#### **ORIGINAL PAPER**



# Attraction Preferences of Men who have Sex with Men

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#### **Abstract**

The attraction preferences of men who have sex with men (MSM) are largely unknown. While previous research has examined certain aspects tied to masculinity and race, no comprehensive study has been conducted. The current research addressed this gap by conducting two comprehensive surveys of the attraction preferences for MSM participants. The two surveys had participants identify key elements about themselves and then identify the attraction of these same elements in others. The results showed there were no universal ideal preferences for MSMs. That said, we found trends suggesting different body typed individuals have strong preferences for other body types. We discuss the practical implications of these findings, including the potential to predict attraction among the MSM population. This research supports the belief that MSMs have strong preferences for potential sexual partners.

**Keywords** Men who have sex with men  $\cdot$  Attraction  $\cdot$  Sexual preferences  $\cdot$  Gay males

### Introduction

Many research gaps exist regarding men who have sex with men (MSM; Varangis et al., 2012). MSMs often are constrained by real or perceived societal norms or internalized stigma that either prevent them from authentically identifying or accepting their sexuality or acts as a variable in furtherance of risky sexual attitudes or behaviors (Parmenter et al., 2020). Among the limited research areas is that of MSM attraction preferences. A handful of studies have focused on physical appearance as being a determinant factor (Beren et al., 1996; Hospers & Jansen, 2005; Sergios & Cody, 1985; Siever, 1994). Several other studies have examined specific attraction preferences including race and ethnicity (Trott, 2017), body type (Welch, 2016), age

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(Gobrogge et al., 2007), masculinity (Moskowitz et al., 2013; Wilson, 2017), muscularness (Varangis et al., 2012), and even hairiness (Moskowitz et al., 2013). These studies are limited due to sample size or inclusiveness.

MSM research generally focuses on the "hookup" or casual sexual encounter culture. While present in both heterosexual and homosexual populations, Gobrogge et al. (2007) found more homosexual men were seeking a sexual encounter (vs. a long-term relationship). Men, regardless of sexual orientation, tend to be less selective about preferences like their partner's age when seeking sexual encounters (Claxton & van Dulmen, 2013; Gobrogge et al., 2007; Schrimshaw et al., 2017; Weaver, 2013).

Several studies have focused on dating or hookup apps like Tinder, Grindr, and Scruff. Licoppe et al. (2016) examined the gay hookup app Grindr specifically noting there is a certain appeal or attraction to seeking out sex with strangers. Apps like Grindr and Scruff allow the user to objectify attributes for short-lived sexual encounters (Lopes et al., 2019; Markowitz & Hancock, 2018). These apps also provide users an opportunity to control their self-presentation. Miller (2015) found men using dating apps describe their masculine traits more often: Physical power, large physique, and other things associated with being masculine and fit. Chan (2018) noted hookup app users may develop an ambivalence to this networked intimacy. App users often must sift through hundreds of potential partners. This overabundance of profiles allow users to selectively respond to others in ways traditional inperson dating formats do not allow (Lopes et al., 2019). And, this selectivity has made many app users express strong preferences for race (Robinson, 2015) and masculinity (Miller, 2015).

Individuals seeking long term relationships or LTRs also tend to have specific preferences for potential partners (Bartholome et al., 2000). Even across cultures, there are typical gender differences that exist in mate selection. For example, heterosexual men tend to favor signs of youth, health, and fertility in the opposite sex (Kenrick et al., 1995). There is evidence suggesting homosexual attraction may be based on the same physical preferences as heterosexual attraction. For both homosexual and heterosexual men, Kenrick et al. (1995) found younger partners are increasingly preferred throughout the relationship. Contrary to this previous study, Kaufman and Phua (2003) found older gay men progressively prefer younger partners as the older men age. The researchers also found younger men sometimes prefer older men until the younger partners are later in age when the preference declines. Interestingly, gay men are usually more open to older partners than straight men; and, Asian and Hispanic gay men are most likely to seek partnership with an older man (Kaufman & Phua, 2003). Additionally, gay men are more likely to request age in personal ads on the internet for dating (Kaufman & Phua, 2003).

As Miller (2015) noted, some gay men tend to be preoccupied with factors such as masculinity. Age, weight, height, and hairiness tend to indicate masculinity (Yee, 2002). Older, hairier, more solid men are considered more masculine than younger, smother, shorter, and lighter men. Along with masculinity is a strong focus on body type. Some research has shown gay men show a tendency to be leaner and have similar self-body ratings as heterosexual men when the body types are similar (i.e., leaner; Morrison et al., 2003). However, Davids et al. (2015) found the sexual



objectification that gay males experience full mediates the relationship between gay community involvement and body dissatisfaction. In other words, this research suggests gay males may be more aware (and dissatisfied) with their own body the more they participate in the gay community. Moskowitz et al. (2013) examined gay males who identified themselves as "bears" (masculine-acting gay men who weigh more and have more body hair), and they found bears sought other males who were hairier than themselves.

