benefit from a comprehensive examination of multiple well-being indicators.

A key challenge in studying sexual minority individuals' well-being is determining how to classify and analyze the variety of sexual identities. Many studies have pooled together lesbian, gay, and bisexual (LGB) populations, finding that this combined group reported higher levels of psychological distress (King et al., 2008; Meyer, 2003), worse health outcomes (Meyer & Frost, 2013), and lower well-being (Riggle et al., 2009) than heterosexuals. Such an approach can be valuable for investigating factors such as the influence of stronger or weaker heteronormative norms. Other work has examined well-being across LGB people more closely, resulting in findings that suggested considerable heterogeneity among various sexual orientations (e.g., Bartram, 2021; Mann et al., 2019; Perales, 2016; 2019, Zoppolat et al., 2026). Preserving this heterogeneity is critical for understanding how singlehood experiences vary across sexual identities. Because sexual minority status can be operationalized in multiple ways, we adopted a multi-specification analytic framework (i.e., multiverse analysis; Steegen et al., 2016) to examine how conclusions about well-being differences between heterosexual and sexual minority singles may vary across alternative operationalizations. Given the descriptive and exploratory nature of this study, we used this framework not to demonstrate the robustness of a single effect, but to ensure transparency regarding how conclusions depend on both the operationalization of sexual minority status and inclusion of relevant covariates.

Research Overview

The present study aimed to capitalize on a large existing data set (collected for other research goals) with sufficient numbers of participants to provide a uniquely comprehensive picture of the relation of sexual identity to well-being in singlehood. Because of the nature of the available data, our analysis focused on a variety of sexual identities but did not focus on gender-diverse identities such as transgender or non-binary individuals. We utilized a multiverse analysis to allow for resolution of the variety of possible approaches to data analysis including whether sexual minority people were pooled together or disaggregated into lesbian, gay, bisexual, etc., categories, whether gender was tested as a moderator of outcomes, and the inclusion or exclusion of relevant control variables. Further, we operationalized well-being in domain-general terms (i.e., life satisfaction), feelings about one's social life generally (i.e., loneliness), and in terms of domains that are more specifically affected by the presence or absence of a romantic partner (i.e., relationship status satisfaction, sexual satisfaction). As the first study to apply a multiverse analysis to this question, we take a descriptive and exploratory approach and do not advance formal hypotheses.

Method

Sample and Procedure

Ethical approval was obtained from the University of Toronto Research Ethics Board (protocol # 57945). Funding was provided via a Social Sciences and Humanities Research Council of Canada Insight Grant to the senior author. Data were collected in two waves over a 6-month period via Prolific (see MacDonald et al., 2025 & Qin et al., 2026 for other publications utilizing these data). For current analyses, we are using the cross-sectional data from the first wave collected in January 2022. The study's inclusion criteria specified single individuals, defined as not being in a romantic relationship for at least 6 months. Further, participants were required to be between 18 and 39 years as the study was designed to investigate relationship status transition, and single individuals tend to have stronger interest in partnering at younger ages (Park et al., 2022).

In the first wave, 4,165 singles participated. We excluded 138 participants who did not provide consent, disclosed that they did not respond truthfully, were not approved on Prolific, or provided duplicate responses. We further excluded 24 participants who did not disclose their sexual orientation, eleven who did not disclose their gender, seven who mistakenly entered their age as their gender, two who likely misreported sexual orientation (e.g., a cisgendered man reporting lesbian identity), and one participant who was an outlier on age (55 years old). Thus, 3,982 participants were included in the analyses (M_{age} = 24.53, SD_{age} = 5.01, $range_{age}$ = 18–40 years). The sample consisted of 1,954 men, 1,923 women, and 105 people who reported a self-identified gender identity. In terms of sexual orientation, there were 2,820 heterosexuals (71%), 254 homosexuals (i.e., gay/lesbian; 6%), 505 bisexuals (13%), 101 queer people (3%), 189 questioning people (5%), and 63 asexual/aromantic people (2%; see Table 1). Fifty people (1%) self-described another sexual identity. The five most common countries were the United States (16%), United Kingdom (15%), South Africa (10%), Mexico (8%), and Poland (8%). Analytical samples for models controlling for nationality additionally excluded 67 participants with missing nationality information.

Table 1
Sample Descriptives Across Sexual Identities

Heterosexual	***N***	***% of total participants***	$M_{age/length}$	$SD_{age/length}$
Men	1,599	40%	24.74	5.11
Women	1,218	31%	24.80	5.00
Self-identified	3	< 1%	29.00	4.58
Singlehood length			3.01	3.19
Homosexual				
Men	147	4%	24.93	5.35
Women	86	2%	23.94	4.99
Self-identified	21	1%	22.81	4.83
Singlehood length			3.20	3.31
Bisexual				
Men	153	4%	23.99	4.72
Women	332	8%	23.32	4.11
Self-identified	20	1%	22.70	3.44
Singlehood length			2.85	2.95
Queer				
Men	10	< 1%	24.50	5.44
Women	65	2%	25.09	5.39
Self-identified	26	1%	23.35	5.14
Singlehood length			3.73	3.67
Questioning				
Men	32	1%	23.84	4.26
Women	149	4%	22.75	4.42
Self-identified	8	< 1%	25.88	5.08
Singlehood length			3.52	3.89
Asexual/aromantic				
Men	7	< 1%	28.86	7.56
Women	38	1%	26.11	6.07
Self-identified	18	< 1%	26.44	5.88
Singlehood length			6.18	5.10
Self-describing				
Men	6	< 1%	23.17	2.48
Women	35	1%	24.60	4.75
Self-identified	9	< 1%	25.89	5.40
Singlehood length			3.54	3.47

Note. Singlehood length (years) is reported for individuals who have ever been in a relationship. For those whose last relationship ended before age 18, singlehood length was set to the number of years in adulthood (i.e., after age 18). Based on the analytical samples for models that do not control for additional variables. Due to missing data for nationality, another 67 participants were excluded from models with additional control variables.

Measures

Before analyses, all well-being outcomes were T-scored for better comparability across constructs (M = 50, SD = 10).

Life Satisfaction

To measure life satisfaction, we asked “In general, how satisfied are you with your life?”, which was answered on a 4-point scale (1 = *very dissatisfied*, 4 = *very satisfied*; Cheung & Lucas, 2014).

Sexual Satisfaction

To measure sexual satisfaction, the question “Overall, how satisfied are you with your sex life?” was answered on a 7-point scale (1 = *very dissatisfied*, 7 = *very satisfied*; Park & MacDonald, 2022).

Satisfaction with Relationship Status

Satisfaction with one’s relationship status (in this case, all participants were single) was assessed with the item “In general, how satisfied are you with your current relationship status?”, measured on a 4-point scale (1 = *not at all*, 4 = *to a great extent*; Lehmann et al., 2015).

Loneliness

Loneliness was measured using the Three-Item Loneliness Scale (Hughes et al., 2004) adapted from the Revised UCLA Loneliness Scale (Russell et al., 1980; e.g., “How often do you feel that you lack companionship?”). The scale was measured on a 4-point scale (1 = *never*, 4 = *often*). Items were averaged to form a mean scale score.

Sexual Orientation and Gender

Sexual orientation was measured as a categorical variable by asking participants: “Which of the following terms best describes your sexual orientation?”. Seven single-choice categories were provided: heterosexual, lesbian, gay, bisexual, queer, questioning/uncertain, and “other”, as an open-response field. Based on the pattern of open-response self-descriptions, we coded asexual/aromantic as another separate category. We also combined lesbian and gay into a category we labelled “homosexual” for analyses.

Gender was also measured as a categorical variable, with three single-choice response options provided: male, female, and “other,” as an open-response field to self-identify gender identity. For both questions, respondents were given the option to not disclose their sexual or gender identities; these participants were omitted from analyses.

Control Variables

Nationality and age were based on the information contained in the participant profiles on Prolific. Length of singlehood was coded in years based on the self-reported end date of the last romantic relationship that ended in adulthood. For participants whose last relationship ended before age 18, the length of singlehood was set to the number of years spent in adulthood (i.e., after turning 18).

Analytical Strategy

To estimate the associations of sexual orientation and gender with life satisfaction, sexual satisfaction, satisfaction with singlehood, and loneliness, we fitted a set of linear regression models, informed by a multiverse analysis approach (Simonsohn et al., 2020; Steegen et al., 2016). This framework allowed us to assess how different analytical choices affect the effect size and statistical significance of such comparisons. Specifically, the current analysis focused on different ways of comparing sexual orientation identities and on whether effects were robust when controlling for a set of control variables. More precisely, we included 32 models in our analyses (four well-being outcomes × two genders × two group specifications [separating sexual minority groups vs. aggregated] × two control variable specifications [with vs. without controls). Sample size was determined to support the original goals for data collection (MacDonald et al., 2025). Post-hoc power analyses suggest that for comparisons between heterosexual and sexual minority participants (with alpha = .05 and [1- beta] = .80), d = 0.098 is the smallest detectible effect size, whereas for comparisons between heterosexual and homosexual (i.e., gay and lesbian) participants, d = 0.164 is the smallest detectible effect size.

