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Master thesis

The construction of the frustrated mating needs scale and its implications for measuring Incels and involuntary celibates sexist ideologies

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Abstract

The Incel community consists of mostly men that are involuntary celibates and desire sexual and romantic intimacy. Incels blame women for their lack of sexual and romantic intimacy and hold other sexist and misogynist views. A new construct called frustrated mating needs was introduced that explains the maintaining of misogynist and sexist views of Incels. The purpose of the research was to develop a scale that measures frustrated mating needs. This scale was developed by doing a deductive and inductive thematic analysis from qualitative data of 26 involuntary celibates. From the data emerged themes and codes creating the basis of the items. The main themes were distressing aspects of involuntary celibacy, unpleasant emotions/feelings due to involuntary celibacy, mental health outcomes of involuntary celibacy, and attribution of reasons for involuntary celibacy. In total, 23 scale items were created to measure frustrated mating needs. The scale items create a possibility to measure the novel construct of frustrated mating needs in the future. However, first, the psychometric properties of the scale need to be evaluated.

Keywords: Incels, involuntary celibacy, frustrated mating needs, frustration, misogyny

When thinking about celibacy, most people associated it with religion. However, celibacy can be more complex. Celibacy is defined as not having sex for an extended time. It can be voluntary or involuntary. Voluntary celibacy is mainly known within a religious background. However, there can be various reasons for voluntary celibacy, e.g., preventing the transmission of diseases (Siegel & Schrimshaw, 2003).

Involuntary celibacy differentiates from celibacy by being self-proclaimed as involuntary. Singles, people with and without sexual experience, partnered or married persons can be involuntary celibates. Involuntary celibates can have various reasons for not engaging in sexual activities, for instance, because of medical conditions, sexual inactivity, and further. Women and men often share similar reasons for being involuntary celibate. One of those reasons is the timing of their sexual activity. Many of the respondents did not collect sexual experience in their young adulthood and therefore felt like they were left behind and missed the opportunity to engage in sexual behaviour. This feeling worsened with increasing age (Donnelly et al., 2001). Further reasons for not engaging in sexual experiences with others were shyness, lack of social skills, concerns about their physical appearance, or living at their parents' house (Donnelly et al., 2001). Men specifically mentioned that some barriers were masculine norms and double standards.

Involuntary celibacy has many consequences. One of the leading consequences one faces in involuntary celibacy is frustration (Donnelly et al., 2001; Donnelly & Burgess, 2008). In a study, 79% of all participants mentioned feeling frustrated because of involuntary celibacy (Donnelly & Burgess, 2008). 35% of the celibates in another study said they were frustrated, dissatisfied, and angry about their lack of sexual relationships (Donnelly et al., 2001). Other consequences are low self-esteem, difficulties concentrating, feeling depressed, or rejection because of the lack of sexual activity as involuntary celibate (Donnelly & Burgess, 2008). Most participants still desired a sexual relationship. However, some adjusted to living as celibates and saw it as irreversible (Donnelly & Burgess, 2008).

Under involuntary celibacy falls an online community calling themselves "Incels" (involuntary celibates). The origin of the community is said to have started in the late 90s as a relationship support group for lonely students (Kassam, 2018). Today the community is present in online forums like Reddit or 4chan or have own websites like Incels.co or Incels.me. It is estimated that the community consists of 40.000 members (Regehr, 2020). The Incel community mainly consists of men of all ethnicities and nationalities that desire sexual and romantic intimacy but cannot find partners and are dissatisfied about not finding partners.

Various studies have shown that Incels often represent misogynistic and sexist ideologies (Baele et al., 2019; Chang, 2020; O'Malley et al., 2020; Tranchese & Sugiura, 2021). Part of this community blames women and society for their lack of sexual and romantic relationships (Costello, 2020). Many members of the Incel community believe that women decide who they are sexually active with and therefore can gatekeep sex from men and lead the sexual market. Furthermore, women are said to be naturally evil because many Incels described being bullied and humiliated by women. Some also legitimise masculine norms such as male socialisation or aggression and delegitimise women. In addition, men are seen as oppressed in modern society due to women, feminism, and double standards favouring women (O'Malley et al., 2020). Those views can be harmful to women and society. For instance, the community gained attention for their extremist members seeking revenge by justifying violence against women (Regehr, 2020). In 2014 Elliot Rodger, a proclaimed celibate, gained attention with his rampage, mentioning beforehand that he wants to punish women for denying him sex ("Elliot Rodger manifesto outlines plans for Santa Barbara attack," 2014). The case of Elliot Rodger is an extreme example for the Incel community. Not every community member blames women and feminism for their state. Some members blame themselves and their looks for their involuntary celibate state (Costello, 2020). Even though everyone in the community does not support the extremist views, the Incel community is known for its sexist, misogynist, and harmful views.

With all those reasons for their involuntary celibacy state comes the underlying psychological state of frustration. The Incel community can experience frustration due to a lack of sexual and emotional relationships, just as described for involuntary celibates (Donnelly et al., 2001; 2008). However, Incels differentiate from involuntary celibates by their extremist views. This frustration experienced might contribute to and maintain their misogynistic and sexist views towards women, as suggested in existing research (Konutgan, 2020; Morssinkhof, 2021; Stickel, 2020). To explain the extremist views, one has to look at the emergence of frustration due to the lack of sexual and romantic activity. The researcher defines this concept as "frustrated mating needs.". This research aims to develop a scale that measures this frustrated mating need to study the contribution to and maintenance of misogynistic and sexist views Incels hold. For the development of the scale, scales measuring related constructs of frustrated mating needs will be examined.

Explaining frustrated mating needs

To understand why involuntary celibates such as Incels are frustrated, one can look at the nature of human sexuality. According to Darwin's survival of the fittest, animals and

humans need to survive and reproduce (Darwin, 1859). Darwin's theory of sexual selection explains that there is a selection of mating partners based on advantages in reproductive success (Gray, 2013). Darwin emphasized that females often decided with which male they mate (Gray, 2013). Therefore, a competition between males accrues to be chosen by a female to reproduce. Because females give preference to certain males, those produce more offspring than the competition (Clutton-Brock, 2009). Suppose one applies this to involuntary celibacy and Incels. In that case, it becomes clear that because females did not select them for reproductive purposes, they become frustrated for not reproducing and fulfilling the nature of human sexuality.

The female selection of mating partners can also be a reason why most males are Incels. After Trivers (1972), the gender that invests more time and care into raising their offspring is more selective. Since it is primarily women who spend more time taking care of their offspring, they select their partner. Hence, most women reproduce, and fewer men have the chance to reproduce because they are not the choosing gender. That is the reason why most Incels and involuntary celibates are male.

The Fundamental Motive Framework suggests a further explanation with an evolutionary approach for frustrated mating needs in involuntary celibates and Incels. After the Fundamental Motive Framework, there is a specific motivation that drives human behaviour. This motivation stems from solving social challenges that are important to ensure reproduction and human evolution, for instance, to avoid physical harm or diseases (Kenrick et al., 2010). Significant social challenges for humans are making friends, finding and keeping a mate, and protecting their families (Schaller et al., 2017). Because mate acquisition is a fundamental motivation for humans, it is possible that if one cannot acquire a mate, they will face negative consequences, for example, frustration.