Researchers have also examined how sexual position preferences may factor into attraction. Some receivers in gay sexual penetration or "bottoms" have been found to prefer more masculinized faces (Zheng et al., 2013). In the same study, individuals who identified as "versatile" (or enjoy both receiving and penetrating) had no preferences and those who penetrate or "tops" preferred more feminized faces. Other research indicates status and health orientation leads to preference for masculinized features like pronounced brows and large jaws (Zheng & Zheng, 2015). In Zheng and Zheng's (2016) study, they found homosexual men prefer more muscular and athletic body types. They also found versatile and bottom gay males prefer more masculine features while top gay males do not show a distinct preference.

# **Purpose of the Present Study**

While some is known about gay males and their attraction preferences, there is a significant gap relating to how these preferences interact. A non-scientific survey posted on gay male-oriented Reddit groups in December 2016 gathered results from over 4,400 individuals about who likes whom. Reddit is a bulletin board-type website and is the sixth most-popular site in the world (Sattelberg, 2020). Roughly 50% of the Reddit's users come from US-based IP addresses. The results of this survey spurred the authors to take a scientific study on the topic. We conducted two studies online to better understand gay male attraction sexual attraction and mate selection.

# Study 1

The main objective of this first study was to create a scientific baseline for understanding MSM. We began by examining the profile fields for accounts with gay dating applications like Grindr and Scruff. These applications have profile fields for age, gender identity, race, ethnicity, weight, height, body type, and sexual position. While not required, these fields provide quantitative information about a person that others can use to determine attraction. We needed participants' own details and the details of those whom they were attracted to understand this attraction.

The survey had three components: Demographics, attraction preferences, and self-monitoring ("Appendix 1"). The demographics section consisted of the



categories typically found in MSM dating applications. We sought the participants' age, their gender identity, and race and ethnicity, using standard categories. For body type, we morphed the options from Grindr<sup>1</sup> with the ones outlined in the 2016 Reddit survey to create the following list: thin, average, athletic, stocky, curvy, and muscular. We felt these options, while somewhat ambiguous, allowed for more variety than eco or endomorphic. The questionnaire also inquired about the participants' body hair on a four-level continuum from "no body hair (completely smooth)" to "lots of body hair".

The attractions preferences section asked participants questions about those they liked. The categories paralleled the demographics, except we collapsed race and ethnicity into one question with four additional choices: "Hispanic or Latino", "Mediterranean", "Middle Eastern", and "Mixed." We chose these categories to parallel the ones in the 2016 Reddit survey. Instead of asking participants to reveal their height, we structured the survey to ask if participants like partners who were "shorter than [them]", "about the same height", and "taller than [them]". We also added a weight question with a similar format.

The final component of the 2018 survey was a measure to assess self-monitoring. High self-monitors are aware of situational cues and able to guide their behavior to respond to these cues (Anderson & Randlet, 1993). Researchers had predicted gay males would be higher at self-monitoring than their heterosexual counterparts. We concurred with these predictions since homosexuals often had to hide their authentic selves to function successfully in heterosexual-dominated societies. While Anderson and Randlet (1993) did not find this result, Baida (2015) did see homosexuals rated high in self-monitoring. We wanted to see if this would be similar in our study.

#### Method

### **Participants**

A total of 644 individuals participated in this study, with 629 identifying as "Male/Man/Boy", four as "Female/Woman/Girl," four as "Other Gender(s)", and seven not answering the question. The mean age was 24.9. Race was assessed via several standard categories: American Indian or Alaska Native (n=3); Asian (n=80); Black or African American (n=23); Native Hawaiian or Other Pacific Islander (n=2); Other (n=70); and, White (n=459). For Ethnicity, 92 participants identified as Hispanic or Latino, and 539 participants identified as Not Hispanic or Latino.

<sup>&</sup>lt;sup>1</sup> As of 2019, Grindr had the following body types: 'toned,' 'average,' 'large,' 'muscular,' 'slim' and 'stocky' (Galistan, 2019).



**Table 1** 2018 attraction based on body type

Self	n	Ideal					
		1	2	3	4	5	6
1. Thin	157	.14†	03	.12†	09*	01	.07
2. Average	199	.09*	.22†	.06	.05	02	.01
3. Athletic	103	12†	09*	.10*	.00	01	.08
4. Stocky	83	.02	.09*	01	.19†	.12†	.02
5. Curvy	31	05	.09*	06	.00	.10*	09*
6. Muscular	29	01	12†	.03	02	09*	.16†

<sup>&</sup>lt;sup>†</sup> Correlation is significant at the 0.01 level (2 tailed)

#### Measures

Self-monitoring Self Presentation. SM's self-presentation aspect was measured a hybrid version (see "Appendix 2") of Snyder's Self-Monitoring Scale (1974) and the Revised Self-monitoring Scale (RSMS; Lennox & Wolfe, 1984). This hybrid scale was a 12-item measure that included statements related to their 1) ability to modify their self-presentation (e.g., "I have the ability to control the way I come across to people, depending on the impression I wish to give them") and 2) their acting ability (e.g., "I'm pretty good at entertaining people with jokes, anecdotes, and stories"). Participants indicated on a 5-point Likert scale how much these statements applied to them (e.g., "Strongly disagree" to "Strongly agree"). Similar to the RSMS, the result is an average of the variables after recoding for negatively written questions.