Sexual Orientation

First, the analyses can be framed as comparing sexual minority and sexual majority individuals. That is, sexual minority people can be grouped into a single category as one level of the independent variable, with heterosexual people representing the other (set as the reference group). Second, each specific sexual minority identity can be compared individually, against each other and against the heterosexual group. Accordingly, in half of the linear regression models (termed *aggregated* models), participants who reported their sexuality as lesbian, gay, bisexual, queer, questioning/uncertain, asexual/aromantic, or self-described were grouped together in a sexual minority group and compared to people who reported their sexuality as heterosexual. The remaining half of models (termed *stratified* models) made one-to-one comparisons between each sexual minority group and heterosexuals. Heterosexual participants were selected as the comparison group because they are the largest group in the sample and the group about which we have the most reliable existing data. This analytic choice should not be interpreted as positioning heterosexual identities or experiences as normative or the ‘default’. For differences across sexual minority groups see Supplemental Material: https://osf.io/ax7sw/overview?view_only=37fa5b1f493d41fb8ccad879bff2a5d3.

Control Variables

Previous work has supported age, nationality, and length of singlehood as variables related to both relationship status and well-being outcomes (Blanchflower & Oswald, 2004, 2008; Girme et al., 2023; Graham & Pozuelo, 2017). It is likely that age, nationality and length of singlehood are also related to sexual orientation, e.g., as people born in more conservative birth cohorts or countries might be less likely to come out as non-heterosexual at younger ages (Floyd & Bakeman, 2006; Grov et al., 2006). Further, different sexual orientations might be related to staying single for longer (e.g., because they are happier with being single or they have more struggles finding a partner). However, it remains unclear how exactly controlling for these demographic variables affects well-being differences based on sexual orientation and gender. For these reasons, we specify models that include and exclude control variables as another category of analytical choices that will be considered in the multiverse analyses.

Gender

Deviating from the preregistered plan, we decided to treat gender as a moderator of the difference based on sexual orientation, thereby deriving separate estimates for men, women, and individuals with self-identifying gender identities.[1] Due to the small sample size of self-identifying gender identities, we only report their effect estimates in the html-document at https://osf.io/ax7sw/files/7kd8t?view_only=37fa5b1f493d41fb8ccad879bff2a5d3 (section 7). Thus, gender did not result in a different set of models in the multiverse analyses but we still differentiated well-being differences by gender.

An example equation for predicting life satisfaction (T-scored) from sexual orientation, gender, and the control variables for an individual *i* reads:

Together, a total of eight models were included in the multiverse analysis for each of the four outcomes (= 32 models). To estimate well-being levels in the different groups defined by sexual orientation and gender based on these linear models, we relied on marginal effects, specifically model-based predictions from the *marginaleffects* R package (Arel-Bundock et al., 2024). We also estimated average group contrasts in well-being between sexual majority and sexual minority groups—within each gender category, again using the *marginaleffects* package. The analysis plan was preregistered at https://osf.io/yf58k/overview?view_only=bd90e5c60a974437bfcb3f0f6909d6ef. Deviations from that plan are summarized at https://osf.io/ax7sw/overview?view_only=37fa5b1f493d41fb8ccad879bff2a5d3 (see "*deviations_prereg.pdf*").

Results

Sample descriptives are presented in the html-document (section 3) at https://osf.io/ax7sw/overview?view_only=37fa5b1f493d41fb8ccad879bff2a5d3.

Life Satisfaction

Through a broad lens, the aggregated models indicated that sexual minority participants reported lower life satisfaction on average than heterosexual participants (see Table 2 & Fig. 1A). This was the case for men, b = -1.64, 95% CI [-2.79, -0.49], p = .005, and even more so for women, b = -3.31, 95% CI [-4.26, -2.36], p < .001. However, the pattern of life-satisfaction differences was sensitive to how sexual orientation was operationalized. When disaggregated dummy variables were used instead of an aggregated minority category, the differences between heterosexual and some minority groups were no longer evident. (see Table 3 & Fig. 1A). Specifically, among men, bisexual men reported significantly lower life satisfaction than heterosexual men, b = -2.56, 95% CI [-4.23, -0.90], p = .003, as did self-describing men, b = -9.60, 95% CI [-17.44, -1.75], p = .017, whereas gay and asexual/aromantic men did not differ from heterosexual men (gay: b = -0.11, 95% CI [-1.80, 1.58], p = .897; asexual/aromantic: b = 3.08, 95% CI [-4.21, 10.37], p = .407). Life satisfaction differences in queer and questioning men were similar in size to those in bisexual men but did not reach statistical significance due to lower group sizes. For women, all sexual minority identities reported lower life satisfaction than heterosexual women, except for asexual women, b = -0.83, 95% CI [-4.06, 2.41], p = .617. These differences compared to heterosexual women were similarly sized and significant in lesbian, b = -3.42, 95% CI [-5.60, -1.25], p = .002, bisexual, b = -3.67, 95% CI [-4.90, -2.44], p < .001, queer, b = -3.36, 95% CI [-5.83, -0.88], p = .008, and questioning women, b = -3.15, 95% CI [-4.87, -1.44], p < .001.

Loneliness

When estimating sexual identity group differences in the aggregated models (see Table 2 & Fig. 1B), sexual minority individuals reported significantly higher loneliness for both men, b = 2.34, 95% CI [1.17, 3.50], p < .001, and women, b = 1.92, 95% CI [0.97, 2.88], p < .001. In the stratified models, we found that differences in men's loneliness were mostly due to higher loneliness in gay, b = 2.20, 95% CI [0.49, 3.91], p = .012, and bisexual men, b = 2.64, 95% CI [0.96, 4.33], p = .002, when compared to heterosexual men (see Table 3). Differences were of a similar magnitude for questioning men, b = 2.85, 95% CI [-0.63, 6.33], p = .108, but did not reach significance due to small cell size (n = 32). For women, we also found that loneliness – compared to heterosexual women – was higher in lesbian, b = 2.76, 95% CI [0.57, 4.96], p = .014, bisexual, b = 2.07, 95% CI [0.83, 3.31], p = .001, and questioning women, b = 2.52, 95% CI [0.78, 4.25], p = .004. Notably, asexual/aromantic women even reported lower loneliness than heterosexual women, b = -2.50, 95% CI [-5.78, 0.77], p = .134, although this effect did not reach statistical significance (n = 38).

Sexual Satisfaction

In the aggregated models of sexual satisfaction, individuals belonging to any sexual minority group did not differ significantly from heterosexual individuals (see Table 2 & Fig. 1C). This was the case for both men, b = 0.97, 95% CI [-0.19, 2.13], p = .100, and women, b = -0.89, 95% CI [-0.07, 1.84], p = .069. However, when looking at estimates from the stratified models of sexual orientation, several group differences in sexual satisfaction emerged. First, among men, gay men reported significantly higher sexual satisfaction, b = 2.06, 95% CI [0.39, 3.74], p = .016, as did asexual/aromantic men, b = 10.19, 95% CI [2.97, 17.40], p = .006. Levels of sexual satisfaction compared to heterosexual men were similarly higher among queer, b = 5.51, 95% CI [-0.54, 11.56], p = .074, and self-describing men, b = 4.51, 95% CI [-3.26, 12.28], p = .255, although these effects did not reach significance due to low sample size (see Table 3 & Fig. 1C). Among women, a somewhat different pattern was found. Here, bisexual women reported lower sexual satisfaction than heterosexual women, b = -1.24, 95% CI [-2.46, -0.03], p = .045, whereas questioning and asexual/aromantic women reported significantly higher sexual satisfaction (questioning: b = 2.88, 95% CI [1.19, 4.58], p = .001; asexual: b = 14.33, 95% CI [11.13, 17.54], p < .001).

Satisfaction with Relationship Status

Finally, differences in satisfaction with relationship status based on sexual orientation were significant among women but not men in the aggregated models (see Table 2 & Fig. 1D). Sexual minority women were significantly more satisfied with being single than heterosexual women, b = 1.53, 95% CI [0.59, 2.47], p = .001, whereas such differences were smaller and nonsignificant among men, b = 1.02, 95% CI [-0.13, 2.17], p = .082. Zooming in on different sexual orientation identities in the stratified models (see Table 3), we found that asexual/aromantic men reported significantly higher satisfaction with their relationship status, b = 7.51, 95% CI [0.29, 14.73], p = .042, than heterosexual men. Similarly, we found elevated levels among queer men, b = 5.01, 95% CI [-1.05, 11.06], p = .433, and self-describing men, b = 4.55, 95% CI [-3.22, 12.33], p = .251, compared to heterosexual men. These differences were not statistically different, however, due to small sample sizes in these groups. Similarly, asexual/aromantic women were substantially more satisfied with their relationship status than heterosexual women, b = 10.52, 95% CI [7.31, 13.73], p < .001. In addition, questioning women reported higher satisfaction with their relationship status than heterosexual women, b = 2.00, 95% CI [0.30, 3.70], p = .021. Differences were similar for queer women but did not reach statistical significance due to lower group size, b = 2.33, 95% CI [-0.12, 4.78], p = .062.

