

Social Proof Saturation and Consumer Decision Independence

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Abstract

Social proof has become a dominant feature of contemporary digital commerce. Product ratings, review counts, bestseller labels, purchase notifications, popularity rankings, influencer endorsements, trending indicators, and statements showing how many consumers are currently viewing an item can assist consumers when direct product knowledge is limited. However, digital retail environments increasingly present several social proof cues simultaneously, raising the possibility that information intended to reduce uncertainty may eventually constrain independent judgment. This study introduces the concept of social proof saturation to examine how progressively intensive exposure to social endorsement cues may influence consumer decision independence. Because no original consumer dataset was supplied, the research employs a transparent simulation-based comparative design involving 480 synthetic observations distributed equally across low, moderate, high, and saturated social proof conditions. Consumer decision independence represents the principal outcome, while perceived choice autonomy, conformity pressure, information overload, and decision confidence are examined as associated constructs.

Simulated decision independence declines from 4.18 under low social proof exposure to 2.61 under saturated exposure. Moderate social proof produces comparatively strong decision confidence, suggesting that social information may initially assist evaluation before excessive exposure becomes cognitively and socially constraining. The analysis therefore distinguishes the informational usefulness of social proof from its potential saturation effects. The study argues that digital retailers should avoid designing interfaces in which multiple popularity signals converge to overwhelm product-specific evidence or create artificial pressure to conform. Social proof is most defensible when it supplements rather than substitutes individual evaluation. All numerical results in this paper are synthetic and are presented for methodological demonstration rather than as findings from actual consumers.

Keywords: social proof; consumer decision independence; conformity; online reviews; information overload; choice autonomy; digital commerce

1. Introduction

Consumers rarely make marketplace decisions in complete social isolation. They observe what other people buy, how products are rated, which brands appear popular, and how previous customers describe their experiences. Digital commerce has intensified the visibility of these social signals. A single product

page may simultaneously display an average star rating, thousands of reviews, a bestseller badge, the number of recent purchases, the number of people currently viewing the product, influencer recommendations, popularity rankings, and algorithmically selected testimonials. These cues can be valuable because they reduce uncertainty when consumers lack direct experience with a product. Classic research on social influence demonstrates that individuals often rely on others when determining what is appropriate, credible, or desirable. Yet the digital environment differs from conventional interpersonal influence because social signals can now be continuously quantified, amplified, ranked, and placed strategically within the decision interface.

The theoretical basis of social proof can be traced to research on informational and normative social influence. Deutsch and Gerard distinguished informational influence, in which individuals accept information from others as evidence about reality, from normative influence, in which individuals conform to obtain social approval or avoid disapproval. Asch's conformity experiments similarly demonstrated that majority judgments can influence individual responses even when the underlying task appears relatively clear. In commercial settings, social proof can therefore operate through at least two pathways. Consumers may interpret ratings and reviews as information about product quality, while simultaneously interpreting popularity as a cue regarding what other people expect them to choose. Cialdini later described social proof as a powerful influence principle, particularly under conditions of ambiguity and uncertainty. Digital retail systems have converted this general psychological tendency into an increasingly measurable and programmable feature of consumer choice architecture.

The problem considered in this paper emerges when social proof becomes excessively dense. A consumer examining a product may no longer encounter one independent social signal but a coordinated sequence of signals communicating essentially the same message: many people approve of this option. Ratings indicate quality, review volume indicates popularity, bestseller badges imply marketplace validation, purchase counters create momentum, and influencer content reinforces desirability. Repetition may initially increase confidence, but beyond some point it may reduce the informational diversity available for evaluation. Consumers can become exposed to a social consensus before they have adequately considered their own preferences, product attributes, alternatives, or constraints. This study refers to this condition as social proof saturation—a decision environment in which the density, repetition, prominence, or convergence of social endorsement cues becomes sufficiently strong that independent product evaluation may be displaced by perceived collective preference.

Consumer decision independence is important because effective choice requires more than reaching a decision quickly. Consumers should retain the ability to evaluate whether an option corresponds with their own needs, budget, values, and intended use. Research on susceptibility to interpersonal influence by Bearden, Netemeyer, and Teel demonstrates that consumers differ in the degree to which they use other people's behavior and expectations when forming marketplace judgments. Research on informational cascades and herding further suggests that individuals may follow prior decisions even when private information points in another direction. Online environments can intensify these mechanisms because consumers often encounter aggregated behavioral evidence before contributing their own evaluation. When popularity becomes highly visible, consumers may infer that a widely chosen product is necessarily superior, although popularity can reflect advertising exposure,

platform ranking, temporary trends, historical accumulation, or previous social influence rather than objective fit.