Sexual Attraction. As described above, we created a survey based on the broad categories of body type, hairiness, race, height, weight, and sexual position (see "Appendix 1"). The latter was scored using a 100-point slider scale with 0 being "more bottom/submissive" and 100 being "more top/dominant".

*Demographics*. The demographics questionnaire asked about age, gender identity, race, ethnicity, body type, hairiness, and sexual position (again, using a 100-point slider).

# **Ethics and Procedure**

The study received IRB approval. The researcher created the survey in Qualtrics and posted it to three Reddit subs: r/gaybros; r/Bros4Bros; and, r/askgaybros on December 24, 2018. The survey was not posted to the r/gay subreddit due to a change in the sub's rules prohibiting surveys. The researcher then closed the survey and removed the postings after 26 h.



<sup>\*</sup> Correlation is significant at the 0.05 level (2 tailed)

Table 2	2018 attraction	based on rac	e & ethnicity
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Self	n	Ideal					
		1	2	3	4	5	6
American Indian or Alaska Native	2	03	05	04	.02	07	.02
2. Asian	78	05	.15†	07	.02	00	.02
3. Black or African American	17	03	.06	.18†	03	.01	03
4. Native Hawaiian or Other Pacific Islander	33	03	.01	.02	.02	01	07
5. White, Hispanic or Latino	92	.04	.00	03	01	.14†	01
6. White, Non-Hispanic or Latino	414	.04	08*	.04	.02	06	.07

<sup>&</sup>lt;sup>†</sup> Correlation is significant at the 0.01 level (2 tailed)

#### Results

## **Body Type**

Participants categorized their own and their desired partners' body types using six categories: thin (n=157); average (n=199); athletic (n=103); stocky (n=83); curvy (n=31); and, muscular (n=29). Table 1 shows correlations of self-identified body types vs. ideal partners' body types.

Data showed there was not an ideal desired body type that all participants rated favorably. Thin participants found thin and athletic body types attractive,  $r(644)=0.14,\ p<0.001,\$ and  $r(644)=0.12,\ p=0.002;\$ but, these participants significantly disliked stocky body types,  $r(644)=-0.09,\ p=0.023.$  Average body typed participants significantly liked thin and average body typed individuals,  $r(644)=0.09,\ p=0.021,\$ and,  $r(644)=0.22,\ p<0.001.$  Participants who identified as having athletic body types significantly liked other athletic individuals,  $r(644)=0.10,\ p=0.011;\$ but, they significantly disliked both thin and average body typed individuals. Stocky individuals liked average, stocky, and curvy body typed individuals:  $r(644)=0.09,\ p=0.026;\ r(644)=0.19,\ p<0.001;\$ and,  $r(644)=0.12,\ p=0.003.$  Participants identifying as curvy liked average and curvy individuals, but disliked muscular individuals,  $r(644)=-0.09,\ p=0.023.$  Muscular participants liked other muscular body typed individuals,  $r(644)=0.16,\ p<0.001;$  however, they disliked averaged and curvy individuals.

#### Race

For desired partners, the survey condensed race and ethnicity into a continuum with nine categories. Three choices, "Mediterranean", "Middle Eastern", and "Mixed", were included but were not analyzed. Overall, four correlations were significant. Asian participants (n=78) significantly liked other Asian individuals, r(647)=0.15, p<0.001. Black or African American participants (n=17) liked other



<sup>\*</sup> Correlation is significant at the 0.05 level (2 tailed)

**Table 3** 2018 attraction based on hairiness

Self	Ideal				
	n	1	2	3	4
1. Completely smooth	51	.07	03	06	05
2. A bit of hair	242	.15†	.21†	03	05
3. Average body hair	230	07	.04	.25†	.09*
4. Lots of body hair	79	.02	04	.03	.13†

<sup>†</sup> Correlation is significant at the 0.01 level (2 tailed)

Black or African American individuals, r(647) = 0.18, p < 0.001. White, Hispanic or Latino participants significantly liked other White, Hispanic or Latino individuals, r(647) = 0.14, p < 0.001. Finally, White, Non-Hispanic or Latino participants indicated they significantly disliked Asian individuals, r(647) = -0.08, p = 0.042. With the exception of American Indian or Alaska Native participants, all other race groups indicated attraction toward individuals of similar race (see Table 2).

#### **Hairiness**

Participants rated their attraction to individuals with different levels of body hair (see Table 3). Those participants with "a bit of hair" (n=242) significantly liked individuals like them or those who were completely smooth. Average body hair individuals (n=230) liked individuals with both average and lots of body hair.

## Height

Data showed most body typed individuals did not have a strong preference on whether a potential partner was shorter than then, their height, or taller than them (see Table 4). Participants who identified as thin had a significant preference with individuals who were taller than them, F(1,645) = 16.25, p < 0.001. Also, participants who identified as average had a significant preference for individuals around their height, F(1,645) = 14.18, p < 0.001.

# Weight

Data showed participants from most body type groups had strong preferences for the weight of their ideal partner, whether that was less than, about the same, or more than the weight of the participant (see Table 5). Thin, stocky, and curvy participants all had significant preferences for partners who both weighed less than or more than themselves; yet, they all three did not have a significant preference for those weighing about the same as them. Participants who identified as having an average body type had a significant preference for individuals who weighed about the same as them, F(1,645) = 23.57, p < 0.001.