Table 2

Well-being differences based on sexual orientation within each gender in the aggregated models with control variables

Gender	***Sexual orientation***	***Difference [95% CI]***	***p-value***	$N_{category}$	$N_{heterosexual}$
Life satisfaction					
Men	Sexual Minority	-1.64 [-2.79, -0.49]	.005**	348	1,568
Women	Sexual Minority	-3.31 [-4.26, -2.36]	< .001***	695	1,201
Loneliness					
Men	Sexual Minority	2.34 [1.17, 3.50]	< .001***	348	1,568
Women	Sexual Minority	1.92 [0.97, 2.88]	< .001***	695	1,201
Sexual Satisfaction					
Men	Sexual Minority	0.97 [-0.19, 2.13]	.100	348	1,568
Women	Sexual Minority	0.89 [-0.07, 1.84]	.069	695	1,201
Satisfaction With Relationship Status					
Men	Sexual Minority	1.02 [-0.13, 2.17]	.082	348	1,568
Women	Sexual Minority	1.53 [0.59, 2.47]	.001**	695	1,201

Note. Shown are on model-based group contrasts of sexual orientation within each gender, in a T-score metric (M = 50, SD = 10). Self-describing gender participants are not reported here because only 3 heterosexual participants belonged to that group (see html-document section 7 at https://osf.io/ax7sw/overview?view_only=37fa5b1f493d41fb8ccad879bff2a5d3). $N_{category}$ indicates the cell size for this sexual orientation category, while $N_{heterosexual}$ indicates the cell size of the heterosexual comparison group. *** indicates p < .001, ** indicates p < .01, and * indicates p < .05.

Table 3

Well-being differences based on sexual orientation within each gender in the stratified models with control variables

Gender		Life satisfaction		Loneliness		Sexual satisfaction		Satisf. with rel. status			
	Sexual orientation	**Difference [95% CI]**	***p*-value**	**Difference [95% CI]**	***p*-value**	**Difference [95% CI]**	***p*-value**	**Difference [95% CI]**	***p*-value**	$N_{cat.}$	$N_{het.}$
Men	Homosexual	-0.11 [-1.80, 1.58]	.897	2.20 [0.49, 3.91]	.012 *	2.06 [0.39, 3.74]	.016 *	1.04 [-0.64, 2.71]	.226	145	1568
Men	Bisexual	-2.56 [-4.23, -0.90]	.003 **	2.64 [0.96, 4.33]	.002 **	-0.35 [-2.00, 1.30]	.681	0.24 [-1.41, 1.89]	.777	148	1568
Men	Queer	-4.18 [-10.29, 1.93]	.180	0.02 [-6.16, 6.20]	.995	5.51 [-0.54, 11.56]	.074	5.01 [-1.05, 11.06]	.105	10	1568
Men	Questioning	-2.88 [-6.32, 0.56]	.101	2.85 [-0.63, 6.33]	.108	-1.62 [-5.03, 1.79]	.351	1.36 [-2.05, 4.77]	.433	32	1568
Men	Self-Describing	-9.60 [-17.44, -1.75]	.017 *	0.39 [-7.55, 8.32]	.924	4.51 [-3.26, 12.28]	.255	4.55 [-3.22, 12.33]	.251	6	1568
Men	Asexual	3.08 [-4.21, 10.37]	.407	1.10 [-6.28, 8.47]	.771	10.19 [2.97, 17.40]	.006 **	7.51 [0.29, 14.73]	.042 *	7	1568
Women	Homosexual	-3.42 [-5.60, -1.25]	.002 **	2.76 [0.57, 4.96]	.014 *	-0.58 [-2.73, 1.57]	.597	0.08 [-2.07, 2.23]	.942	86	1201
Women	Bisexual	-3.67 [-4.90, -2.44]	< .001 ***	2.07 [0.83, 3.31]	.001 **	-1.24 [-2.46, -0.03]	.045 *	0.63 [-0.59, 1.84]	.315	324	1201
Women	Queer	-3.36 [-5.83, -0.88]	.008 **	1.35 [-1.15, 3.85]	.291	1.21 [-1.24, 3.66]	.333	2.33 [-0.12, 4.78]	.062	65	1201
Women	Questioning	-3.15 [-4.87, -1.44]	< .001 ***	2.52 [0.78, 4.25]	.004 **	2.88 [1.19, 4.58]	.001 **	2.00 [0.30, 3.70]	.021 *	147	1201
Women	Self-Describing	-2.98 [-6.30, 0.34]	.078	1.66 [-1.70, 5.01]	.333	1.53 [-1.75, 4.81]	.361	0.91 [-2.37, 4.20]	.586	35	1201
Women	Asexual	-0.83 [-4.06, 2.41]	.617	-2.50 [-5.78, 0.77]	.134	14.33 [11.13, 17.54]	< .001 ***	10.52 [7.31, 13.73]	< .001 ***	38	1201

Note. Satisf. with rel. status = Satisfaction with relationship status. See Table 2 note for details. $N_{cat.}$ indicates the cell size for this sexual orientation category, while $N_{het.}$ indicates the cell size of the heterosexual comparison group. *** indicates p < .001, ** indicates p < .01, and * indicates p < .05.

Discussion

Overall, our findings suggest that well-being outcomes for sexual minority single individuals are in many ways different from those of heterosexual singles. Sexual minority single individuals overall appear to evidence some similar general well-being challenges as depicted in previous research with sexual minorities who are partnered, particularly in more domain-general indicators of well-being. But in domains that are more specifically tied to relationship status (i.e., relationship status satisfaction and sexual satisfaction), sexual minority single individuals evidence similar or higher well-being than heterosexual singles. Further, our multiverse analytic strategy suggested that although there is value in examining these questions from the perspective of a sexual minority/majority dichotomy, understanding any benefits that are particularly unique to sexual minority single individuals may require more fine-grained distinctions among sexual minority identities.

Sexual Minorites versus Majorities

Among the most consistent findings in this study were that single sexual minority individuals were typically less satisfied with their lives and lonelier than single heterosexual individuals. Numerous papers that have aggregated sexual minority samples have established evidence for the lower average well-being of sexual minority people (Checa et al., 2022; Eres et al., 2021; Fish & Weis, 2019; Gallup, 2014; Grabovac et al., 2019; Hsieh & Liu, 2021; Meyer, 2003; OECD, 2019; Pachankis & Bränström, 2018; Perales, 2016; Perales, 2019; Radkowsky & Siegel, 1997; Rokach, 2014; Westefeld et al., 2001). Sexual minority disparities in life satisfaction and loneliness have been largely linked to minority stress (Meyer, 1995; 2003), such that prejudicial experiences such as discrimination, harassment, and violence, as well as internal subjective reactions to prejudicial experiences, such as concealment, internalized

homonegativity, and rejection sensitivity, may help explain why sexual minorities are consistently at increased risk for anxiety and depression. These patterns also align with the psychological mediation framework, an extension of minority stress theory, which describes how stigma-related stress affects well-being outcomes through its effects on cognitive, affective, and interpersonal processes, including processes that are closely tied to loneliness (Hatzenbuehler, 2009). While some researchers have speculated that the sexual identity disparity in loneliness may be partially explained by sociodemographic differences such as sexual minority individuals being more likely to be single or without children (Elmer et al., 2022), our findings suggest that this disparity still reliably appears even when participation is constrained only to single participants.

When examining satisfaction with relationship status and sexual satisfaction, well-being measures that are more directly tied to relationship status (Hoan & MacDonald, 2025a; Qin et al., 2026), the aggregated models tell a different story. Sexual minority single individuals showed no overall difference relative to heterosexual singles in terms of sexual satisfaction. And whereas sexual minority men evidence no difference from heterosexual men regarding satisfaction with relationship status, sexual minority women reported significantly more satisfaction with their relationship status than heterosexual women. These results point to the possibility that sexual minority individuals may derive unique benefits from singlehood that make it a relatively appealing option. Why might that be?

Given that sexual minority individuals are more likely to be single, singlehood within these communities may be more normative and thus receive more ingroup approval (Lavender-Stott 2023). Further, sexual minority status represents a deviation from the traditional norm of monogamy, marriage, and nuclear family structures (Budgeon 2008; Lavender-Stott 2023), potentially reducing outgroup societal pressure to partner. Satisfaction with singlehood among sexual minority individuals may also be shaped by a larger history of stigmatization, discrimination, and resistance (Hostetler, 2009; Lavender-Stott, 2023; Suen, 2015). For instance, whereas single sexual minority individuals have some room to avoid disclosure of their sexual identity to family members and colleagues, being in a same-sex relationship may make disclosure harder to avoid (e.g., being asked a partner's name; Driscoll et al., 1996). Indeed, research suggests that partnered sexual minority individuals report higher levels of discrimination compared to their single counterparts (Laming et al., 2021). Moreover, older gay men in England have reported feeling they lacked agency in choosing to be single due to cultural, historical, and ideological forces; however, many still reframed singlehood as an empowered choice that affords them more freedom, independence, and sexual exploration (Suen, 2015). Overall, then, sexual minority individuals may face fewer societal pressures to partner from both ingroup and outgroup members when single, potentially contributing to relatively higher levels of satisfaction with single status compared to the more domain-general indicators like life satisfaction.

Specific Sexual Minority Profiles

Although our results suggest there is some value in considering sexual minorities as one overall group, the models made clear that effects were not uniform across the various sexual minority identities. As such, below we examine what the results suggest regarding profiles of singles in each identity category.

