**(1) The use of smartphones as a digital security blanket: The influence of phone use and availability on psychological and physiological responses to social exclusion**

**Abstract**

**Objective**: Mobile phones are increasingly becoming a part of the social environment, and when an individual feels excluded during a socially stressful situation, they often retreat to the comfort of their phone to ameliorate the negativity. This study tests whether smartphone presence does, in fact, alter psychological and physiological responses to social stress. **Methods**: Participants (N=148, 84% female, mean age=20.4) were subjected to a peer, social-exclusion stressor. Prior to exclusion, participants were randomized to one of three conditions: (1) phone present with use encouraged, (2) phone present with use restricted, or (3) no phone access. Saliva samples and self-report data were collected throughout the study to assess salivary alpha amylase (sAA), cortisol, and feelings of exclusion. **Results**: Participants in both phone-present conditions reported lower feelings of exclusion compared to individuals who had no access to their phone, F(2,143)=5.49, p=.005. Multilevel modeling of sAA responses revealed that the individuals in the restricted phone condition had a significantly different quadratic trajectory following the stressor compared to the phone use, ϒ=-0.12,, z=-2.15 p=.032, and no phone conditions, ϒ=-.14, z=-2.64, p=.008. Specifically, those in the restricted phone condition showed a decrease in sAA following exclusion, those in the no phone condition showed a gradual increase, and phone users exhibited little change. Cortisol responses to the stressor did not vary by condition. **Conclusions**: Taken together, these results suggest that the mere presence of a phone (and not necessarily phone use) can buffer against the negative experience and effects of social exclusion.

**Evaluation of Title (**in reference to the abstract)**:**

Clarity 1 2 3 4 5

Relevance 1 2 3 4 5

Specificity 1 2 3 4 5

Conciseness 1 2 3 4 5

Engagement 1 2 3 4 5

**Overall Grade** A B C D F

**Re-write & Improve:**

Consider all the components and try to come up with a better title.

Email me the title so we can vote!

**(2) Home alone: Why people believe others' social lives are richer than their own**

**Abstract**

Although decades of research show that people tend to see themselves in the best possible light, we present evidence that people have a surprisingly grim outlook on their social lives. In 11 studies (N = 3,293; including 3 preregistered), we find that most people think that others lead richer and more active social lives than they do themselves. We show that this bias holds across multiple populations (college students, MTurk respondents, shoppers at a local mall, and participants from a large, income-stratified online panel), correlates strongly with well-being, and is particularly acute for *social* activities (e.g., the number of parties one attends or proximity to the “inner circle” of one’s social sphere). We argue that this pessimistic bias stems from the fact that trendsetters and socialites come most easily to mind as a standard of comparison and show that reducing the availability of extremely social people eliminates this bias. We conclude by discussing implications for research on social comparison and self-enhancement.

**Evaluation of Title (**in reference to the abstract)**:**

Clarity 1 2 3 4 5

Relevance 1 2 3 4 5

Specificity 1 2 3 4 5

Conciseness 1 2 3 4 5

Engagement 1 2 3 4 5

**Overall Grade** A B C D F

**Re-write & Improve:**

Consider all the components and try to come up with a better title.

Email me the title so we can vote!

**(3)** **Dating out is intercultural: Experience and perceived parent disapproval by ethnicity and immigrant generation**

**Abstract**

Romantic relationships are situated within broader cultural and family contexts, and this may be particularly salient to those in intergroup relationships. This study examined variations in young adults’ experiences with intercultural romantic relationships by ethnicity and immigrant generation. A sample of ethnically diverse young adults (*N* = 628; Asian, Latino, and European background) reported on self and parent attitudes toward dating outside of one’s own culture, own current dating status, and disapproval and conflict with parents over current and past dating status. Analyses revealed three key findings. First, intercultural relationships were evenly distributed across ethnic and immigrant generation groups. Second, participants of Asian background perceived greater attitudinal discrepancies with their parents toward intercultural dating than did participants of Latino and European background and were more likely to report intercultural dating conflict with their parents than Latino participants. Third, first-generation and second-generation participants were more likely to report intercultural dating conflict with parents than third-generation participants. Altogether, the findings show the importance of (a) incorporating culture into the conceptualization of intergroup relationships, particularly for ethnic minority and recent immigrant groups, and (b) considering the family context of intercultural dating relationships. Implications for the study of intergroup romantic relationships are discussed.

**Evaluation of Title (**in reference to the abstract)**:**

Clarity 1 2 3 4 5

Relevance 1 2 3 4 5

Specificity 1 2 3 4 5

Conciseness 1 2 3 4 5

Engagement 1 2 3 4 5

**Overall Grade** A B C D F

**Re-write & Improve:**

Consider all the components and try to come up with a better title.

Email me the title so we can vote!