<sup>\*</sup> Correlation is significant at the 0.05 level (2 tailed)

 Table 4
 2018 attraction based on height

	Shorter th	han me				My height	t				Taller than me	me 1			
	SS	df	$M^2$	F	р	SS	ф	$M^2$	F	d	SS	df	$M^2$	F	р
Thin $(n = 157)$															
Between groups	.35	1	.35	1.38	.24	.03	1	.25	.12	.73	3.64	1	3.64	16.25	<.001
Within groups	161.37	645	.25			137.77	645	.21			144.60	645	.22		
Total	161.72	646				137.79	646				148.24	646			
Average $(n=199)$															
Between groups	98.	1	98.	3.45	90:	2.96	1	2.96	14.18	<.001	4	1	4.	1.90	.17
Within groups	160.86	645	.25			134.83	645	.21			147.80	645	.23		
Total	161.72	646				137.79	646				148.24	646			
Athletic $(n=103)$															
Between groups	.21	1	.21	.82	.37	.03	1	.03	.15	.70	.07	1	.07	.29	.59
Within groups	161.51	645	.25			137.76	645	.21			148.17	645	.23		
Total	161.72	646				137.79	646				148.24	646			
Stocky $(n=83)$															
Between groups	2.02	1	2.02	8.14	<.01	.17	1	.17	.81	.37	.28	1	.28	1.22	.27
Within groups	159.70	645	.25			137.62	645	.21			147.96	645	.23		
Total	161.72	646				137.79	646				148.24	949			
Curvy (n=31)															
Between groups	90:	1	90:	.22	.64	.42	1	.42	1.99	.16	.30	1	.30	1.31	.25
Within groups	161.66	645	.25			137.37	645	.21			147.94	645	.23		
Total	161.72	646				137.79	646				148.24	949			
Muscular $(n=29)$															
Between groups	.26	1	.26	1.05	.31	.56	1	.56	2.61	.11	90.	1	90.	.27	09.
Within groups	161.46	645	.25			137.24	645	.21			148.18	645	.23		
Total	161.72	646				137.79	646				148.24	949			



#### **Sexual Position**

Participants used a hundred-point slider to identify their preferred sexual position and the preferred sexual position of their desired partner. With lower numbers being "more bottom" and higher numbers being "more top", participants marked their average sexual position as 44.87 (SD=30.33) and desired partner's position as 62.82 (SD=26.61). There was a negative correlation between these two variables, r=-0.81, p<0.001.

# **Self-Monitoring**

This study used the 12-item hybrid self-monitoring scale with a Cronbach's alpha of 0.762. The scale was completed by 554 participants with an average of 2.70, minimum of 0.57 and a maximum of 4.00. (SD = 0.54).

## Discussion

Study 1 was completed to establish a baseline on MSM attraction preferences. The most interesting finding of this study was that related to body type. All six of our categories were attracted to others of the same category. However, no one category was attracted to individuals in all the other categories. This would indicate that there is not an ideal or universally desired body type.

We also found strong racial preferences in this sample. Our largely White, Non-Hispanic or Latino population was not significantly attracted to Asian individuals. This group did not display a significant attraction, however, to members of the same racial group. We did see the Hispanic or Latino population significantly attracted to others in the same group.

Participants who rated themselves as having a bit of hair significantly liked those who were both completely smooth and those with a bit of hair; however, these participants did not like those who were hairier than themselves. While Moskowitz et al.'s (2013) found bears sought hairier individuals, it is unknown if this study was able to support that finding as participants did not identify themselves in categories as such.

This study examined both height and weight in relation to the participant's own size. For weight, we found that only those individuals who identified as average were statistically attracted to individuals of their same weight. Thin, stocky, and curvy individuals all were attracted to those who weighed less and more than them. This may be related to Davids et al.'s (2015) research and dissatisfaction for their own body type. Height also saw similar findings. Average individuals were attracted to those of their own height; whereas, thin individuals liked those taller and stocky individuals liked those shorter. Yee (2002) suggested height as being a measure of masculinity. It is possible thin individuals were seeking out more masculine partners, and, conversely, stocky individuals were seeking out more feminine partners.