Homosexual (lesbian and gay) participants. For single gay men, the results suggested a mixed picture. Gay men reported levels of life satisfaction that were equivalent to their heterosexual counterparts, but they did report somewhat higher levels of loneliness. Whereas gay men did not differ from heterosexual men in terms of satisfaction with relationship status, they did report somewhat higher levels of sexual satisfaction. This latter result may reflect that gay men are often less reliant on romantic partnership for sexual fulfilment and typically have readily accessible avenues for meeting casual sexual partners, including online platforms, beats (public spaces used for anonymous casual sex), and sex-on-premises venues (Grov et al., 2007; 2013; Gudelunas, 2012). This is consistent with previous findings that gay men report relatively high levels of sexual satisfaction from casual sex compared to heterosexual men, and compared to both heterosexual and lesbian women (Mark et al., 2015, Traeen & Kvalem, 2022).

For single lesbian women, levels of both life satisfaction and loneliness indicated lower average well-being compared to heterosexual women. However, lesbian women reported no difference in sexual satisfaction and satisfaction with relationship status. Our findings of higher loneliness for both gay men and lesbian women are consistent with previous work suggesting a loneliness disparity between heterosexual versus lesbian and gay groups, and emphasize that singlehood status is not an exception to this trend. Factors such as the effects of minority stress (Elmer et al., 2022; Frost & Meyer, 2009), a greater likelihood of living alone among sexual minority adults, and being in less frequent contact with families of origin (Angus Reid Institute, 2019; Eres et al., 2021; European Union Agency for Fundamental Rights, 2014; Fokkema & Kuyper, 2009; Hsieh & Liu, 2021; Lunn et al., 2017; MetLife, 2010; SAGE USA, 2014) may all contribute.

Bisexual participants. Single bisexual participants consistently reported greater loneliness and less life satisfaction compared to single heterosexual participants. These findings align with a large body of research showing that bisexual individuals face unique minority stressors that undermine well-being, beyond those faced by gay or lesbian individuals (Feinstein & Dyar, 2017; Chan et al., 2022; Dodge et al., 2016; Katz-Wise et al., 2016; Bostwick and Hequembourg 2014; Brewster and Moradi 2010; Firestein 1996; Roberts et al. 2015; Taylor et al., 2019). Bisexual individuals frequently face biphobia and bi-erasure, referring to the denial, invalidation, or delegitimization of bisexuality (McCole & Anderson, 2025), both from heterosexual and queer communities. These bi-specific minority stressors have frequently been considered in relationship contexts (Flanders et al., 2016; McCole & Anderson, 2025), particularly when the gender composition of a couple leads others to misclassify a bisexual individual as either heterosexual or gay, resulting in identity invisibility and reduced affirmation (e.g., Sarno et al., 2020; Feinstein et al., 2019). The present results suggest that these well-being disparities extend to single bisexual individuals as well. Single bisexual people may still face identity invalidation from others and fewer opportunities for social supports, both of which may contribute to greater loneliness and lower life satisfaction.

Unlike the findings for single homosexual participants, the single bisexual sample showed fewer advantages in sexual satisfaction and relationship status satisfaction. In the present sample, bisexual singles did not differ from heterosexual singles in satisfaction with singlehood, and bisexual women reported somewhat lower sexual satisfaction than heterosexual women. This latter finding may reflect the distinctive challenges faced by bisexual women in sexual and relational contexts. Specifically, bisexual women often face eroticization and fetishization of their sexual identity, particularly by heterosexual men, which can undermine feelings of safety during sexual encounters and contribute to heightened vigilance to potential fetishization and objectification (McCole et al.,

2025). Taken together, the current findings suggest that minority stress-related processes tied specifically to bisexual identities may negatively shape sexual and relational experiences in ways not observed among gay and lesbian singles, contributing to the poorer outcomes, and the absence of advantages in relationship-specific outcomes, observed among bisexual individuals.

Queer participants. Interpretation of results for singles identifying as queer is complicated by the relatively small sample size of this group, especially the very small number of men who identified as queer. Queer women reported significantly lower levels of life satisfaction than heterosexual women. These findings may reflect the broader impacts of minority stress among queer-identified individuals. Identifying as queer is often an important way by which people reclaim previously stigmatized identities and can be associated with a stronger rejection of heteronormative norms (Britt & Heise, 2000; Miller et al., 2016). This may mean that queer individuals are more frequently in opposition to mainstream social expectations and thus may be more exposed to stigma and invalidation (Worthen, 2023).

Questioning participants. Our sample of questioning participants also has the constraint of a relatively low number of men, although the number of questioning women is reasonably substantial. Questioning women reported significantly lower life satisfaction and higher loneliness than heterosexual women; the effects were in the same direction, but not significant, for questioning men. This combination of lower life satisfaction and higher loneliness is consistent with prior work showing that sexual identity uncertainty is associated with greater psychological distress (e.g., Borders et al., 2014). From a minority stress perspective, those who are questioning may find themselves not feeling fully aligned with heterosexual norms while also lacking a sense of belonging within queer communities. These challenges may also be compounded by factors like internalized sexual stigma (Nguyen et al., 2024) and efforts to conceal sexual identity (Borders et al., 2014; Hall et al., 2021), potentially limiting access to identity-affirming and supportive social connections. These factors may contribute to the reduced life satisfaction and elevated loneliness found among questioning women. Importantly, however, these challenges do not extend to all aspects of well-being among questioning single adults.

Questioning women reported higher levels of sexual satisfaction and satisfaction with relationship status than heterosexual women, whereas no significant differences were found for questioning men. These findings suggest that singlehood may be a uniquely beneficial context for women exploring their sexual identity. Indeed, meta-analyses of sexual identity development research demonstrate that awareness of same-sex *attraction* often occurs first, followed by *sexual activity* and/or *self-identification* (Hall et al., 2021). Formation of *romantic relationships* is typically a milestone that occurs later in the identity development process (Hall et al., 2021), and those who are higher in identity uncertainty are less likely to be in a romantic relationship (Cramer et al., 2018; Kranz et al., 2023). This sequencing may suggest that questioning individuals often navigate awareness of attraction and sexual exploration before pursuing romantic partnership, making singlehood a potentially ideal relationship status to pursue identity exploration. Being single may provide questioning individuals the space to explore their identity without pressures of aligning their behaviors with any one sexual identity, and without fears of destabilizing existing romantic relationships. In this way, singlehood might facilitate both rewarding sexual exploration and the freedom to explore sexual identity, resulting in greater sexual satisfaction and satisfaction with relationship status.

Asexual/Aromantic Participants. Perhaps the most consistent set of findings emerges for participants identifying as asexual/aromantic. It is important to note that this group differs from the previous sexual identity groups in that we did not include an asexual/aromantic option for participants to check, so all participants included in this group wrote in this identity in our open-ended identification option. It is possible, then, that differences in effects may be because of factors like the strength with which individuals identify with this orientation in that it may be stronger identifiers who actively write in an identity rather than passively check it off a list. Nevertheless, we believe the potential value of these findings warrants their inclusion.

Asexual/aromantic single people did not differ from heterosexual singles in terms of life satisfaction, and, in fact, asexual/aromantic women were the only group of sexual minority women to not differ from heterosexual singles on this metric. Similarly, asexual/aromantic single people did not differ in terms of loneliness relative to heterosexual singles. The absence of elevated loneliness relative to heterosexual singles suggests that asexual/aromantic individuals' intimacy needs may be met through other types of relationship, such as queerplatonic partnerships, solo polyamory (Goerlich, 2021; Sheff, 2022; Lavender-Stott, 2023), and friendships. Indeed, asexual/aromantic single people reported greater sexual satisfaction and satisfaction with singlehood than heterosexual singles, and the advantage in terms of relationship status satisfaction was particularly pronounced for asexual/aromantic women. One reasonable explanation is that many asexual/aromantic individuals experience greater alignment between their sexual and relational desires and their relationship status when single (Antonsen et al., 2020; Clark et al., 2022; Zoppolat et al., 2026), reducing any dissonance that may be present for other sexual minority groups. This does not mean that asexual and aromantic individuals do not have sex or form romantic partnerships. Rather, their sexual and relational needs may be organized in ways that make singlehood an optimal relationship status for many. Taken together, this pattern of results suggests that singlehood is a status for asexual/aromantic individuals that may be well-aligned with their sexual and relational goals.

Self-describing participants. We also examined results for our sample of single individuals who self-described with a variety of identities other than asexual/aromantic (i.e., demisexual, pansexual/panromantic). This group presents interpretational problems as it is quite small, with an especially low number of men. In addition, because this category encompasses a highly heterogeneous set of identities that do not necessarily share the same sexual and relational preferences and goals, any observed differences between groups may overlook substantial within-group variability in well-being outcomes. Self-describing participants exhibited some evidence of well-being disadvantages, with self-describing men reporting significantly lower life satisfaction than heterosexual men, but no difference found for self-describing women. Otherwise, no differences with heterosexual participants were evident.

