

# Romantic love and serotonin

Published: 29-01-2009

Last updated: 06-05-2024

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational invasive

## Summary

### ID

NL-OMON33943

### Source

ToetsingOnline

### Brief title

Romantic love and serotonin

### Condition

- Other condition

### Synonym

infatuation, romantic love

### Health condition

verliefdheid

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Erasmus Universiteit Rotterdam

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** love, obsessions, serotonin

## Outcome measures

### Primary outcome

Serotonin (5-HT) levels in the blood and self-reported amount of intrusive thinking about the beloved.

### Secondary outcome

Also 5-HIAA levels in the blood will be measured. Moreover, it will be investigated whether correlations exist between blood serotonin levels and measures of intensity and duration of the romantic love. Furthermore, if the participants agree, their blood plasma and serum will be stored in the freezer for future additional measurements of 5-HT in serum and blood platelets, as well as tryptophan and tyrosine levels.

## Study description

### Background summary

Infatuated individuals think about their beloved a lot. The notions that these frequent thoughts resemble the obsessions of obsessive-compulsive disorder (OCD) patients and that those patients benefit from serotonin reuptake inhibitors (SSRIs), have led to the hypothesis that romantic love is accompanied by reduced levels of serotonin in the brain.

### Study objective

In the current study this hypothesis will be tested by examining whether blood serotonin levels, which are indicative of central serotonin levels, differ between infatuated and non-infatuated individuals. Furthermore, it will be investigated whether these serotonin measures are associated with the extent of obsessive thinking about the beloved.

## Study design

Between-subject, observational study

## Study burden and risks

Participants have to visit the Erasmus MC once. The duration of the testing session will be approximately 30 minutes. The infatuated participants will fill out four questionnaires, and the non-infatuated participants will fill out two questionnaires. Following one venapuncture, in which two tubes (approximately 14 ml) of blood will be drawn, will be performed.

## Contacts

### Public

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

between 18 and 30 years old

maximal love duration of 6 months (for infatuated group)

not in love and not involved in romantic relationship (non-infatuated group)

## Exclusion criteria

Depression, hypercholesterolemia, or hypertension

Use of antidepressants, statins or anti-hypertensives

## Study design

### Design

Study type:	Observational invasive
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Basic science

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	12-05-2009
Enrollment:	40
Type:	Actual

## Ethics review

Approved WMO	
Date:	29-01-2009
Application type:	First submission

Review commission:

METC Erasmus MC, Universitair Medisch Centrum Rotterdam  
(Rotterdam)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL23865.078.08