 Table 5
 2018 attraction based on weight

	Weigh less than me	ss than 1	ne			My weight	)t				Weigh more than me	ore than	me		
	SS	df	$M^2$	F	р	SS	ф	$M^2$	F	р	SS	df	$M^2$	F	р
Thin $(n = 157)$															
Between groups	9.47	1	9.47	40.35	<.001	.11	1	.11	.49	.47	11.84	_	11.84	51.18	<.001
Within groups	151.35	645	.24			143.78	645	.22			149.26	645	.23		
Total	160.82	646				143.89	646				161.10	646			
Average $(n=199)$															
Between groups	1.43	1	1.43	5.79	.02	5.07	1	5.07	23.57	< .001	.04	1	9.	.14	.71
Within groups	159.39	645	.25			138.82	645	.22			161.07	645	.25		
Total	160.82	646				143.89	646				161.10	646			
Athletic $(n = 103)$															
Between groups	.24	1	.24	86.	.32	.47	1	.47	2.12	.15	.32	1	.32	1.27	.26
Within groups	160.58	645	.25			143.42	645	.22			160.78	645	.25		
Total	160.82	646				143.89	646				161.10	646			
Stocky $(n=83)$															
Between groups	12.15	1	12.15	52.69	<.001	.07	1	.07	.33	.57	3.16	1	3.16	12.92	<.001
Within groups	148.68	645	.23			143.82	645	.22			157.94	645	.25		
Total	160.82	949				143.89	949				161.10	646			
Curvy $(n=31)$															
Between groups	3.86	1	3.86	15.86	<.001	.01	1	.01	90:	.80	3.72	1	3.72	15.26	<.001
Within groups	156.96	645	.24			143.87	645	.22			157.38	645	.24		
Total	160.82	646				143.89	949				161.10	646			
Muscular $(n=29)$															
Between groups	92.	1	92.	3.08	80.	.49	1	.49	2.20	.14	92.	1	92.	3.05	80.
Within groups	160.06	645	.25			143.40	645	.22			160.34	645	.25		
Total	160.82	646				143.89	949				161.10	646			



Similar to Anderson and Randlet (1993), we did not find high self-monitoring scores in our population. Baida's (2015) small population assessed self-monitoring of self-identified homosexual leaders. Our demographics did not ask participants about their work or life status. Our sample also included a younger population that that in Baida's (2015). This younger population may be not as focused on modifying their self-presentation based on situational cues.

We did have some methodological shortcomings, specifically related to how we evaluated sexual position and dominance as one variable. Several Reddit users identified this error in response to the recruitment post, noting that there are dominant bottoms and submissive tops. This single variable approach was an incorrect assumption by the primary researcher.

# Study 2

Study 2 was conducted to help address a limitation of the previous study: Racial population. Study 1 had an over-representation of White participants. Understanding that Reddit has an over-representation of White males compared to other groups (Sattelberg, 2020), we attempted to broaden the inclusiveness of the study by posting to additional subreddits focused on people of color.

Study 2 had the design flaw of collapsing sexual position with dominance. Some research has suggested givers or "tops" are more dominant than their receivers or "bottoms" (Gill, 2007; Hoppe, 2011). Other research has found there is a unique difference that should be distinguished (Kippax & Smith, 2001; Xu & Zheng, 2018). We corrected this flaw by placing categories on a 100-point sliding scale.

#### Method

### **Participants**

A total of 487 participants completed the survey with 483 identifying a "Male/Man/Boy" and four participants identified as "Other Gender". The mean age was 31.7 years old. Participants self-identified race as 328 participants identified as being "White", 3 as "American Indian or Alaskan Native", 38 as "Asian", 11 as "Black or African American", 2 as "Native Hawaiian or Other Pacific Islander", and 48 as "Other". For Ethnicity, 55 identified as Hispanic or Latino and 425 identified as Not Hispanic or Latino.

#### Measures

As in the previous study, we used a hybrid self-monitoring scale (see "Appendix 2") and an updated demographics questionnaire (see "Appendix 3").



#### **Ethics and Procedure**

The study received IRB approval. The researcher created the survey in Qualtrics and posted on February 15, 2020 to the following four Reddit subs: r/AskGayBros-Over30; r/gaylatinos; r/gaypoc; and, r/gaybros. The researchers then closed the survey and removed the postings after 26 h.

#### Results

## **Body Type**

Participants categorized their own and their desired partners' body types using six categories: thin (n=78); average (n=185); athletic (n=64); stocky (n=104); curvy (n=30); and, muscular (n=20). Table 6 shows correlations of self-identified body types vs. ideal partners' body types.

Thin participants liked thin body types, r(480) = 0.11, p = 0.015, but significantly disliked stocky body types, r(480) = -0.15, p = 0.001. Average body typed participants significantly liked other average body type individuals, r(480) = 0.11, p = 0.016. Individuals who identified their body types as athletic significantly disliked average body typed individuals, r(480) = -0.17, p < 0.001. Stocky individuals significantly disliked athletic body types, r(480) = -0.11, p = 0.017; however, they significantly liked stocky and curvy individuals, r(480) = 0.26, p < 0.001, and r(480) = 0.10, p = 0.035, respectively. Curvy individuals liked average and curvy body types: r(480) = 0.09, p = 0.038, and r(480) = 0.14, p = 0.002. And, muscular individuals liked other muscular individuals, r(480) = 0.09, p = 0.038; they disliked average individuals, r(480) = -0.14, p = 0.003.

## Race and Ethnicity

We asked participants to identify the race/s they desired. We used the following categories: American Indian or Alaskan Native; Asian; Black or African American; Hispanic or Latino; Native Hawaiian or Other Pacific Islander; Other; White; and, No preference. There were no statistical relationships between the participants' race and their desired race. We also did not find any relationships between the participants' ethnicity and their desired ethnicity.

#### **Hairiness**

Participants rated their attraction to individuals with different levels of body hair. Only two correlations were significant: Averaged haired individuals (n = 209) significantly disliked individuals with lots of body hair, r(482) = -0.10, p = 0.025, and hairy individuals (n = 79) significantly liked individuals with lots of body



hair, r(482) = 0.15, p = 0.001. Table 7 shows the correlations between self-identified and desired hairiness.