Strengths and Limitations

This study provides the most comprehensive quantitative profile of sexual minority single individuals to date, in a fashion that attends both to similarities across sexual minority identities as well as key differences between them. Indeed, a key strength of this study lies in our use of a multiverse analysis approach, which enhances the transparency of reporting and limits researcher degrees of freedom in analyzing the well-being of singles across diverse sexual identities. Although a multiverse approach is typically used to investigate different choices in answering the same research question, our approach

arguably employs multiverse analyses in part to explore the different questions of aggregated versus separated sexual minority identities. To the extent this is true, this approach departs somewhat from traditional use of multiverse analyses but may be valuable for research on sexual minority identities by providing a tool for examining aggregated and separated data simultaneously. By drawing on self-reported measures of life satisfaction, loneliness, satisfaction with singlehood, and sexual satisfaction, we estimated 32 models that compared single homosexual (lesbian and gay), bisexual, queer, questioning, and "other" identities to single heterosexuals, or aggregated sexual minorities to heterosexuals. This approach offers a robust framework for assessing the stability of well-being findings across different analytical decisions and sexual identity groups. It also highlights the importance of distinguishing between sexual minority subgroups, suggesting that the unique benefits experienced by sexual minority single individuals may require a more nuanced analysis beyond a simple sexual minority/majority dichotomy.

One important theme in the singlehood and well-being literature has been the heterogeneity of experiences in singlehood, and the idea that some people thrive in singlehood while others struggle (Walsh et al., 2023). The results of the current study suggest that singlehood may be a particularly helpful platform for individuals who are in the process of questioning their sexuality, given the freedom of exploration singlehood allows (Kislev, 2018). Further, the group that appeared to thrive the most in singlehood is asexual/aromantic individuals. This is perhaps unsurprising given that past research has shown that sexual satisfaction is an important correlate of well-being in singlehood (Park et al., 2021), and that individuals with relatively low sexual desire report relatively high sexual satisfaction (Park & MacDonald, 2022). The strong well-being of asexual/aromantic participants in our data reify the notion that these identities, “can be defined as *opportunities beyond* rather than a *lack of* sexual and romantic partnership” (Tessler, 2026). Overall, asexual/aromantic identity can be added to a list of factors shown to be associated with higher well-being in singlehood that includes being a woman (Hoan & MacDonald; 2026; Hoan & MacDonald, 2025b; Wahring et al., 2025; cf. Krämer et al., 2026), older age (Park et al., 2022), and being securely attached (MacDonald & Park, 2022; Pepping et al., 2025) (for a review, see Girme et al., 2023).

However, our research contains limitations. The analyses are limited in that the study is based on secondary data, and given that sexual and gender-diverse identities were not the main focus of the original research the identity categories available to us are not as nuanced as would be ideal. Future research should consider incorporating more comprehensive measures of sexual identity and well-being (Korchmaros et al., 2013) to better assess the robustness of findings across sexual minority identities. If nothing else, our research suggests strongly that singlehood researchers should be sure to include options for participants to identify as asexual/aromantic. Additionally, while our sample is international, it is not nationally or globally representative due to Prolific's reliance on convenience sampling (Prolific, 2022), with over 75% of participants from the Global North. The small sample sizes for sexual minority groups, compared to heterosexuals, also limit the generalizability of our findings. Finally, although we used single-item measures for satisfaction outcomes, evidence supports their validity for capturing subjective well-being (Cheung & Lucas, 2014; Elo et al., 2003).

Conclusions

The experiences of single sexual minority people are complex and diverse. As the multiverse analysis approach we adopted in the present study provides a nuanced view of the differences between aggregated and stratified models of sexual minority people, it highlights that findings may not be consistent across sexual minority identities or across different models. Nevertheless, the findings suggest that many single sexual minority people are lonelier and less satisfied with their lives, on average, but typically more satisfied with singlehood and more sexually satisfied than their heterosexual counterparts. For some, especially asexual/aromantic individuals, singlehood may be a liberating status in which they can find particularly authentic expression.

Declarations

Author Contribution

E.F.: conceptualization, analysis, writingM.K.: analysis, writingJ.S.: analysis, writingC.P.: writingY.P.: analysis, writingG.M.: conceptualization, writing

Data Availability

The materials needed for reproducing the current analyses can be found here: https://osf.io/ax7sw/overview?view_only=37fa5b1f493d41fb8ccad879bff2a5d3.

References

1. Antonsen, A. N., Zdaniuk, B., Yule, M., & Brotto, L. A. (2020). Ace and Aro: Understanding.
2. Differences in Romantic Attractions Among Persons Identifying as Asexual *Archives of Sexual Behavior*, *49*(5), 1615–1630. https://doi.org/10.1007/s10508-019-01600-1
3. Arel-Bundock, V., Greifer, N., & Heiss, A. (2024). How to Interpret Statistical Models Using.
4. marginaleffects for R and Python *Journal of Statistical Software*, *111*(9), 1–32. https://doi.org/10.18637/jss.v111.i09
5. Australian Institute of Family Studies (2019, May 14). *More young adults living at home with*.
6. *their parents* [Press release]. https://aifs.gov.au/media/more-young-adults-living-home-their-parents
7. Bange, P. C., Botzet, L. J., Shea, A. A., Vitzthum, V. J., & Gerlach, T. M. (2026). *What do asexual women want?* A propensity score matching study of preferred relationship.
8. options and ideal partner preferences *Archives of Sexual Behavior*, *55*(1), 345–368. https://doi.org/10.1007/s10508-025-03365-2

9. Bartram, D. (2021). Sexual orientation and life satisfaction. *Journal of Sociology*, *59*(1), 20–35.
10. https://doi.org/10.1177/14407833211017672
11. Blanchflower, D. G., & Oswald, A. J. (2004). Well-Being Over Time in Britain and the USA.
12. *Journal of Public Economics*, *88*(7–8), 1359–1386. https://doi.org/10.1016/S0047-2727(02)00168-8
13. Blanchflower, D. G., & Oswald, A. J. (2008). Is well-being U-shaped over the life cycle? *Social*.
14. *Science* & Medicine, *66*(8), 1733–1749. https://doi.org/10.1016/j.socscimed.2008.01.030
15. Borders, A., Guillén, L. A., & Meyer, I. H. (2014). Rumination, Sexual Orientation Uncertainty.
16. and Psychological Distress in Sexual Minority University Students *The Counseling Psychologist*, *42*(4), 497–523. https://doi.org/10.1177/0011000014527002
17. Bostwick, W., & Hequembourg, A. (2014). Just a little hint: bisexual-specific.
18. microaggressions and their connection to epistemic injustices *Culture Health & Sexuality*, *16*(5), 488–503. https://doi.org/10.1080/13691058.2014.889754
19. Brewster, M. E., & Moradi, B. (2010). Perceived experiences of anti-bisexual prejudice.
20. Instrument development and evaluation *Journal of Counseling Psychology*, *57*(4), 451–468. https://doi.org/10.1037/a0021116
21. Britt, L., & Heise, D. (2000). From Shame to Pride in Identity Politics. In S. Stryker, T. J.
22. Owens, & White, R. W. (Eds.). *Self, Identity, and Social Movements* (pp. 252–271). U of Minnesota.
23. Brooks, V. R. (1981). *Minority Stress and Lesbian Women*. Lexington Books.
24. Brown, A. (2020, August 20). *A profile of single Americans*. Pew Research Center. H.
25. ttps://
26. Budgeon, S. (2008). Couple Culture and the Production of Singleness. *Sexualities*, *11*(3), 301–325. https://doi.org/10.1177/1363460708089422
27. Chan, A. S. W., Wu, D., Lo, I. P. Y., Ho, J. M. C., & Yan, E. (2022). Diversity and Inclusion.
28. Impacts on Psychological Wellbeing Among Lesbian Gay, Bisexual, Transgender, and Queer Communities. *Frontiers in Psychology*, *13*. https://doi.org/10.3389/fpsyg.2022.726343
29. Checa, I., Di Marco, D., & Bohórquez, M. R. (2022). Measurement Invariance of the.
30. Satisfaction with Life Scale by Sexual Orientation *Archives of Sexual Behaviour*, *51*, 2891–2897. https://doi.org/10.1007/s10508-021-02240-0
31. Cheung, F., & Lucas, R. E. (2014). Assessing the validity of single-item life satisfaction.
32. measures results from three large samples. *Quality of Life Research*, *23*(10), 2809–2818. https://doi.org/10.1007/s11136-014-0726-4
33. Clark, A. N., Lefkowitz, E. S., & Zimmerman, C. (2022). Sexual and Affectionate Behaviors in.
34. Asexual and Allosexual Adults *The Journal of Sex Research*, *60*(2), 242–252. https://doi.org/10.1080/00224499.2022.2051161
35. Connidis, I. A. (2020). Who Counts as Family Later in Life? Following Theoretical Leads.
36. *Journal of Family Theory & Review*, *12*(2), 164–179. https://doi.org/10.1111/jftr.12367
37. Cramer, R. J., Golom, F. D., Gemberling, T. M., Trost, K., Lewis, R., & Wright (2018). S.
38. Examining the Lesbian, Gay, and Bisexual Identity Scale Among Members of an Alternative Sexuality Special Interest Group *Archives of Sexual Behavior*, *47*, 1251–1264. https://doi.org/10.1007/s10508-017-1120-4
39. DePaulo, B. M., & Morris, W. L. (2005). Singles in Society and in Science. *Psychological*.
40. Inquiry *16*(2–3), 57–83. https://doi.org/10.1207/s15327965pli162&3_01
41. Dodge, B., Herbenick, D., Friedman, M. R., Schick, V., Fu, T. C. J., & Bostwick, W. Bartelt, E..
42. Muñoz-Laboy, M., Pletta, D., Reece, M., & Sandfort, T. G. M. (2016). Attitudes toward Bisexual Men and Women among a Nationally Representative Probability Sample of Adults in the United States. *PloS One*, *11*(10). https://doi.org/10.1371/journal.pone.0164430
43. Driscoll, J. M., Kelley, F. A., & Fassinger, R. E. (1996). Lesbian identity and disclosure in the.
44. workplace Relation to occupational stress and satisfaction. *Journal of Vocational Behavior*, *48*(2), 229–242. https://doi.org/10.1006/jvbe.1996.0020
45. Elizabeth, H. S., Wongsomboon, V., & Clark, M. S. (2025). Links between partnering.
46. relationship quality and mental well-being among sexual minority and straight individuals *Psychology & Sexuality*, *16*(4), 981–1003. https://doi.org/10.1080/19419899.2025.2490913
47. Elmer, E. M., van Tilburg, T., & Fokkema, T. (2022). Minority Stress and Loneliness in a Global.
48. Sample of Sexual Minority Adults The Roles of Social Anxiety, Social Inhibition, and Community Involvement. *Archives of Sexual Behavior*, *51*, 2269–2298. https://doi.org/10.1007/s10508-021-02132-3
49. Elo, A. L., Leppänen, A., & Jahkola, A. (2003). Validity of a single-item measure of stress.
50. symptoms *Scandinavian Journal of Work Environment & Health*, *29*(6), 444–451.
51. https://doi.org/10.5271/sjweh.752
52. Eres, R., Postolovski, N., Thielking, M., & Lim, M. H. (2021). Loneliness, mental health, and.
53. social health indicators in LGBTQIA+ Australians. *American Journal of*.
54. Orthopsychiatry *91*(3), 358–366. https://doi.org/10.1037/ort0000531