Another possible explanation for the frustration of involuntary celibates and Incels can be given by looking at Maslow's hierarchy of needs. Maslow suggests that seven needs motivate an individual's behaviour (Maslow, 1970b). To arrive at the following need, individuals must fulfil the previous need (Maslow, 1943). The needs are physiological, safety, love and belonging, esteem, self-actualisation, cognitive and aesthetic, and transcendence. The first four needs are fundamental and deficiency needs that individuals have to fulfil. If a deficiency need is not satisfied for an extended period, the need becomes stronger (McLeod, 2020). The last three needs, self-actualisation, cognitive and aesthetic, and transcendence, are growing needs. Deficiency needs must be fulfilled before the growing needs can be reached. Hence to grow as a person, the need of love and belonging has to be fulfilled. The need of love and belonging includes romantic relationships, love, intimacy, friendships, acceptance, and trust. Because the

need of love and belonging is a deficiency need, the longer a person does not have sex or receives love, the more they long for it. In general, lack of need fulfilment can be a reason for depression, anxiety, poor self-esteem and anger (Beausoleil, 2012). Significantly extended unmet needs can lead to adverse mental and physical outcomes (Beausoleil, 2012). Thus, involuntary celibates and Incels might feel frustrated because they do not fulfil their own need of love and belonging. This explanation is supported by Baumeister and Leary (1995), who claim that the need to belong is fundamental for humans. The need to belong is explained as the motivation to form a minimum number of social relationships. If the need to belong is not met, there are psychological and physical consequences (Baumeister and Leary, 1995). Therefore, making frustration a possible psychological consequence.

All theories mentioned above predict negative consequences if the mating need of humans is not satisfied. These negative consequences are underlined by research, for instance, loneliness, and thus the lack of belonging can affect the mental and physical health of human's well-being (Baumeister et al., 1995). Especially singles feel lonely compared to people in relationships (Adamczyk, 2016). An extended period of being single predicts a higher level of romantic loneliness (Adamczyk, 2016).

In contrast, mate acquisition is related to higher well-being (Baumeister et al., 1995). Moreover, having sex can have physical benefits, for example, for the immune system or reducing prostate cancer (Leitzmann, 2004; Lorenz et al., 2017).

Overall, involuntary celibates and Incels can experience frustrated mating needs. Frustrated mating needs is a new suggested construct that might play a role in manifesting misogynist and sexist views in Incels. A scale needs to be created to measure this concept; however, scales that measure related constructs of frustrated mating needs already exist.

Scales measuring related constructs of frustrated mating needs

In prior research, various scales have been used to assess related constructs of frustrated mating needs. However, these scales have limitations. In general, none of the scales that are currently available measure the psychological state of frustrated mating needs. Most scales only cover related constructs that are part of experiencing frustration.

The most used scales are the Need to belong Scale, Sense of Belonging Instrument-Psychological Experiences (SOBI-P), the Social and Emotional Loneliness Scale for Adults - Short Form, Fear of being Single Scale or The Sexual Distress Scale – Short Form.

The Need to Belong scale and its ten items measures a persons need to fit into society or groups and relationships. The answers are rated on a 5-point Likert scale ranging from "Strongly disagree" to "Strongly agree". The scale only measures the desire of an individual to

belong to others in society (Leary et al., 2013). It does not measure if someone is satisfied with belonging. Therefore, someone that might have a high need to belong and does not have this need fulfilled might be frustrated, but that cannot be measured with the Need to Belong scale. Hence, this scale is insufficient to measure the emotional and psychological state referred to as frustrated mating needs.

Sense of Belonging Instrument-Psychological Experiences (SOBI-P) measures with 27 items if an individual is satisfied with their belongingness (Allen et al., 2021). This scale extends the concept of the Need to Belong scale. After Allen et al. (2021), a low sense of belonging is a predictor of mental health issues, for instance, depression and hopelessness. People who are involuntary celibate might experience little belongingness due to the lack of romantic relationships. Although the SOBI-P covers a related construct that involuntary celibates might experience, it is just one aspect of this frustrated meeting need. Therefore, some items might be helpful for the development of frustrated meeting need scale items. However, there is still the need to create a new scale to measure frustrated mating needs since this scale does not measure it in its whole.

The Social and Emotional Loneliness Scale for Adults - Short Form (SELSA) has 15 items answered on a 7-point Likert scale ranging from "Strongly disagree" to "Strongly agree". The scale measures family, romantic and social loneliness individuals experience (Cramer et al., 2000). Loneliness might be a feeling people who are involuntary celibate experience often; therefore, items that consider romantic loneliness can be used to develop the frustrated meeting need scale. Nonetheless, this scale only measures one related feeling involuntary celibates experience. However, there might be many more relevant feelings for measuring frustrated mating needs, which is a reason for developing a new scale.

Another scale that might be helpful for the development of the frustrated mating need scale is the Fear of Being Single. This scale measures with six items answering from "Not at all true" to "Very true" individuals fear of staying single (Spielmann et al., 2013). If involuntary celibates frequently experience a fear of being single, items about that aspect can be included in the final scale.

The Sexual Distress Scale – Short Form measures with thirteen items on a 5- point Likert scale how often individuals experienced sexual concerns or anxiety in the last four weeks (Santos-Iglesias et al., 2018). The Sexual Distress Scale measures only the sexual distressing aspect of involuntary celibacy and is missing the romantic needs of humans. Therefore, this scale does not cover all aspects of frustrated mating needs.

Within involuntary celibacy, Incels are a group on the extreme side because of their sexist, anti-feminist, and misogynist views. Both involuntary celibates and Incels can experience frustrated mating needs. Evolution explains that involuntary celibacy should be a frustrated state because not every male has the chance to mate and produce offspring, which is frustrating since that is the purpose of human sexuality. Furthermore, Maslow's hierarchy and the Fundamental Motive Framework suggest that involuntary celibates and Incels experience a frustrated state because their need for love and belongingness is not met or satisfied even though these are fundamental for humans. When looking at other scales measuring related constructs, no scales measure frustrated mating needs, but only aspects of it, such as loneliness or belongingness. None of the scales mentioned are based on the experience of involuntary celibates or Incels. Thus, a new scale is needed that measures the broad spectrum of frustrated mating needs. Data from involuntary celibates and Incels were analysed to research if frustration might predict sexist and misogynistic views. Based on this analysis, a scale about frustrated mating needs was developed.

Methods

Participants

The research used secondary qualitative data. From Prolific, a website where researchers can distribute their survey to a specific target audience worldwide (Prolific | Online participant recruitment for surveys and market research, n.d.), 66 celibate participants were recruited. Four responses from Prolific needed to be excluded because the participants did not answer the survey questions. Furthermore, for the data analysis, only participants who were considered to be involuntarily celibate were included. Thus, leading to the exclusion of 41 participants and the inclusion of 21 responses from Prolific.

Fourteen involuntary celibate participants were recruited from posting the survey in Incel forums. Nine responses were deleted because the participants did not answer the survey questions that could be used for analysis. Hence, 21 participants from the Prolific sample and five participants from the Incel forum sample were taken into the analysis. The ages of all 26 participants ranged from 18 to 40 years ($M = 23.88$; $SD = 6.41$). The participants were asked to indicate their gender, Incel status, if they are virgins, number of sexual partners, number of girlfriends they had, last sexual interaction, and when they had their last girlfriend (Table 1). Only participants from Incel forums answered one specific question about the type of Incel. The participants recruited from Prolific specifically answered five questions. Those questions asked: if they heard of Incels, visited Incel internet sites, participated in Incel online communities, visited Incel forums or groups, if they ever participated in online Incel

communities, the frequency they check or read discussions on Incel forums/groups, and the frequency of posting on Incel forums/groups.