## Height

Data showed only one significant preference for self-identified body types and height (see Table 8). Participants who identified as thin had a significant preference for those of their same height., F(1,480) = 1.49, p < 0.005.

# Weight

Data showed that only two body types had strong preferences for the weight of their ideal partner (see Table 9). Thin participants indicated strong preferences for those who weighed less than and more than them, F(1,480) = 9.41, p < 0.001, and F(1,480) = 5.35, p < 0.001, respectively. Curvy individuals also indicated strong preferences for those who weighed less than and more than them, F(1,480) = 4.87, p < 0.001, and F(1,480) = 5.27, p < 0.001.

#### **Sexual Position and Dominance**

Participants used a hundred-point slider to identify their preferred sexual position and the preferred sexual position of their desired partner. Lower numbers were "more bottom", higher were "more top". Participants marked their average sexual position as 48.17 (SD = 32.06), and desired position as 56.55 (SD = 28.39). There was a negative correlation between these two variables, r(376) = -0.86, p < 0.001.

Similarly, dominance was rated on a slider scale with higher numbers being more dominant. Participants indicated their average dominance was 46.99 (SD=27.72) and desired dominance was 64.33 (SD=25.41). There was a negative correlation between these two variables, r(339)=-0.77, p<0.001.

### **Self-Monitoring**

This study used the 12-item hybrid self-monitoring scale with a Cronbach's alpha of 0.683. The scale was completed by 482 participants with an average of 2.81, minimum of 0.71 and a maximum of 3.93. (SD = 0.47).

#### Discussion

This study was completed to obtain a more diverse sample. We failed on this aspect. As in the previous study, most participants identified as being White, Not Hispanic or Latino. Given this limitation, there were some interesting findings. For hairiness,



**Table 6** 2020 attraction based on body type

		Ideal					
Self	n	1	2	3	4	5	6
1. Thin	78	.11*	.01	.01	15*	08	05
2. Average	185	.00	.11*	.03	05	02	.01
3. Athletic	64	05	17 <sup>†</sup>	.08	05	06	.05
4. Stocky	104	06	.03	11*	.26†	.10*	05
5. Curvy	30	.08	.09*	.04	.04	.14†	.01
6. Muscular	20	06	14†	.00	06	05	.09*

<sup>&</sup>lt;sup>†</sup> Correlation is significant at the 0.01 level (2 tailed)

individuals with lots of body hair were significantly liked by those with lots of body hair, but significantly disliked by those of average body hair. As hairiness may indicate masculinity (see Yee, 2002), it is possible the sample included a large portion of average haired individuals who rate themselves as masculine.

For height and weight, thin individuals desired partners with similar weight, but also those who were both taller and shorter than themselves. Curvy individuals also liked individuals both taller and shorter. If Yee (2002) is correct, then these results may indicate the sample had a skewed representation of both masculine and feminine individuals.

Like the two previous surveys, data showed there was not an ideal desired body type that all participants rated favorably. And, like Study 1, self-monitoring scores were just slightly above the average.

### **Overall Discussion**

The current research sought to better understand and address the many research gaps that exist in MSM attraction preferences (Varangis et al., 2012). Over the course of these two surveys, we have learned much about the nuances of these preferences. Previous studies have identified numerous factors important for MSM attraction, including race and ethnicity (Trott, 2017), body type (Welch, 2016), age (Gobrogge et al., 2007), masculinity (Moskowitz et al., 2013; Wilson, 2017), and hairiness (Moskowitz et al., 2013). Among the strongest, most interesting findings were the lack of universal body type ideals, racial preferences, and preferences related to hairiness.

We were unable to find any universally ideal body type. Results from the two studies indicate individuals of different body types have strong preferences for potential sexual partners. Thin individuals generally prefer other thin or athletic individuals. Those who averaged body type prefer other averaged body typed individuals. Athletic individuals prefer other athletic individuals and generally dislike average individuals.



<sup>\*</sup> Correlation is significant at the 0.05 level (2 tailed)

**Table 7** 2020 attraction based on hairiness

	Ideal				
Self	$\overline{n}$	1	2	3	4
1. Completely smooth	30	.05	02	.02	01
2. A bit of hair	164	.01	.03	02	00
3. Average body hair	209	03	02	.02	10*
4. Lots of body hair	79	00	00	01	.15†

<sup>†</sup> Correlation is significant at the 0.01 level (2 tailed)

While often people suggest MSMs have big racial preferences, only one study showed significant racial preferences. White individuals do appear to have strong preference for only other White individuals.

Hairiness has been akin to masculinity (Yee, 2002). The two studies generally showed individuals are attracted to individuals of similar hairiness. The only consistent finding what that hairy individuals significantly like other hairy individuals. Weight and height, also linked to masculinity, showed significant attraction findings among the two studies, but we did not find a pattern.

#### Limitations

There are several limitations to this study. The primary one is that both studies lacked racial and ethnic diversity. While Reddit did provide a great source for recruitment, it demonstrated the subreddits used for recruitment primarily catered to a White population.