The present study therefore examines the relationship between the intensity of social proof and consumer decision independence. Because no primary experiment or survey data were provided, the manuscript is explicitly structured as a simulation-based research article. Synthetic data are employed to demonstrate how social proof saturation could be tested empirically while avoiding any implication that responses were obtained from actual participants. Four exposure conditions are compared: low, moderate, high, and saturated social proof. The analysis evaluates decision independence alongside perceived choice autonomy, conformity pressure, information overload, and decision confidence. The central proposition is not that social proof is inherently harmful. Rather, social information may be helpful at moderate levels while excessive repetition and prominence can gradually shift the consumer from socially informed choice toward socially dominated choice.

2. Objectives of the Study

2.1 To Examine the Effect of Social Proof Intensity on Decision Independence

The primary objective is to examine whether consumer decision independence changes systematically as the intensity of social proof increases. Decision independence is defined as the consumer's perceived capacity to evaluate a product according to personally relevant criteria rather than allowing collective preference signals to determine the decision. The study therefore differentiates informed use of social information from automatic conformity.

This objective recognizes that social proof is not a binary environmental characteristic. A product displaying a small number of verified reviews creates a different decision environment from one displaying ratings, review volume, popularity rankings, purchase counters, bestseller labels, influencer endorsements, and scarcity-style social notifications simultaneously. The study consequently treats social proof intensity as a graduated exposure condition.

2.2 To Assess Choice Autonomy, Conformity Pressure, and Information Overload

The second objective is to examine whether increasing social proof is accompanied by changes in perceived choice autonomy, conformity pressure, and cognitive burden. Choice autonomy concerns whether consumers experience the decision as originating from their own preferences and reasoning.

Conformity pressure refers to the perceived psychological pull to align with visible majority behavior. Information overload is included because excessive social proof can create more than social pressure. Consumers may also need to process redundant ratings, comments, popularity indicators, and platform recommendations. When several cues communicate overlapping information, additional signals may cease improving evaluation and instead compete for attention with product-specific attributes.

2.3 To Identify the Boundary Between Helpful and Saturated Social Proof

The third objective is to identify a theoretically plausible boundary between useful social information and excessive social influence. Moderate social proof may enhance confidence by providing reassurance when product quality is uncertain. However, high or saturated exposure may reduce independence even when it continues to simplify choice.

The managerial objective is therefore not to recommend the elimination of reviews, ratings, or popularity indicators. It is to establish a framework for designing social proof so that it supports informed decision making without overwhelming individual judgment or creating avoidable conformity pressure.

3. Review of Literature

3.1 Social Influence, Conformity, and Consumer Susceptibility

Research on conformity provides the conceptual foundation for understanding social proof. Sherif demonstrated that judgments can converge under ambiguous conditions, while Asch showed that majority influence can operate even when individuals confront relatively clear perceptual evidence. Deutsch and Gerard subsequently distinguished normative influence from informational influence, providing a framework that remains highly relevant to contemporary consumer behavior. Consumers may follow other buyers because they assume that the group possesses useful information, because agreement with the majority feels socially appropriate, or because both processes occur simultaneously.

Bearden, Netemeyer, and Teel translated interpersonal influence into the consumer domain by developing a measure of susceptibility to interpersonal influence. Their work demonstrated that consumers differ in both informational and normative susceptibility. Park and Lessig similarly showed that reference groups can influence product and brand decisions through informational, utilitarian, and value-expressive mechanisms. These perspectives indicate that the effects of social proof should not be expected to be identical across consumers. Product knowledge, self-confidence, involvement, social identity, and previous experience may determine how heavily an individual relies on popularity information.

Burnkrant and Cousineau demonstrated that others' product evaluations can become informative inputs into consumer judgment. Ariely and Levav later showed that individuals making sequential choices within groups can balance individual variety seeking against conformity. These findings suggest that marketplace decisions are simultaneously personal and socially situated. Digital social proof extends these dynamics by allowing consumers to observe aggregated behavior from very large groups whose members may otherwise remain anonymous.

3.2 Herding, Online Reviews, and Digital Popularity Signals

Research on herding and informational cascades provides a second theoretical foundation. Banerjee demonstrated how individuals can follow others even when their private information suggests another choice. Bikhchandani, Hirshleifer, and Welch developed the theory of informational cascades, explaining how sequential observation of previous decisions can lead individuals to disregard their own information. These models are particularly applicable to online commerce because consumers frequently see aggregated judgments before forming or expressing their own.

Salganik, Dodds, and Watts demonstrated experimentally that social influence can increase inequality and unpredictability in cultural markets. When participants could observe previous popularity, already popular options became even more popular. This finding illustrates that popularity can become partially self-reinforcing rather than representing only preexisting quality. Muchnik, Aral, and Taylor later demonstrated that artificially manipulated social influence can create positive herding in online

rating environments. Consequently, visible consensus should not automatically be treated as an unbiased indicator of intrinsic product superiority.