Table 1

Demographic characteristics of the respondents (N = 26)

		Frequency	Percentage
Gender	Male	26	100
	Female	0	0
	Others	0	0
Incel Status	Yes	5	19.2
	No	19	73.1
	Maybe	2	7.7
Virginity	Yes	20	76.9
	No	5	19.2
	Prefer not to say	1	3.8
Number of Sexual Partners	0	21	80.8
	1	1	3.8
	3	1	3.8
	7-9	1	3.7
	10-19	1	3.8
	20+	1	3.8
Number of Girlfriends	0	21	80.8
	1	1	3.8
	2	3	11.5
	5-6	1	3.8
Last sexual interaction	Never	21	80.8
	1 month or less	1	3.8
	Less than 6 months ago	2	7.7
	More than 6 months ago	1	3.8
	More than 10 years ago	1	3.8
Last girlfriend	Never	21	80.8
	More than one year ago	2	7.7

	More than five years ² ago	2	7.7
	More than ten years ago	1	3.8
Type of Incel	Blackcel	1	-
	Heighcel	1	-
	Acnecel	1	-
	Currycel	1	-
Heard of Incels	Yes	16	-
	Maybe	1	-
	No	4	-
Visit Incel internet sites	Yes	5	-
	No	16	-
Participation in Incel online communities	Yes	1	-
	No	20	-
Visited Incel forums or groups to check or read discussions	I never read the forums/groups	14	-
	less than once a year	3	-
	once or twice a year	1	-
	about once or twice a month	2	-
	about once a day	1	-
Post in Incel groups	I never post on the forums/groups	17	-
	less than once a year	2	-
	once or twice a year	1	-
	about once a week	1	-

Note. The percentages for “Type of Incel” were excluded because this was only regarding Incel forums. “Heard of Incels”, “Visit Incel internet sites”, “participation in Incel online communities”, “Visited Incel forums or groups to check or read discussions” and “Post in Incel groups” were only answered by participants from Prolific and therefore have missing percentages.

Procedure and Measures

Psychological and emotional experience of being in the state of involuntarily celibacy

The research survey was created in English with Qualtrics. Four opened-ended questions were asked to measure the psychological state of (involuntary) celibacy. Since the

samples were celibates and Incels, the wording of the open-ended questions was adjusted to the sample. Participants were told, "We would like to know as much as possible about your own personal experiences of celibacy/being an Incel. Please write a few lines for each of these four open-ended questions to help us understand your own experience and feelings/the condition." The following four open-ended questions were asked: "What feelings does being celibate give you?" or "What feelings are present with you being in the state of involuntary celibacy? ", "In your experience, is being celibate/ an Incel distressing? If so, please explain why.", "Is being celibate upsetting? If so, please describe which aspect(s) of being celibate upset you the most." or "What aspect(s) of being an involuntary celibate upsets you the most? ", and "Apart from lack of sexual intercourse, do any other aspects of celibacy/involuntary celibacy have important consequences for your wellbeing (e.g. by causing distress or frustration)?". The participants from Prolific were additionally asked, "What are the main reasons for you not having had a sexual/romantic partner?".

Both surveys for Incel forums and Prolific were ethically approved. The surveys included a consent form with information about the survey and the goal. Furthermore, participants were asked about their demographics. After answering all the questions, participants were transferred to the debriefing page and thanked for their participation.

State of involuntary celibacy

The researcher separately looked into the answers to the questions about voluntary and involuntary celibacy for participants from Prolific to exclude voluntary celibate participants. Voluntary celibates were excluded because they choose their state and might not experience the same frustration as Incels and involuntary celibates experience. The first criteria were to measure participants' level of voluntary celibacy. Participants were asked to agree or disagree on a 7-point response scale ranging from (1) strongly disagree to (7) strongly agree to the statements "I am voluntarily celibate", "I am celibate because I choose to be "and "I am celibate because I want to be". If participants answered two or more of those statements with "Strongly agree" ranging to "Somewhat agree", they were excluded from the analysis. The second criteria were for further clarification of an involuntary celibacy state and the answers for the two statements about involuntary celibacy "I am celibate because the opposite sex is not interested in me" and "I am celibate because I am rejected by the opposite sex" were checked. If participants answered ranging from "Strongly disagree" to "Somewhat disagree" on both statements, they were excluded from the analysis. The third item, "I want to be with someone but nobody wants to be with me" was excluded because it did not discuss much about the state

of involuntary celibacy. The five items mentioned above were used as an exclusion criterion in the data analysis by identifying which participants were seen as involuntary celibates.

Data Analysis

Frequencies were computed with the program IBM SPSS Statistics 26 to analyse the participants' demographic data. Psychological and emotional experiences of being in the state of involuntary celibacy and Incel were analysed using a deductive and inductive thematic analysis. Deductive thematic analysis is used when data is analysed with a given framework or research question (Braun & Clarke, 2006). In this research, the deductive thematic analysis was based on the surveys questions that specifically asked for involuntary celibates and Incels emotional experience. Even though the research considered frustrated mating needs as the general principle, the data led the analysis. Therefore, the data were examined inductively to determine themes and patterns in a semantic approach. With the semantic approach, the codes and themes reflect the specific content given from the data only created from the participants' content (Braun & Clarke, 2006).

The data were transferred from IBM SPSS Statistics 26 to Microsoft Word. Before the initial analysis, all responses were first organized by the survey's open-ended question, and the author of this thesis familiarized with the data by reading through all answers. In the beginning, the four open-ended questions were used as the themes for the data analysis. In that phase, notes were made to identify broad patterns of the content of the responses. Afterwards, the data were reread, and per participant response, specific notes about the content were made, creating codes. Some responses contained various codes; therefore, the sentences were split to fit the codes. Considering that the experience of frustration within involuntary celibacy is individual, even responses shared by only one participant created a code. Sometimes participants' responses to one open-ended question contained various information; thus, some themes and codes were based on various open-ended questions. The themes that were used in the beginning then needed to be adjusted. After coding all answers, the wording of the codes was adjusted to create shorter wording for the codes. Similar codes were grouped and summarized; for instance, similar emotions were grouped. The codes were reread and grouped into themes that depict the data and the open-ended questions from the survey. In the end, some themes do not directly represent the open-ended questions. In total, four themes emerged, with a total of 29 relevant codes. Insignificant fragments from the responses were coded as irrelevant. The themes and codes were presented to the supervisor of the thesis, and slight revisions were made. Based on the improvements of the supervisor, some codes were separated to create more specific codes. Furthermore, codes were rearranged and further summarized to create more precise and

coherent codes. The coding scheme corresponded to the consensus of the supervisor. To give an overview of the codes, example quotations were selected which represent that code the best.

Results

In the following, the four themes and coding scheme are explained to measure the psychological and emotional state of frustrated mating needs and to understand the antecedents and outcomes of the experience of individuals who are involuntary celibate. The four themes are:

1. distressing aspects of involuntary celibacy,
2. unpleasant emotions/feelings due to involuntary celibacy,
3. mental health outcomes of involuntary celibacy, and
4. attribution of reasons for involuntary celibacy.