55. Feinstein, B. A., & Dyar, C. (2017). Bisexuality, minority stress, and health. *Current Sexual*.
56. *Health Reports 9*(1), 42–49. https://doi.org/10.1007/s11930-017-0096-3
57. Feinstein, B. A., Dyar, C., Li, D. H., Whitton, S. W., Newcomb, M. E., & Mustanski, B. (2019).
58. The Longitudinal Associations Between Outness and Health Outcomes Among Gay/Lesbian Versus Bisexual Emerging Adults *Archives of Sexual Behavior*, *48*(4), 1111–1126. https://doi.org/10.1007/s10508-018-1221-8
59. Firestein, B. A. (Ed.). (1996). *Bisexuality: The Psychology and Politics of an Invisible Minority*.
60. Publications, S. A. G. E. Inc.
61. Fish, J., & Weis, C. (2019). All the lonely people, where do they all belong? An interpretive.
62. synthesis of loneliness and social support in older lesbian, gay and bisexual communities. *Quality in Ageing and Older Adults*, 20(3), 130–142.
63. Flanders, C. E., Tarasoff, L. A., Legge, M. M., Robinson, M., & Gos, G. (2016). Positive.
64. Identity Experiences of Young Bisexual and Other Nonmonosexual People A Qualitative Inquiry. *Journal of Homosexuality*, *64*(8), 1014–1032. https://doi.org/10.1080/00918369.2016.1236592
65. Floyd, F. J., & Bakeman, R. (2006). *Coming-out across the life course*. Implications of age and.
66. historical context *Archives of Sexual Behavior*, 35(3), 287–296.
67. Fokkema, T., & Kuyper, L. (2009). The relation between social embeddedness and loneliness.
68. among older lesbian, gay, and bisexual adults in the Netherlands. *Archives of Sexual Behavior*, *38*(2), 264–275. https://doi.org/10.1007/s10508-007-9252-6
69. Gates, G. J. (2014, August 25). *LGBT Americans report lower well-being*. Gallup.
70. https://news.gallup.com/poll/175418/lgbt-americans-report-lower.aspx
71. Girme, Y. U., Park, Y., & MacDonald, G. (2022). Coping or Thriving? Reviewing Intrapersonal.
72. Interpersonal and Societal Factors Associated With Well-Being in Singlehood From a Within-Group Perspective. *Perspectives on Psychological Science*, *18*(5), 1097–1120. https://doi.org/10.1177/17456916221136119
73. Goerlich, S. (2021). September 6). Queerplatonic Relationships: A New Term for an Old Custom.
74. *Psychology Today* https://www.psychologytoday.com/us/blog/bound-together/202109/queerplatonic-relationships-new-term-old-custom
75. Goldsen, J., Bryan, A. E., Kim, H. J., Muraco, A., & Jen, S. (2017). & Fredriksen-Goldsen, K. I.
76. Who says I do The changing context of marriage and health and quality of life for LGBT.
77. older adults *The Gerontologist*, *57*(suppl_1), S50–S62.
78. https://doi.org/10.1093/geront/gnw174
79. Grabovac, I., Smith, L., McDermott, D. T., Stefanac, S., & Yang, L. Veronese, N., & Jackson, S.
80. E. (2019). Well-Being Among Older Gay and Bisexual Men and Women in England: A Cross-sectional Population Study. *Journal of the American Medical Directors Association*, *20*(9), 1080–1085. https://doi.org/10.1016/j.jamda.2019.01.119
81. Graham, C., & Pozuelo, J. R. (2017). *Happiness, stress, and age*. how the U curve varies across.
82. people and places *Journal of Population Economics*, *30*, 225–264. https://doi.org/10.1007/s00148-016-0611-2
83. Greene, D. C., & Britton, P. J. (2015). Predicting adult LGBTQ happiness: Impact of childhood.
84. affirmation, self-compassion, and personal mastery. *Journal of LGBT Issues in Counseling*, *9*(3), 158–179. https://doi.org/10.1080/15538605.2015.1068143
85. Grov, C., Bimbi, D. S., Nanín, J. E., & Parsons, J. T. (2006). Race, ethnicity, gender, and.
86. generational factors associated with the coming-out process among gay, lesbian, and bisexual individuals. *Journal of sex research*, 43(2), 115–121.
87. Grov, C., DeBusk, J. A., Bimbi, D. S., Golub, S. A., Nanin, J. E., & Parsons (2007). *J T*
88. Barebacking, Internet, & Reduction, H. An Intercept Survey with Gay and.
89. Bisexual Men in Los Angeles and New York City *AIDS and Behavior*, *11*, 527–536. https://doi.org/10.1007/s10461-007-9234-7
90. Grov, C., Hirshfield, S., Remien, R. H., Humberstone, M., & Chiasson, M. A. (2013). Exploring.
91. the Venue's Role in Risky Sexual Behavior Among Gay and Bisexual Men An Event-Level Analysis from a National Online Survey in the U.S. *Archives of Sexual Behavior*, *42*, 291–302. https://doi.org/10.1007/s10508-011-9854-x
92. Gudelunas, D. (2012). *There's an app for that*. The uses and gratifications of online social.
93. networks for gay men *Sexuality & Culture: An Interdisciplinary Quarterly*, *16*(4), 347–365. https://doi.org/10.1007/s12119-012-9127-4
94. Halberstam, J. (2005). *In a Queer Time and Place: Transgender Bodies, Subcultural Lives*. NYU.
95. Press.
96. Hall, W. J., Dawes, H. C., & Plocek, N. (2021). Sexual orientation identity development.
97. milestones among lesbian, gay, bisexual, and queer people: A systematic review and meta-analysis. *Frontiers in Psychology*, *12*. https://doi.org/10.3389/fpsyg.2021.753954
98. Hatzenbuehler, M. L. (2009). *How does sexual minority stigma*. get under the skin? A.
99. psychological mediation framework *Psychological Bulletin*, *135*(5), 707–730. https://doi.org/10.1037/a0016441