Another considerable limitation was the absence of questions pertaining to what type of attraction the participants were discussing. Although several researchers have noted MSMs seeking hookups or casual sex are less selective about various facets (Claxton & van Dulmen, 2013; Gobrogge et al., 2007; Schrimshaw et al., 2017; Weaver, 2013), we failed to ascertain if the participants were identifying the preferences for hookups or for more serious/long-term relationships.

# Next Steps

Future research should focus on seeking out a more diverse sample. Other suggestions include examining links between self-rated masculinity and hairiness.

# **Availability of Data and Material**

Data can be found here: https://osf.io/zq4jh/?view\_only=d7bf56d6015a4855be64e06dcac8961a



<sup>\*</sup> Correlation is significant at the 0.05 level (2 tailed)

 Table 8
 2020 attraction based on height

	Shorter th	than me				My height	ht				Taller than me	n me			
	SS	df	$M^2$	F	d	SS	ф	$M^2$	F	р	SS	df	$M^2$	F	р
Thin $(n=78)$															
Between groups	.16	-	.16	.64	.42	1.49	_	1.49	8.48	<.005	.04	_	90.	.18	89.
Within groups	119.51	480	.25			84.43	480	.18			105.82	480	.22		
Total	119.67	481				85.98	481				105.86	481			
Average $(n=185)$															
Between groups	.13	1	.13	.52	.47	80.	-	80.	.45	.51	.05	1	.05	.20	.65
Within groups	119.54	480	.25			85.90	480	.18			105.82	480	.22		
Total	119.67	481				85.98	481				105.86	481			
Athletic $(n=64)$															
Between groups	.13	1	.13	.51	.48	.43	1	.43	2.40	.12	00.	1	00.	00.	.97
Within groups	119.54	480	.25			85.55	480	.18			105.86	480	.22		
Total	119.67	481				85.98	481				105.86	481			
Stocky $(n=104)$															
Between groups	.04	1	9.	.14	.71	.33	1	.33	1.83	.18	.00	_	.02	.07	.79
Within groups	119.64	480	.25			85.65	480	.18			105.85	480	.22		
Total	119.67	481				85.98	481				105.86	481			
Curvy $(n=30)$															
Between groups	00.	1	00.	.01	.93	.14	1	.14	<i>LL</i> :	.38	.11	1	.11	.51	.48
Within groups	119.67	480	.25			85.84	480	.18			105.75	480	.22		
Total	119.67	481				85.98	481				105.86	481			
Muscular $(n=20)$															
Between groups	00.	1	00.	.01	.94	.02	1	.00	.122	.73	.12	1	.12	.52	.47
Within groups	119.67	480	.25			85.95	480	.18			105.75	480	.22		
Total	119.67	481				85.98	481				105.86	481			



# Appendix 1: Demographics and Sexual Attraction Questions from 2018 Survey

Q1. Q2.	How old are you? How do you identify your gender identity?
	<ul><li>○ Female/Woman/Girl</li><li>○ Male/Man/Boy</li><li>○ Other Gender(s)</li></ul>
Q3.	How do you identify your race?
	<ul> <li>American Indian or Alaska Native</li> <li>Asian</li> <li>Black or African American</li> <li>Native Hawaiian or Other Pacific Islander</li> <li>Other</li> <li>White</li> </ul>
Q4.	How do you identify your ethnicity?
	<ul><li>○ Hispanic or Latino</li><li>○ Not Hispanic or Latino</li></ul>
Q5.	My body type is?
	<ul><li>○ Thin</li><li>○ Average</li><li>○ Athletic</li><li>○ Stocky</li><li>○ Curvy</li><li>○ Muscular</li></ul>
Q6.	The people I like are?
	<ul><li>○ Thin</li><li>○ Average</li><li>○ Athletic</li><li>○ Stocky</li><li>○ Curvy</li><li>○ Muscular</li></ul>



 Table 9
 2020 attraction based on weight

	Weigh less than me	s than m	e			My weight	ht				Weigh more than me	ore than r	ne		
	SS	df	$M^2$	F	d	SS	ф	$M^2$	F	р	SS	άf	$M^2$	F	d
Thin $(n=78)$															
Between groups	9.41	_	9.41	42.02	< .001	.13	1	.13	69:	4.	5.35	_	5.35	22.34	<.001
Within groups	107.44	480	.22			91.97	480	.19			115.02	480	.24		
Total	116.84	481				92.10	481				120.37	481			
Average $(n=185)$															
Between groups	00.	1	00.	.01	.91	.65	1	.65	3.40	.07	.62	_	.62	2.50	.12
Within groups	116.84	480	.24			91.45	480	.19			119.74	480	.25		
Total	116.84	481				92.1	481				120.37	481			
Athletic $(n = 64)$															
Between groups	.38	_	.38	1.56	.21	1.00	1	1.00	5.29	.02	.16	1	.16	.62	.43
Within groups	116.46	480	.24			91.10	480	.19			120.21	480	.25		
Total	116.84	481				92.10	481				120.37	481			
Stocky $(n = 104)$															
Between groups	4.87	1	4.87	20.89	<.001	.64	1	.64	3.38	.07	5.27	1	5.27	21.97	< .001
Within groups	111.97	480	.23			91.46	480	.19			115.10	480	.24		
Total	116.84	481				92.10	481				120.37	481			
Curvy (n=30)															
Between groups	1.94	1	1.94	8.10	.005	66:	1	66:	5.23	.02	2.57	1	2.57	10.46	.001
Within groups	114.90	480	.24			91.11	480	.19			117.80	480	.25		
Total	116.84	481				92.10	481				120.37	481			
Muscular $(n=20)$															
Between groups	.27	_	.27	1.09	.30	9.	1	.04	.20	99:	60.	1	60.	.37	.54
Within groups	116.57	480	.24			92.06	480	.19			120.28	480	.25		
Total	116.84	481				92.10	481				120.37	481			