Furthermore, various items will be suggested to use for the scale development of measuring frustrated mating needs.

Distressing aspects of involuntary celibacy

The first theme, "distressing aspects of involuntary celibacy" is based on the open-ended questions "In your experience, is being celibate/an Incel distressing? If so, please explain why.", "Is being celibate upsetting? If so, please describe which aspect(s) of being celibate upset you the most." and "What aspect(s) of being an involuntary celibate upsets you the most?" the participants had to answer. The theme defines which aspects of involuntary celibacy are distressing. Seven codes were created, as seen in Table 2.

Based on the responses, involuntary celibacy has many distressing aspects. The lack of sexual and emotional intimacy and a sense of being left behind and missing out was described as bothering. Respondents mentioned that they felt left behind because of their lack of experience of romantic and sexual relationships compared to others who experienced those relationships. One respondent mentioned that they felt jealousy when describing how they were missing out when others were not "[...] jealousy is often a feeling when looking at other people.". Others mentioned that their lack of experience is distressing. It was more distressing, especially as the years go by of not gaining sexual and romantic experience. One participant mentioned that involuntary celibate affects their physical appearance, which is distressing. Despite these distressing experiences, 14 participants mentioned that there were no distressing aspects of involuntary celibacy.

Table 2

Codes under theme 1: distressing aspects of involuntary celibacy

Code	Example Quotes	Frequency
Irrelevant	"No it is not distressing as I know I will find the right person one day"	14

	“You don’t miss what you’ve never had.”	
Not having emotional intimacy/love	“Yes because I'm not connected to anyone on a deep level. I have no one to talk to”	10
	“No enjoyment with another person”	
Not having physical intimacy/sex	“Very distressing! I can only get sex by paying for it!”	8
	“Yes, because it leaves me feeling like I am unwanted in a sexual and/or romantic and/or desirable way.”	
Missing out when others are not	“It's upsetting seeing others in relationships”	8
	“Not sharing in experiences that countless numbers of people have.”	
Lack of experience	“I do not really know how to approach a person to be a romantic partner. I haven't tried.”	4
	“To be honest. I have just never had intimate personal relationships and it only got worse as the years went on. I would probably love being a nice relationship, but I am just too awkward and just decide its best to be alone.”	
Sense of being left behind	“Of course it is, being a healthy 20 year old male who has never experienced the simplest form of romance and sexuality sucks. While everyone is out having relationships, accomplishing their goals and accumulating experiences, I'm sitting in my house all day depending on my parents [...]”	3
	“[...] Being celibate frustrates me as I am in a constant state of loneliness and distress as if everyone in the world has found a place in life except for me.”	
Physical consequences	“I don't sleep and have acne all over my body. My hair on my head is falling out and it's all girls' fault!!!!!!”	1

Unpleasant Emotions/feelings due to involuntary celibacy

The second theme, "Unpleasant Emotions/feelings due to involuntary celibacy" describes the range of unpleasant emotions and feelings participants felt about being in the state of involuntary celibacy. The responses are based on the open-ended questions "What feelings does being celibate give you?" and "What feelings are present with you being in the state of involuntary celibacy? ". Table 3 presents the ten codes that group similar emotions experienced by the participants due to involuntary celibacy. In general, many negative emotions are connected to involuntary celibacy. Most respondents said that because of involuntary celibacy, they felt alone and lonely. With that as the main feelings, other feelings are often described, for instance, shame, worthlessness, feeling different, fear, anger, and frustration. Most participants barely mentioned only a single emotion but rather many different emotions. Many also felt left out and as if they were missing out. Eight participants did not experience negative feelings.

Table 3

Codes under theme 2: Unpleasant Emotions/feelings due to involuntary celibacy

Code	Example Quotes	Frequency
Alone, isolated, lonely, hopeless, sad	“Sometimes I feel very lonely and left out. [...]” Being celibate is not a very good feeling for me. I feel like I'm missing a very important aspect of anyone's life. “Mostly I just feel lonely and alienated.[...]”	15
Irrelevant	“I have no feelings either or bad towards being celibate. I would like to have a romantic relationship, which might evolve into a sexual one. But at the moment I am satisfied as I am.” “Doesn't bother me too much. I intend to find a girlfriend in a few years”	8
Excluded, left out, missing out	“[...] a general sense that I am missing out on a key part of life” “[...] I also feel like being celibate is like being excluded from everyone else.	8
Different, inexperienced, awkward	“Yes It's different than my younger life” “Very much so. I am most likely too awkward and inexperienced for sex, that is part of it.[...]”	8
Anger, frustration	“Anger,frustration, [...]”	8

	“Yes, frustration from not finding anyone and frustration from not being able to open up.”	
Shame, undervalued, worthless, unwanted, rejected	“Honestly, feelings of shame and inferiority. Why am I so different, why am I the way I am?”	7
	“Yes, because I feel alone in that I’m unwanted, and people do not want to experience said things with me”	
Fear, dread, regrets, worrying, questioning	“[...] I do fear somewhat that I shall be a virgin for life though, but it is usually far in the back of my mind.”	5
	“Sometimes I get worried that I won't ever find anyone which is quite upsetting [...]”	
Stigmatization	“People thinking I am on the edge and is going to murder someone and need therapy. pEOPLE THINKING THAT i HATE WOMEN FOR THEIR EVOLUTIONARY PSYCHOLOGY, OVER WHICH THEY HAVE NO CONTROL....”	3
	“not really upsetting, but people judging you is quite upsetting”	
Low self-esteem, lack of self-confidence	“ [...] feelings of low self worth [...]”	3
	“It impacts on depression and low self esteem. [...]”	

Mental health outcomes of involuntary celibacy

The third theme, “Mental health outcomes of involuntary celibacy” describes mental health outcomes and the problems that some respondents experience either due to involuntary celibacy or which led to involuntary celibacy. In total, four mental health outcomes emerged from the responses (Table 4). Lack of social life is a common issue respondents faced. Mentioned reasons were a general lack of relationships, not only romantic and sexual relationships but also friendships as one respondent said: “Loneliness, not many outside people to talk to”. Others said that they are suffering from depression or general and social anxiety, or both. One respondent mentioned that they have performance anxiety for future relationships.

Table 4

Codes under theme 3: Mental health outcomes of involuntary celibacy

Code	Example Quotes	Frequency
General anxiety and social anxiety	“My social anxiety.” “Mental illness such as shy bladder and generalized social anxiety played a big part in me alienating myself from friends and social gatherings.” ...	8
Lack of social life and status	“I don't really have much of a social life so I don't meet any potential romantic partners.” “Just a lack of a social life as a whole has left me lonely and yearning for a single friend at least. [...]”	6
Depression	“It impacts on depression [...]” “Moderate depression”	5
Performance anxiety	“Yes, it leaves me with a lot of anxiety both general, and sexual I.e. possible future performance anxiety”	1

Attribution of reasons for involuntary celibacy

The fourth theme, “Attribution of reasons for involuntary celibacy” gives diverse reasons for involuntary celibate that respondents mentioned by answering the open-ended question “What are the main reasons for you not having had a sexual/romantic partner?”. Twelve codes were created, as seen in Table 5. In total, five respondents were blaming women or feminism and liberalism or themselves for their state. Two said, because of an illness, they are involuntary celibate. Some respondents said a lack of confidence and lack of experience paired with the fear of the unknown is a reason for them being celibate. Three respondents mentioned that their physical appearance might be a reason for involuntary celibacy. As one said, “Plus society does not find overweight men attractive.” they believe they are not attracted enough to find a partner. Some respondents each gave a particular reason for communication problems, no interaction with women, religion, fear of rejection, fetish, marriage, or not finding the right partner. Seven respondents said that because they did not have any romantic or sexual experience at a young age or in general, they passed the period for that experience and are thus involuntary celibate.