100. Hoan, E., & MacDonald, G. (2025a). Personality and Well-Being Across and Within.
101. Relationship Status *Personality and Social Psychology Bulletin*, *51*(9), 1648–1663.
102. https://doi.org/10.1177/01461672231225571
103. Hoan, E., & MacDonald, G. (2025b). *Sisters are doin' it for themselves*. Gender differences in.
104. singles' well-being *Social Psychological and Personality Science*, 16, 610–619.
105. Hoan, E., Hu, J., Shi, X., & MacDonald, G. (2026). Leftover or flourishing? Gender.
106. differences in well-being among Chinese singles, 33(2), e70063. Personal Relationships.
107. Hostetler, A. J. (2009). Single by choice? Assessing and understanding voluntary singlehood.
108. among mature gay men *Journal of Homosexuality*, *56*(4), 499–531. https://doi.org/10.1080/00918360902821486
109. Hsieh, N., & Liu, H. (2021). *Social Relationships and Loneliness in Late Adulthood*. Disparities.
110. by Sexual Orientation *Journal of Marriage and Family*, *83*(1), 57–74. https://doi.org/10.1111/jomf.12681
111. Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J. T. (2004). A Short Scale for.
112. Measuring Loneliness in Large Surveys Results From Two Population-Based Studies. *Research on Aging*, *26*(6), 655–672. https://doi.org/10.1177/0164027504268574
113. Jones, P. E. (2021). Political distinctiveness and diversity among LGBT Americans. Public.
114. Opinion Quarterly 85(2), 594–622.
115. Katz-Wise, S. L., Rosario, M., & Tsappis, M. (2016). Lesbian, Gay, Bisexual, and Transgender.
116. Youth and Family Acceptance *Pediatric Clinics of North America*, *63*(6), 1011–1025. https://doi.org/10.1016/j.pcl.2016.07.005
117. King, M., Semlyen, J., Tai, S. S., Killaspy, H., Osborn, D., Popelyuk, D., & Nazareth, I. (2008).
118. A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people. *BMC Psychiatry*, *8*, 70. https://doi.org/10.1186/1471-244X-8-70
119. Kislev, E. (2018). *Happiness, post-materialist values, and the unmarried*. Journal of happiness.
120. Studies 19(8), 2243–2265.
121. Kislev, E. (2019). *Happy Singlehood: The Rising Acceptance and Celebration of Solo*.
122. *Living*. University Of California Press.
123. Kislev, E. (2020). *The Sexual Activity and Sexual*. Satisfaction of Singles in the Second.
124. Demographic Transition *Sexuality Research and Social Policy*, *18*, 726–738. https://doi.org/10.1007/s13178-020-00496-0
125. Korchmaros, J. D., Powell, C., & Stevens, S. (2013). Chasing Sexual Orientation: A Comparison.
126. of Commonly Used Single-Indicator Measures of Sexual Orientation *Journal of Homosexuality*, *60*(4), 596–614. https://doi.org/10.1080/00918369.2013.760324
127. Krämer, M. D., Stern, J., Buchinger, L., MacDonald, G., & Bleidorn, W. (2026). Life.
128. satisfaction, loneliness, and depressivity in consistently single young adults in Germany and the UK. Journal of Personality and Social Psychology.
129. Kranz, D., Franzen, P., & Niepel, C. (2023). Associations of Lesbian and Gay Identity with.
130. Relationship Status and Satisfaction *Identity*, *23*(4), 314–331. https://doi.org/10.1080/15283488.2023.2222283
131. Laming, G., Lyons, A., & Pepping, C. A. (2021). Long-Term Singlehood in Sexual Minority.
132. Adults: the Role of Attachment and Minority Stress *Sexuality Research and Social Policy*, *20*(3), 340–349. https://doi.org/10.1007/s13178-021-00628-0
133. Lavender-Stott, E. S. (2023). *Queering singlehood*. Examining the intersection of sexuality and.
134. relationship status from a queer lens. *Journal of Family Theory and Review*, *15*(3), 428–443. https://doi.org/10.1111/jftr.12521
135. Lavender-Stott, E. S., & Allen, K. R. (2023). Not alone: Family experiences across the life.
136. course of single baby boom sexual-minority women. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, *72*(1), 140–158. https://doi.org/10.1111/fare.12721
137. Lehmann, V., Tuinman, M. A., Braeken, J., & Vingerhoets, A. J. J. M. Sanderman, R., &
138. Hagedoorn, M. (2015). Satisfaction with Relationship Status: Development of a New Scale and the Role in Predicting Well-Being. *Journal of Happiness Studies*, *16*, 169–184. https://doi.org/10.1007/s10902-014-9503-x
139. Lunn, M. R., Cui, W., Zack, M. M., Thompson, W. W., Blank, M. B., & Yehia (2017). B. R.
140. Sociodemographic Characteristics and Health Outcomes Among Lesbian, Gay, & Bisexual, U. S. Adults Using Healthy People 2020 Leading Health Indicators. *LGBT Health*, *4*(4), 283–294. https://doi.org/10.1089/lgbt.2016.0087
141. MacDonald, G., & Park, Y. (2022). Associations of attachment avoidance and anxiety with life.
142. satisfaction satisfaction with singlehood, and desire for a romantic partner. *Personal Relationships*, 29, 163–176.
143. MacDonald, G., Thapar, S., Ryan, W. S., Chung, J. M., Hoan, E., & Park, Y. (2025). Why Do.
144. You Want a Romantic Relationship? Individual Differences in Motives for Romantic Relationship Pursuit. *Personality and Social Psychology Bulletin*. https://doi.org/10.1177/01461672251331699
145. Mann, S., Blackaby, D., & O'Leary, N. (2019). Sexual identity and wellbeing: A distributional.

146. analysis *Economics Letters*, *181*, 133–136. https://doi.org/10.1016/j.econlet.2019.04.023
147. Mark, K. P., Garcia, J. R., & Fisher, H. E. (2015). Perceived emotional and sexual satisfaction.
148. across sexual relationship contexts Gender and sexual orientation differences and similarities. *The Canadian Journal of Human Sexuality*, *24*(2). https://doi.org/10.3138/cjhs.242-A8
149. McCole, A. R., & Anderson, J. R. (2025). *Not Queer Enough*. A Systematic Review of the.
150. Literature Exploring Experiences of Bi-Erasure *Journal of Bisexuality*. https://doi.org/10.1080/15299716.2025.2498333
151. McCole, A. R., Thai, M., & Anderson, J. R. (2025). An Extra Set of Bits for Your Fantasy: A.
152. Qualitative Exploration of Bi + Women's Fetishization Experiences. *Journal of Bisexuality*. https://doi.org/10.1080/15299716.2025.2481610
153. Meyer, I. H. (1995). Minority stress and mental health in gay men. *Journal of Health and Social*.
154. Behavior *36*(1), 38–56. https://doi.org/10.2307/2137286
155. Meyer, I. H. (2003). Prejudice, Social Stress, and Mental Health in Lesbian, Gay, and Bisexual.
156. Populations Conceptual Issues and Research Evidence. *Psychological Bulletin*, *129*(5), 674–697. https://doi.org/10.1037/0033-2909.129.5.674
157. Meyer, I. H., & Frost, D. M. (2013). *Minority stress and the health of sexual minorities*. In C. J.
158. Patterson, & D'Augelli, A. R. (Eds.). *Handbook of Psychology and Sexual Orientation* (pp. 252–266). Oxford University Press.
159. Miller, S. D., Taylor, V., & Rupp, L. J. (2016). Social movements and the construction of queer.
160. identity New directions in identity theory and research, 443–469.
161. Mohr, J. J., & Fassinger, R. E. (2006). Sexual Orientation Identity and Romantic Relationship.
162. Quality in Same-Sex Couples *Personality and Social Psychology Bulletin*, *32*(8), 1085–1099. https://doi.org/10.1177/0146167206288281
163. Nguyen, J., Anderson, J., & Pepping, C. A. (2024). A systematic review and research agenda of.
164. internalized sexual stigma in sexual minority individuals Evidence from longitudinal and intervention studies. *Clinical Psychology Review*, *108*. https://doi.org/10.1016/j.cpr.2023.102376
165. Office for National Statistics (2019). *Population estimates by marital status and living*.
166. *arrangements, England and Wales: 2018*. https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/populationestimatesbymaritalstatusan
167. Organisation for Economic Co-operation and Development (2019). *Society at a glance 2019*:.
168. *OECD social indicators*. OECD Publishing. https://www.oecd.org/en/publications/society-at-a-glance-2019_soc_glance-2019-en.html
169. Pachankis, J. E., & Bränström, R. (2018). Hidden from happiness: Structural stigma, sexual.
170. orientation concealment and life satisfaction across 28 countries. *Journal of Consulting and Clinical Psychology*, *86*(5), 403–415. https://doi.org/10.1037/ccp0000299
171. Park, Y., Impett, E. A., & MacDonald, G. (2021). Singles' sexual satisfaction is associated with.
172. more satisfaction with singlehood and less interest in marriage. *Personality and Social Psychology Bulletin*, *47*, 741–752.
173. Park, Y., & MacDonald, G. (2022). Single and partnered individuals' sexual satisfaction as a.
174. function of sexual desire and activities Results using a sexual satisfaction scale demonstrating measurement invariance across partnership status. *Archives of Sexual Behavior*, *51*(1), 547–564. https://doi.org/10.1007/s10508-021-02153-y
175. Park, Y., Page-Gould, E., & MacDonald, G. (2022). Satisfying singlehood as a function of age.
176. and cohort: Satisfaction with being single increases with age after midlife. *Psychology and Aging*, *37*(5), 626–636. https://doi.org/10.1037/pag0000695
177. Pepping, C. A., Girme, Y. U., Cronin, T. J., & MacDonald, G. (2025). Diversity in singlehood.
178. experiences Testing an attachment theory model of sub-groups of singles. *Journal of Personality*, 93, 275–295.
179. Perales, F. (2019). *The health and wellbeing of Australian lesbian*. a.
180. systematic assessment using a longitudinal national sample *Australian and New Zealand Journal of Public Health*, *43*(3), 281–287. https://doi.org/10.1111/1753-6405.12855
181. Perales, F. (2016). *The costs of being different*. Sexual identity and subjective wellbeing over.
182. the life course *Social Indicators Research*, *127*(2), 827–849. https://doi.org/10.1007/s11205-015-0974-x
183. Qin, H. Y., Hoan, E., Joel, S., & MacDonald, G. (2026). In what domains does entering a.
184. romantic relationship boost well-being? A longitudinal investigation. *Social Psychological and Personality Science*, *17*, 447–460. https://doi.org/10.1177/19485506251371351
185. Radkowsky, M., & Siegel, L. J. (1997). The gay adolescent: stressors, adaptations, and.
186. psychosocial interventions *Clinical Psychology Review*, *17*(2), 191–216. https://doi.org/10.1016/s0272-7358(97)00007-x
187. Riggle, E. D., Rostosky, S. S., & Danner, F. (2009). LGB identity and Eudaimonic Well being in.
188. Midlife *Journal of Homosexuality*, *56*(6), 786–798. https://doi.org/10.1080/00918360903054277
189. Roberts, T. S., Horne, S. G., & Hoyt, W. T. (2015). Between a Gay and a Straight Place.
190. Bisexual Individuals' Experiences with Monosexism *Journal of Bisexuality*, *15*(4), 554–569. https://doi.org/10.1080/15299716.2015.1111183
191. Rokach, A. (2014). Loneliness of the Marginalized. *Open Journal of Depression*, *3*(4), 147–153.