Q7.	I have?					
	○ No body hair (compl ○ A bit of body hair ○ Average body hair ○ Lots of body hair	letely smooth)				
Q8.	The people I like have	?				
	No body hair (comp A bit of body hair (comp Average body hair Lots of body hair	•	1)			
Q9.	The people I like are	?				
	American Indian or Asian Black or African An Hispanic or Latino Mediterranean Middle Eastern Mixed Native Hawaiian or White	nerican	lander			
Q10.	In the bedroom					
I am: (	)	More Bottom/ Subm 0 20	issive 40	60	More Top/ Dom 80	ninant 100
I like p	people who are: ()		—Ĭ			
Q11	. As far as height, I like p	people who are _	?			
	Shorter than me My height Taller than me					



Q12	. As far as weight, I like people who weigh?					
	<ul><li>○ Less than me</li><li>○ The same as me</li><li>○ More than me</li></ul>					
Appendix 2: Hybrid Self-Monitoring Questions						
1.	I would probably make a good actor.					
2.	I have the ability to control the way I come across to people, depending on the					
3.	impression I wish to give them.  I have considered being an entertainer.					
4.	When I feel that the image I am portraying isn't working, I can readily change					
	it to something that does.					
5.	I can make impromptu speeches even on topics about which I have almost no information.					
6.	Once I know what a situation calls for, it's easy for me to regulate my actions accordingly.					
7.	I'm pretty good at entertaining people with jokes, anecdotes, and stories.					
8.	In social situations, I have the ability to alter my behavior if I feel that something else is called for.					
9.	I can look anyone in the eye and tell a lie with a straight face (if for the right end).					
10.	I have found that I can adjust my behavior to meet the requirements of any situ-					
1.1	ation I find myself in.					
11. 12.	My close friends know I have a talent for showing off. Even when it might be to my advantage, I have difficulty putting up a good front					
	g , and a gar, and a gar, a gar.					
Appendix 3: Demographics and Sexual Attraction Questions						
	m 2020 Survey					
	How old are you? How do you identify your gender identity?					
~						
	<ul><li>○ Female/Woman/Girl</li><li>○ Male/Man/Boy</li><li>○ Other Gender(s)</li></ul>					
O3.	How do you identify your race?					
	and the state of t					



American Indian or Alaska Native Asian

	<ul><li> Black or African American</li><li> Native Hawaiian or Other Pacific Islander</li><li> Other</li><li> White</li></ul>
Q4.	How do you identify your ethnicity?
	<ul><li>○ Hispanic or Latino</li><li>○ Not Hispanic or Latino</li></ul>
Q5.	My body type is?
	<ul><li>○ Thin</li><li>○ Average</li><li>○ Athletic</li><li>○ Stocky</li><li>○ Curvy</li><li>○ Muscular</li></ul>
Q6.	The people I like are?
	<ul><li>○ Thin</li><li>○ Average</li><li>○ Athletic</li><li>○ Stocky</li><li>○ Curvy</li><li>○ Muscular</li></ul>
Q7.	I have?
	<ul> <li>No body hair (completely smooth).</li> <li>A bit of body hair</li> <li>Average body hair</li> <li>Lots of body hair</li> </ul>
Q8.	The people I like have?
	<ul> <li>○ No body hair (completely smooth) (1)</li> <li>○ A bit of body hair (2)</li> <li>○ Average body hair</li> </ul>



Lots of body hair						
Q9. The people I like are	O. The people I like are?					
American Indian or Alaskan Native Asian Black or African American Hispanic or Latino Native Hawaiian or Other Pacific Islander Other White No preference						
Q10. In the bedroom						
I am: () I like people who are: ()	More Bottom/ "Receiver" 0 20 40	60	More Top/ "Giver" 80 100			
Q11. In the bedroom						
I am: () I like people who are: ()	More Submissive 0 20 40	60	More Dominant 80 100			
Q12. As far as height, I like people who are?						
<ul><li>○ Shorter than me</li><li>○ My height</li><li>○ Taller than me</li></ul>						
Q13. As far as weight, I like people who weigh?						
<ul><li>Less than me</li><li>The same as me</li><li>More than me</li></ul>						
т.						



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**Conflicts of interest** The authors have no conflicts of interest to declare that are relevant to the content of this article.

**Ethical Approval** Studies 1 and 2 were both approved by the Institutional Review Board of Fort Hays State University as posing minimal risk to participants.

Consent to Participate Informed consent to participant was obtained from all individual participants for both studies.

Consent for Publication Participants consented to publication before participating in both studies.

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