Table 5

Codes under theme 4: Reason for involuntary celibacy

Code	Example Quotes	Frequency
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Physical appearance	“[...] but I also don't think that I'm very attractive or interesting so that is definitely a factor.”	3
	“[...] but maybe I'm fuck ugly, I don't know.”	
Blaming yourself	“Haven't tried to get a partner”	2
Disability and illness	“I'm quiet and shy” “Disability & illness [...]”	2
	“Mental illness such as shy bladder [...]”	
Blaming women	“Women were put on this earth to worship men but they're broken! Every female that passes me won't even look at me. Something is very very wrong!”	1
Blaming feminism and liberalism	“Compassion towards people like me. Anger towards feminism and liberalism in general because they are only focused on one end of the gender spectrum”	1
Communication problems	“I haven't been able to communicate properly to anyone of the opposite sex in order to maintain a proper relationship. I struggle with communication with people and therefore I haven't been able to even make a friend of the opposite sex let alone form a romantic relationship.”	1
Religion	“Not finding anyone, my religion Islam forbids these kinds of interactions.”	1
Fear of rejection	“Feeling of rejection is hard.”	1
Fetish	“Having a fetish from the point of puberty removed a lot need to have a sexual partner. “ “It gives me the freedom to explore the limits of my own fetish sexual activity, which is as exciting as it can be depressing. [...]”	1
Marriage	“Married and don't feel like it”	1
Not finding the right partner	“I haven't found the right person yet”	1

Scale development based on the results

The results showed us that there are different aspects and reasons and negative feelings that are distressing and frustrating about involuntary celibacy. These reasons and feelings reflect the frustrated mating needs involuntary celibates experience. Distressing aspects of involuntary celibacy are not having physical and emotional intimacy, being left out or missing out, having a lack of experience and physical consequences. Unpleasant emotions due to involuntary celibacy are feeling lonely, excluded, shame and unwanted, low self-esteem, being different, feeling fear and anger, and feeling stigmatised. Furthermore, involuntary celibacy also affects mental health, like a lack of social life, being depressed, having general and social anxiety, and performance anxiety. Participants mentioned reasons for involuntary celibacy: blaming women, feminism, or liberalism, blaming oneself, blaming disability and illness, having lack of confidence and experience to speak with women, their physical appearance, having communication problems, religion, fear of rejection, a fetish, marriage and not finding the right partner to have a relationship.

A scale was developed to measure frustrated mating needs. The items were developed by covering the range of unpleasant emotions involuntary celibates and Incels felt and the aspects and reasons they thought related to involuntary celibacy. Other scales that were measuring related constructs such as the Short form of the Social and Emotional Loneliness Scale for Adults (Cramer et al., 2000), Fear of being Single Scale (Spielmann et al., 2013) and Short form of The Sexual Distress Scale (Santos-Iglesias et al., 2018) were checked. The items and their formulation from these related scales were used as a model.

It is suggested to use a 5-point or 7-point Likert answering scale ranging from (1) strongly disagree to (7) strongly agree. The items measure different dimensions of frustrated mating needs. Some measure negative feelings regarding not having a romantic or sexual partner or negative feelings concerning other people. A few items are about blame, anger and frustration that are primarily attributed to external factors. Lastly, there are some items concerning barriers and worries to find a partner. Initially, 41 items were created (see Appendix A). After adjustments, 23 items were suggested to use for the core scale. Table 6 shows the items and the themes they are related to that were identified in the results. The items are based on consensus between the author and her supervisor. Items that were suggested but deleted are under “further items”.

Table 6

Items for scale measuring frustrated mating needs

<i>Item</i>	<i>Used theme</i>
1. I feel depressed when thinking about being single forever.	2

- | | |
|---|---------|
| 2. I feel like an outsider while everyone is in a relationship but me. | 1 |
| 3. I feel like I am missing out on romantic experiences. | 1 and 2 |
| 4. I feel distressed because of the lack of emotional intimacy I receive | 2 |
| 5. I feel lonely when thinking about my love life. | 2 |
| 6. I feel hopeless when thinking about my love life. | 2 |
| 7. I feel jealous/envious when I see others in relationships. | 2 |
| 8. I feel different than others because I am not in a relationship. | 1 and 2 |
| 9. I feel unwanted because of the lack of my romantic experience. | 2 |
| 10. I feel awkward around others because I do not have a partner. | 1 |
| 11. I feel worried about my inexperience regarding romantic relationships. | 1 and 2 |
| 12. I fear that I will never find a partner. | 1 and 2 |
| 13. I feel frustrated because I do not have a partner | 2 |
| 14. I experience anxiety when thinking about not having a partner. | 3 |
| 15. I worry about not having a rich social life because I do not have a romantic partner. | 3 |
| 16. It is distressing for me that I am missing out on romantic relationships when others are not. | 1 and 2 |
| 17. I blame women for my lack of romantic relationships. | 4 |
| 18. I blame myself for my lack of romantic relationships. | 4 |
| 19. I blame feminism for my lack of romantic relationships. | 4 |
| 20. I worry that my shyness is a barrier to finding a romantic partner. | 4 |
| 21. I worry that my physical appearance is a barrier to finding a romantic partner. | 4 |
| 22. I worry that others will judge me because I do not have a relationship. | 2 and 4 |
-

- | | |
|--|---|
| 23. I feel that my preferred partners reject me because of my physical appearance. | 4 |
|--|---|

Further items

- | | |
|---|---|
| 24. I have no partner who understands me, but I would like to have one. | 1 |
| 25. I feel lonely because I do not have many people to talk to. | 2 |
-

Discussion

The aim of this research was to develop a scale that measures frustrated mating needs experienced by involuntary celibates and Incels. Considering that Incels often have sexist, anti-feminist and misogynist views, it is crucial to investigate the experience of frustrated mating needs (Donnelly et al., 2001; Donnelly et al., 2008; Konutgan, 2020). To reach the goal of developing scale items that measure frustrated mating needs, the data of people who are involuntary celibates and Incels were analysed and presented. With the analysis, four themes emerged that cover the experience of frustrated mating needs. Those themes were: distressing aspects of involuntary celibacy, unpleasant emotions/feelings due to involuntary celibacy, mental health outcomes of involuntary celibacy, and attribution of reasons for involuntary celibacy. Most participants declared involuntary celibacy as frustrating. The most frustrating aspects were lack of physical and emotional intimacy, missing out and lack of experience. With that came negative emotions, for instance, feeling lonely, sad, excluded, angry and unwanted. Some respondents experienced mental health issues, for example, depression or social anxiety, because of involuntary celibacy. Reasons for becoming involuntary celibate included blaming women, feminism and liberalism or themselves, illnesses, lack of confidence and lack of experience.