192. https://doi.org/10.4236/ojd.2014.34018
193. Ross, M. W., & Rosser, B. R. (1996). Measurement and correlates of internalized homophobia: a.
194. factor analytic study *Journal of Clinical Psychology*, *52*(1), 15–21. https://doi.org/10.1002/(SICI)1097-4679(199601)52:1%3C15::AID-JCLP2%3E3.0.CO;2-V.
195. Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The revised UCLA Loneliness Scale:.
196. concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology*, *39*(3), 472–480. https://doi.org/10.1037//0022-3514.39.3.472
197. Sarno, E. L., Newcomb, M. E., Feinstein, B. A., & Mustanski, B. (2020). Bisexual Men's.
198. Experiences with Discrimination Internalized Binegativity, and Identity Affirmation: Differences by Partner Gender. *Archives of Sexual Behavior*, *49*(5), 1783–1798. https://doi.org/10.1007/s10508-020-01712-z
199. Sheff, E. A. (2022, November 1). Can someone be both asexual and polyamorous? Psychology.
200. *Today*. https://www.psychologytoday.com/us/blog/the-polyamorists-next-door/202211/can-someone-be-both-asexual-and-polyamorous
201. Simonsohn, U., Simmons, J. P., & Nelson, L. D. (2020). Specification curve analysis. *Nature*.
202. Human Behaviour *4*(11), 1208–1214. https://doi.org/10.1038/s41562-020-0912-z
203. Steegen, S., Tuerlinckx, F., Gelman, A., & Vanpaemel, W. (2016). Increasing Transparency.
204. Through a Multiverse Analysis *Perspectives on Psychological Science*, *11*(5), 702–712. https://doi.org/10.1177/1745691616658637
205. Suen, Y. T. (2015). *What's Gay about Being Single*? A Qualitative Study of the Lived.
206. Experiences of Older Single Gay Men *Sociological Research Online*, *20*(3), 48–61. https://doi.org/10.5153/sro.3716
207. Taylor, J., Power, J., Smith, E., & Rathbone, M. (2019). Bisexual mental health: Findings from.
208. the 'Who I Am' study. *Australian Journal of General Practice*, *48*(3), 138–144. https://doi.org/10.31128/AJGP-06-18-4615
209. Tessler, H. (2026). In Y. Girme (Ed.), *Singlehood, asexuality, and aromanticism*. & G. MacDonald.
210. (Eds.) Oxford Handbook of Singlehood. Oxford, UK.
211. Træen, B., & Kvalem, I. L. (2022). *Satisfaction with singlehood and sexual activity*. Sexuality &.
212. Culture *26*, 1621–1638. https://doi.org/10.1007/s12119-022-09961-x
213. U.S. Census Bureau. (1979, May). *Marital status and living arrangements: March 1978*. Current.
214. : Population Reports, & Characteristics, P. P20–338). https://www.census.gov/library/publications/1979/demo/p20-338.html
215. Wahring, I. V., Neyer, F. J., Hoppmann, C. A., Ram, N., & Gerstorf, D. (2025). Men and women.
216. transitioning to singlehood in young adulthood and midlife. Psychology and Aging, 40(2), 117.
217. Walsh, L. C., Horton, C., Rodriguez, A., & Kaufman, V. A. (2023). Happily ever after for.
218. coupled and single adults A comparative study using latent profile analysis. *Journal of Social and Personal Relationships*, 40(12), 3955–3982.
219. Westefeld, J. S., Maples, M. R., Buford, B., & Taylor, S. (2001). Gay, Lesbian, and Bisexual.
220. College Students The Relationship Between Sexual Orientation and Depression, Loneliness, and Suicide. *Journal of College Student Psychotherapy*, *15*(3), 71–82. https://doi.org/10.1300/J035v15n03_06
221. Worthen, M. G. F. (2023). Queer identities in the 21st century: Reclamation and stigma. *Current*.
222. Opinion *in Psychology*, *49*. https://doi.org/10.1016/j.copsyc.2022.101512
223. Zoppolat, G., Barreto, M., Qualter, P., Crosbie, J., & Doyle, D. M. (2026). Does Romantic.
224. Involvement Benefit Everyone? Testing a Foundational Tenet in Relationship Science Through the Case of Asexuality. *Social Psychological and Personality Science*, *0*(0).

Footnotes

1. Including gender as a moderator (or not) was originally preregistered as a distinct specification. From an intersectional perspective, however, we decided to provide separate estimates by gender for all analyses.

Figures

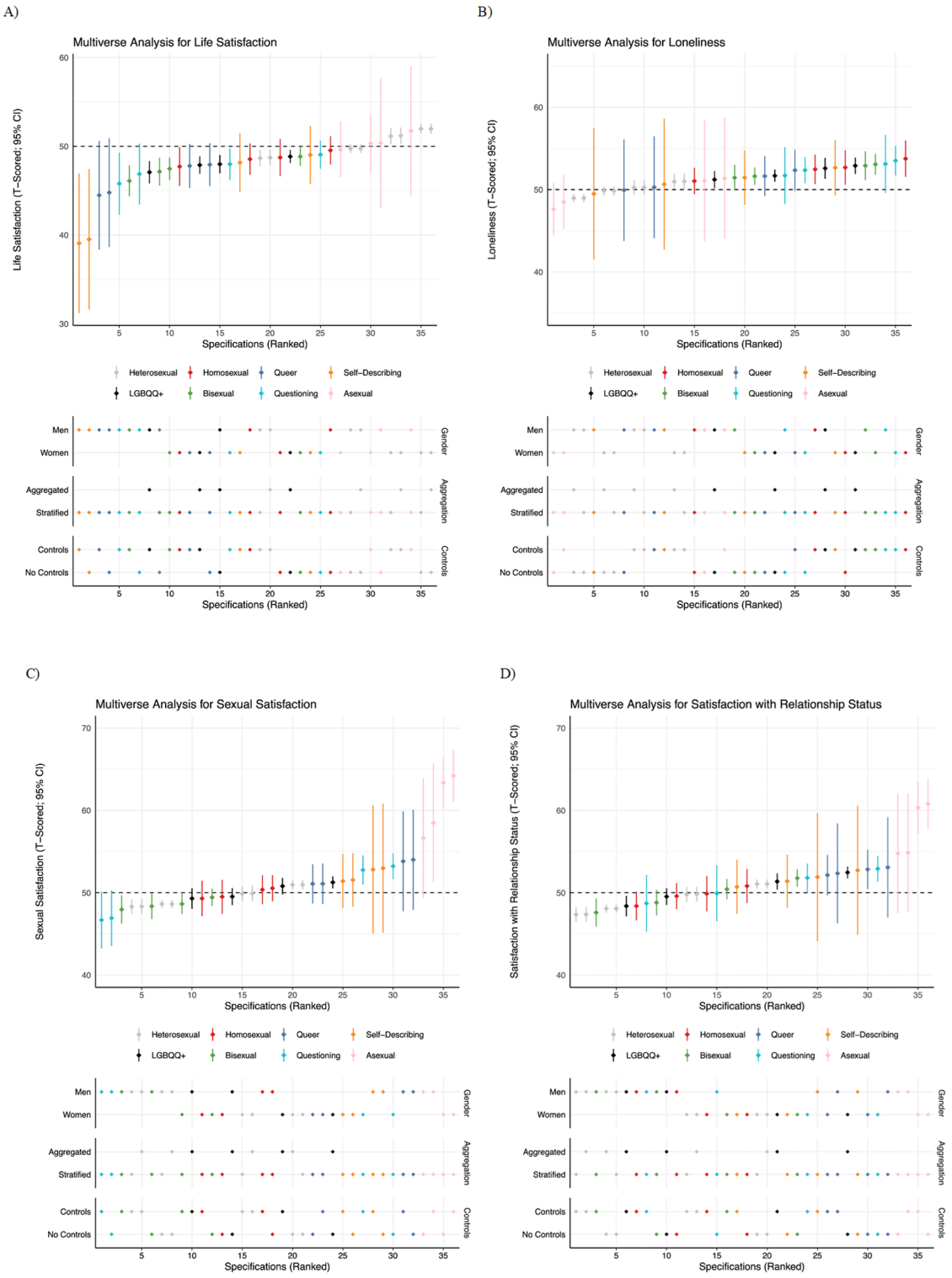


Figure 1

Multiverse Analyses of Well-Being in Singlehood Across Gender and Sexual Orientation

Note. Shown are model-based predictions (marginal effects). For each outcome, four models were run, with either an aggregated or a stratified sexual orientation predictor, and either with or without control variables (age, nationality, and length of singlehood). Separate predictions for men and women were extracted based on the interaction effect of sexual orientation and gender. Nonbinary people were included in the models but are not shown here due to low sample size.