The construct of frustrated mating needs is relatively new; however, research papers exist that looked into unsatisfied mating needs and possible explanations for misogynist attitudes in Incels (Konutgan, 2020; Morssinkhof, 2021; Stickel, 2020). To find a possible explanation for the experience of frustrated mating needs, theories were examined. Darwin's theory survival of the fittest and sexual selection supports the findings. According to Darwin's theory, involuntary celibates should feel frustrated because of the lack of sex. Darwin explained that males who would not produce offspring would not fulfil their purpose, thus feeling frustrated (Darwin, 1859; Gray, 2013). The reproductive success of males also depends on females mating selection since females invest more time in parenting (Trivers, 1972). According to the Fundamental Motive Framework, humans are motivated to solve social

challenges that ensure reproduction (Kenrick et al., 2010). An important part to ensure reproduction is finding a mate. Involuntary celibates and Incels do not meet this essential aspect for human reproduction. The findings support this because many participants were frustrated because of the lack of romantic and physical intimacy. Maslow's Hierarchy of Needs states that the need of love and belonging is fundamental for humans (Maslow, 1970b). If this need is not fulfilled, one cannot grow as a person and reach further needs. Since involuntary celibates and Incels do not experience sexual and romantic intimacy, they do not fully meet the need of love and belonging. Hence, the findings showed that participants experienced many negative emotions, for instance, loneliness, hopelessness, anger, or frustration because of involuntary celibacy (Kenrick et al., 2010; McLeod, 2020). Baumeister and Leary (1995) also underlined with their research that the need to belong is fundamental for humans. If one's need to belong is not met, negative consequences arise; for instance, participants mentioned mental health issues.

Based on the results items for a scale measuring frustrated mating needs were created. In total 23 items were created. The psychological state of frustrated mating need is a new concept that does not have a scale to measure this state. Nonetheless, some scales measure related constructs of the psychoemotional state of frustrated mating need, for instance loneliness, fear of being single and sexual distress.

The new scale measures frustrated mating needs among Incels and involuntary celibates. Some items might predict a tendency towards sexism, for instance, the items "I blame women for my lack of romantic relationships." and "I blame feminism for my lack of romantic relationships.". Thus, the scale could predict that frustrated mating needs contributes to sexist and misogynistic views. However, before the scale can be used, the psychometric properties need to be evaluated. This can be done by using Classical Test Theory:

1. The item difficulty needs to be computed to establish if the test shows high discrimination between people who show frustrated mating needs and do not.
2. The reliability needs to be measured by, for instance, measuring the reliability coefficient Cronbach's alpha as well as testing the item-test correlation to indicate a high internal consistency.
3. The scale's validity needs to be measured to ensure that the items measure the concept of frustrated mating needs. Validity can be measured by assessing construct validity, content validity, face validity and criterion validity.

Strengths, Limitations and future research

The research has strengths and limitations that are important to consider for future research. Strengths of the research were a unique and novel approach by looking at frustrated

mating needs to study how sexism and misogynist views are maintained. Frustrated mating needs is a new concept that has yet been seldomly considered to play a role in maintaining sexist and misogynist opinions. This research adds to further and future research in investigating the role of frustrated mating needs.

Furthermore, the experience of involuntary celibates and Incels is rarely studied. Thus, the research provides detailed information into a rarely studied sample of involuntary celibates and their experience.

As well as providing a scale that can be used for further testing of theories why Incels hold misogynist and sexist opinions. Since frustrated mating needs is a novel concept, no scale measures this concept. Therefore, this research possibly adds a scale to measure frustrated mating needs in the future.

A limitation of the research is the small sample size. Since the study was done with Incels and involuntary celibates, only 26 responses were analysed. Therefore, the scale might miss items that measure different aspects of frustration that were not mentioned in the responses of this study. Hence, it is suggested that further research is done with a bigger sample size to ensure all aspects of frustrated mating needs are covered.

Only five participants from the sample identified as Incels, which could be another limitation because those participants had more extremist answers to the questions that might not represent the opinions of involuntary celibates. Thus, it is advised to research only Incels experience in the future. It would be beneficial to gather more qualitative data from Incels to see whether there is a difference in their experience of frustrated mating needs compared to involuntary celibates.

Another limitation is that the scale items are not yet reliable or valid since the psychometric properties were not evaluated. Therefore, it is possible that the scale does not thoroughly measure frustrated mating needs. For future research, it is essential to check the reliability and validity of the scale items to ensure that the scale measures frustrated mating needs.

In addition, the sample only included male participants. This is due to involuntary celibates and Incels being primarily males. However, it would be interesting to study frustrated mating needs in women to see a possible gender difference. Future researchers should investigate the female experience of frustrated mating needs. Additionally, it can be looked into different ethnicities and nationalities of participants, including people not in involuntary celibacy, to use the scale for the general population.

Conclusion

The present research aimed to develop a scale that can measure the psychoemotional state of frustrated mating needs involuntary celibates and Incels experience. Theories and studies underlined the frustration involuntary celibates and Incels experience because of their state. From the analysis of the experience of Incels and involuntary celibates, four themes emerged that were used to create scale items to measure frustrated mating needs. Although the scale needs to be evaluated on validity and reliability and include further participants such as more Incels and female Incels and involuntary celibates, the novel scale can be used to further research into Incels misogynists believe.

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Appendix A

Original items for scale development

1. I feel depressed when thinking about being single forever.
2. I feel like an outsider while everyone is in a relationship but me.
3. I feel like I am missing out on romantic experience.
4. I feel distressed because of the lack of physical intimacy I receive.
5. I feel distressed because of the lack of emotional intimacy I receive.
6. I feel lonely when thinking about my love life.
7. I feel hopeless when thinking about my love life.
8. I feel unwanted because of the lack of my romantic experience.
9. I feel jealous when I see others in relationships.
10. I feel different than others because I am not in a relationship.
11. I feel left out because I do not have a partner.
12. I feel worthless because I do not have a partner.
13. I feel depressed because I do not have a partner.
14. I feel awkward around others because I do not have a partner.
15. When thinking about romantic relationships I feel inexperienced.
16. I fear that I will never find a partner.
17. I am frustrated because I do not have a partner.
18. I experience anxiety when thinking about not having a partner.
19. I have no partner who understands me, but I would like to have one.
20. It is distressing for me that I lack emotional intimacy.
21. It is distressing for me that I lack sexual intimacy.
22. It is distressing for me that I am missing out on romantic relationships when others are not.
23. Because of the lack of romantic relationships, I have a low social life.
24. My lack of romantic relationships impacts my self-esteem.
25. Because of my lack of romantic relationships, I have a low self-esteem.
26. I blame women for my lack of romantic relationships.
27. I blame feminism for my lack of romantic relationships.
28. I blame myself for my lack of romantic relationships.
29. One of the reasons for my lack of relationships is because I am shy.
30. I never had intimate personal relationships and with the years it got worse.
31. My lack of relationships could be because of my physical appearance.
32. I had no experience with romantic relationships at a young age and with the years it got worse.
33. Because of my appearance I will be rejected by preferred partners.
34. I worry that others will judge me because I do not have a relationship.
35. I feel lonely because I do not have many people to talk to.
36. I am angry that I do not have a relationship.
37. I never had the opportunity to find a partner.
38. People see me as different because I am a virgin.
39. I feel alone because I am a virgin.
40. I fear that I will always be a virgin.

41. I feel stigmatised by others because I am a virgin.

Appendix B

All quotes from the data analysis

Distressing aspects of involuntary celibacy

Code	Quotes
Not having physical intimacy/sex	<i>Very distressing! I can only get sex by paying for it!</i> <i>Not being able to get laid while watching others enjoy themselves easily.</i> Unwantedness, frustration, loneliness and being horny Yes, because it leaves me feeling like I am unwanted in a sexual and/or romantic and/or desirable way. Of course it is, being a healthy 20 year old male who has never experienced the simplest form of romance and sexuality sucks. While everyone is out having relationships, accomplishing their goals and accumulating experiences, I'm sitting in my house all day depending on my parents because my mental illness caused me to alienate all my high school friends. It feels kind of bad that I'm not performing the actions of a normal human being but I suppose I'm used to it so I wouldn't say it's too upsetting. No enjoyment with another person
Not having emotional intimacy/love	Yes, it leaves me with a lot of anxiety both general, and sexual I.e. possible future performance anxiety <i>Lack of Intimacy, Perceived decline in social status among peer groups due to lack of gf. Rest is all okay</i> Loneliness, not many outside people to talk to. No one to express feelings to, not having anyone reliable and someone you can fall back on. It's difficult to feel close to someone. Yes because I'm not connected to anyone on a deep level. I have no one to talk to Yes, because it leaves me feeling like I am unwanted in a sexual and/or romantic and/or desirable way. Very much so. I am most likely too awkward and inexperienced for sex, that is part of it. Nearly everyone wants to be loved and not having that is often quite depressing. Of course it is, being a healthy 20 year old male who has never experienced the simplest form of romance and sexuality sucks.

While everyone is out having relationships, accomplishing their goals and accumulating experiences, I'm sitting in my house all day depending on my parents because my mental illness caused me to alienate all my high school friends.

It feels kind of bad that I'm not performing the actions of a normal human being but I suppose I'm used to it so I wouldn't say it's too upsetting.

Sense of being left behind

No enjoyment with another person

Of course it is, being a healthy 20 year old male who has never experienced the simplest form of romance and sexuality sucks. While everyone is out having relationships, accomplishing their goals and accumulating experiences, I'm sitting in my house all day depending on my parents because my mental illness caused me to alienate all my high school friends.

Being alone and unloved. Being celibate frustrates me as I am in a constant state of loneliness and distress as if everyone in the world has found a place in life except for me.

Lack of experience

It's probably important for your social development to have some kind of relationship experience at a young age. I fear missing out on experiences that I'll regret not having when I'm older.

Lack of trying/opportunities is the main aspect

I do not really know how to approach a person to be a romantic partner. I haven't tried.

have a hard time in that area, never been good with girls full stop so not really a choice

Missing out when others are not

To be honest. I have just never had intimate personal relationships and it only got worse as the years went on. I would probably love being a nice relationship, but I am just too awkward and just decide its best to be alone.

Not being able to get laid while watching others enjoy themselves easily.

Sometimes I feel very lonely and left out. Usually I feel like I need someone close enough romantically to be able to better myself because then I would know that someone would be there to support me. I also feel like being celibate is like being excluded from everyone else.

Yes, it feels lonely sometimes, jealousy is often a feeling when looking at other people.

It's upsetting seeing others in relationships

Not sharing in experiences that countless numbers of people have.

It is extremely upsetting. Human's are social creatures and I am severely lacking in that aspect of my life. I've seen research that has found that loneliness actually decreases lifespan and increases mortality rates. I literally just sit on Netflix and social media to vicariously live through these characters and social media influencers who have what I want. It's honestly depressing.

Being alone and unloved. Being celibate frustrates me as I am in a constant state of loneliness and distress as if everyone in the world has found a place in life except for me.

It's probably important for your social development to have some kind of relationship experience at a young age. I fear missing out on experiences that I'll regret not having when I'm older.

Physical consequences

I don't sleep and have acne all over my body. My hair on my head is falling out and it's all girls' fault!!!!!!

Irrelevant

No, i don't really care

Not for me, it's not that big of deal for me but that's probably because of my age. Many people my age are still virgins so I'm not particularly abnormal.

No, I dont think it's distressing

No it is not distressing as I know I will find the right person one day

No

No it is not upsetting

It is not upsetting

I am not upset by being celibate.

I don't know because I've never had one

You don't miss what you've never had.

My well-being I'd say is fine. I do masturbate to my own sexual fantasies when I desire to, so I am not overly frustrated.

None

No

I am not entirely sure what this is asking.

Unpleasant Emotions/feelings due to involuntary celibacy

Code	Quotes
Alone, isolated, lonely, hopeless, sad	<i>It's over.</i> <i>Anger, frustration, sadness, powerlessness</i> <i>Despair</i> Sometimes I feel very lonely and left out. Usually I feel like I need someone close enough romantically to be able to better myself because then I would know that someone would be there to support me. I also feel like being celibate is like being excluded from everyone else. I feel lonely at times but I am hoping to find love in the future. If I don't then it is what it is. Going out of my way to find someone seems like time I don't want to invest right now since it might not pay off. It gives me the freedom to explore the limits of my own fetish sexual activity, which is as exciting as it can be depressing. However, there are times when it makes me feel bad for not being better at finding a partner. Misery Loneliness anger frustration alone, isolated, different from others Unwantedness, frustration, loneliness and being horny Loneliness, not many outside people to talk to. No one to express feelings to, not having anyone reliable and someone you can fall back on. Being celibate is not a very good feeling for me. I feel like I'm missing a very important aspect of anyone's life. Mostly I just feel lonely and alienated. I'd understand if you voluntarily chose to be celibate but I didn't ask to suffer from multiple forms of mental illness that would greatly impact my life. Yes, because I feel alone in that I'm unwanted, and people do not want to experience said things with me Being alone and unloved. Being celibate frustrates me as I am in a constant state of loneliness and distress as if everyone in the world has found a place in life except for me.

Excluded, left out, missing
out

Just a lack of a social life as a whole has left me lonely and yearning for a single friend at least. I am physically well but mentally I'm just not where I feel I should be. I'm not depressed or suicidal at all. I eat well, sleep well and exercise rigorously daily. I just feel that I am living this boring mundane life and could be experiencing so much more if I wasn't held back by paruresis and social anxiety
Depression, low self esteem, and a general sense that I am missing out on a key part of life

Sometimes I feel very lonely and left out. Usually I feel like I need someone close enough romantically to be able to better myself because then I would know that someone would be there to support me. I also feel like being celibate is like being excluded from everyone else.

Feel like im missing out on fun

alone, isolated, different from others

Being celibate is not a very good feeling for me. I feel like I'm missing a very important aspect of anyone's life. Mostly I just feel lonely and alienated. I'd understand if you voluntarily chose to be celibate but I didn't ask to suffer from multiple forms of mental illness that would greatly impact my life.

Yes, it feels lonely sometimes, jealousy is often a feeling when looking at other people.

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Shame, undervalued,
worthless, unwanted,
rejected

Of course it is, being a healthy 20 year old male who has never experienced the simplest form of romance and sexuality sucks. While everyone is out having relationships, accomplishing their goals and accumulating experiences, I'm sitting in my house all day depending on my parents because my mental illness caused me to alienate all my high school friends.

Frustration, worthlessness

Unwantedness, frustration, loneliness and being horny

Honestly, feelings of shame and inferiority. Why am I so different, why am I the way I am?

Yes, because it leaves me feeling like I am unwanted in a sexual and/or romantic and/or desirable way.

	Yes, because I feel alone in that I'm unwanted, and people do not want to experience said things with me
	Yes, the most upsetting part is no one wants to interact with me. I'm friendly and nicely dressed yet no one is interested to even look at me.
Low self-esteem, lack of self-confidence	As before - worthlessness <i>Lack of social life, waking daily with envy and feelings of low self worth, not being able to breed.</i>
	Depression, low self esteem, and a general sense that I am missing out on a key part of life.
Different, inexperienced, awkward	It impacts on depression and low self esteem. Being around women around my age or young can be rather awkward. alone, isolated, different from others
	Honestly, feelings of shame and inferiority. Why am I so different, why am I the way I am?
	Being celibate is not a very good feeling for me. I feel like I'm missing a very important aspect of anyone's life. Mostly I just feel lonely and alienated. I'd understand if you voluntarily chose to be celibate but I didn't ask to suffer from multiple forms of mental illness that would greatly impact my life.
	Yes It's different than my younger life
	yes, because people have "expectations" so if you are still a virgin your seemed as different to others.
	Very much so. I am most likely too awkward and inexperienced for sex, that is part of it. Nearly everyone wants to be loved and not having that is often quite depressing.
	It impacts on depression and low self esteem. Being around women around my age or young can be rather awkward.
Fear, dread, regrets, worrying, questioning	Being alone and unloved. Being celibate frustrates me as I am in a constant state of loneliness and distress as if everyone in the world has found a place in life except for me. Honestly, feelings of shame and inferiority. Why am I so different, why am I the way I am?
	Somewhat as I don't know why I am
	It it not really distressing. I do fear somewhat that I shall be a virgin for life though, but it is usually far in the back of my mind.

	Sometimes I get worried that I won't ever find anyone which is quite upsetting, this doesn't last long usually though. Most of the time I'm happy when I'm occupied with other things.
Stigmatization	I wonder what is now normal <i>People thinking I am on the edge and is going to murder someone and need therapy. pEOPLE THINKING THAT i HATE WOMEN FOR THEIR EVOLUTIONARY PSYCHOLOGY, OVER WHICH THEY HAVE NO CONTROL....</i> not really upsetting, but people judging you is quite upsetting It kind of sucks, but I think now society isn't bothered as much as they used to be.
Anger, frustration	not really upsetting, but people judging you is quite upsetting. <i>Anger, frustration, sadness, powerlessness</i> <i>I want to hurt all females for not adoring me! I feel enraged every time I leave my house!</i> <i>Compassion towards people like me. Anger towards feminism and liberalism in general because they are only focused on one end of the gender spectrum.</i> Frustration, but to me sex really isn't a big deal Frustration, worthlessness Loneliness anger frustration Unwantedness, frustration, loneliness and being horny
Irrelevant	Yes, frustration from not finding anyone and frustration from not being able to open up. None I have no feelings either or bad towards being celibate. I would like to have a romantic relationship, which might evolve into a sexual one. But at the moment I am satisfied as I am. I'm indifferent as it has always been this way. Doesn't bother me too much. I intend to find a girlfriend in a few years It gives me the freedom to explore the limits of my own fetish sexual activity, which is as exciting as it can be depressing. However, there are times when it makes me feel bad for not being better at finding a partner.

It doesn't really affect me much because i am young and my time will eventually come.

Nothing beyond what I have already mentioned.

Not really.

Mental health outcomes

Code	Quotes
Lack of social life and status	<i>Lack of social life, waking daily with envy and feelings of low self worth, not being able to breed.</i> <i>Lack of Intimacy, Perceived decline in social status among peer groups due to lack of gf. Rest is all okay</i> I don't really have much of a social life so I don't meet any potential romantic partners. Loneliness, not many outside people to talk to. No one to express feelings to, not having anyone reliable and someone you can fall back on. Yes, the most upsetting part is no one wants to interact with me. I'm friendly and nicely dressed yet no one is interested to even look at me. Just a lack of a social life as a whole has left me lonely and yearning for a single friend at least. I am physically well but mentally I'm just not where I feel I should be. I'm not depressed or suicidal at all. I eat well, sleep well and exercise rigorously daily. I just feel that I am living this boring mundane life and could be experiencing so much more if I wasn't held back by paruresis and social anxiety
Depression	Social anxiety combined with depression. It is extremely upsetting. Human's are social creatures and I am severely lacking in that aspect of my life. I've seen research that has found that loneliness actually decreases lifespan and increases mortality rates. I literally just sit on Netflix and social media to vicariously live through these characters and social media influencers who have what I want. It's honestly depressing. It impacts on depression and low self esteem. Being around women around my age or young can be rather awkward. social anxiety and depression. Moderate depression

General anxiety and social anxiety

Social anxiety

Social anxiety combined with depression.

Well, I would say anxiety [...]

My social anxiety.

Mental illness such as shy bladder and generalized social anxiety played a big part in me alienating myself from friends and social gatherings. ...

social anxiety and depression.

Yes, it leaves me with a lot of anxiety both general, and sexual I.e. possible future performance anxiety

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Performance anxiety

Yes, it leaves me with a lot of anxiety both general, and sexual I.e. possible future performance anxiety

Attribution of reason for involuntary celibacy

Code	Quotes
Blaming women	<i>Women were put on this earth to worship men but they're broken! Every female that passes me won't even look at me. Something is very very wrong!</i>
Blaming feminism and liberalism	<i>Compassion towards people like me. Anger towards feminism and liberalism in general because they are only focused on one end of the gender spectrum</i>
Blaming yourself	Haven't tried to get a partner
Disability and illness	I'm quiet and shy Disability & illness, and confidence
Lack of confidence, Fear of the unknown, lack of experience	Mental illness such as shy bladder and generalized social anxiety [...] Disability & illness, and confidence Don't really get to meet many women my age Lack of trying/opportunities is the main aspect

	I do not really know how to approach a person to be a romantic partner. I haven't tried.
	have a hard time in that area, never been good with girls full stop so not really a choice
	To be honest. I have just never had intimate personal relationships and it only got worse as the years went on. I would probably love being a nice relationship, but I am just too awkward and just decide its best to be alone.
	At every turn, mental illness was affecting and hindered my teenage life greatly [...]
Physical appearance	It's probably important for your social development to have some kind of relationship experience at a young age. I fear missing out on experiences that I'll regret not having when I'm older. [...] but I also don't think that I'm very attractive or interesting so that is definitely a factor.
	[...] but maybe I'm fuck ugly, I don't know.
Communication problems	Plus society does not find overweight men attractive. I haven't been able to communicate properly to anyone of the opposite sex in order to maintain a proper relationship. I struggle with communication with people and therefore I haven't been able to even make a friend of the opposite sex let alone form a romantic relationship.
Religion	Not finding anyone, my religion Islam forbids these kinds of interactions.
Fear of rejection	Feeling of rejection is hard.
Fetish	Having a fetish from the point of puberty removed a lot need to have a sexual partner.
	It gives me the freedom to explore the limits of my own fetish sexual activity, which is as exciting as it can be depressing. However, there are times when it makes me feel bad for not being better at finding a partner.
Marriage	Married and don't feel like it
Not finding the right partner	I haven't found the right person yet