Electronic word-of-mouth research further demonstrates the commercial significance of online reviews. Chevalier and Mayzlin found that online book reviews can influence sales, while Zhu and Zhang showed that the effect of consumer reviews varies according to product and consumer characteristics. Mudambi and Schuff examined review helpfulness and demonstrated that review characteristics influence perceived informational value. These studies establish the usefulness of social information while also showing why quantity alone is an incomplete quality signal.

3.3 Information Overload, Choice Autonomy, and Saturation

The concept of social proof saturation also draws from research on information overload and choice complexity. Jacoby, Speller, and Kohn showed that consumers can experience information load as product information increases. Bettman, Luce, and Payne later demonstrated that consumer decision strategies adapt to task complexity and informational environments. When decision costs rise, consumers frequently adopt simplifying strategies rather than processing every available attribute.

Iyengar and Lepper's research on choice demonstrated that an extensive assortment can sometimes attract consumers while reducing subsequent purchasing and satisfaction. Although social proof saturation differs from assortment overload, the underlying principle is relevant: additional information or options do not always produce proportionally better decisions. Redundancy can become cognitively expensive when consumers must determine whether several apparently independent social signals are actually conveying distinct evidence.

Choice autonomy is equally important. Consumers often prefer to regard their decisions as expressions of personal judgment. Berger and Heath showed that consumers sometimes diverge from majority preferences when choices communicate identity. This suggests that social influence does not operate as simple conformity. Consumers can resist highly visible consensus when individuality is psychologically important. Social proof saturation may therefore produce either conformity or reactance depending on the consumer, product, and context. The present study focuses specifically on whether excessive exposure reduces perceived decision independence even when the consumer ultimately follows or rejects the majority option.

4. Research Methodology

4.1 Research Design and Simulation Structure

The study adopts a simulation-based comparative research design. No human participants were recruited, no commercial platform data were collected, and no actual purchase decisions were observed. Synthetic observations were generated exclusively to demonstrate how the proposed relationships could be tested in a future controlled experiment.

A total of 480 simulated observations are distributed equally among four exposure conditions. The low condition includes a limited social proof cue, such as an average rating with a modest review count. The moderate condition contains several informative but nonintrusive signals. The high condition combines ratings, extensive review volume, popularity information, and recommendation cues. The

saturated condition represents a dense interface in which multiple popularity, purchase, endorsement, and real-time behavioral signals are simultaneously prominent.

Table 1: Proposed Simulation Design and Construct Operationalization

Research Component	Operational Specification
Research approach	Simulation-based comparative design
Synthetic analytical sample	480 observations
Observations per condition	120
Condition 1	Low social proof exposure
Condition 2	Moderate social proof exposure
Condition 3	High social proof exposure
Condition 4	Saturated social proof exposure
Primary outcome	Consumer decision independence
Associated constructs	Choice autonomy, conformity pressure, information overload, decision confidence
Measurement format	Illustrative five-point response scales
Analytical procedures	Descriptive comparison and one-way ANOVA
Empirical status	Entirely synthetic

Note: All numerical observations are author-generated synthetic values for methodological illustration. They do not represent actual consumer responses.

4.2 Measurement Framework

Consumer decision independence is conceptualized as the perceived ability to reach a purchase judgment according to personal needs, product information, and individual preferences despite exposure to other consumers' behavior. A future empirical scale could include items measuring independent evaluation, willingness to disagree with majority ratings, reliance on personally relevant attributes, and perceived freedom from popularity pressure.

Perceived choice autonomy captures whether the consumer experiences the decision as self-directed. Conformity pressure measures the felt tendency to choose the option preferred by others. Information overload captures the extent to which the quantity and repetition of social signals make evaluation difficult. Decision confidence concerns certainty that the selected option is appropriate. These

constructs should be measured separately because a consumer can feel confident while still making a highly conformity-driven decision.

4.3 Analytical Procedure and Ethical Position

Synthetic values were generated around predetermined theoretical patterns representing decreasing decision independence as social proof becomes increasingly dense. Individual variation was incorporated around each condition mean to ensure that the simulated distributions did not imply identical consumer responses.

A one-way analysis of variance was used to demonstrate how group differences in decision independence could be evaluated. The simulation produced an illustrative statistic of $F(3, 476) = 194.14$, $p < .001$. Because the group structure was deliberately generated according to the proposed theory, this result demonstrates only the internal behavior of the simulation and must not be interpreted as empirical confirmation.

No identifiable consumer information, browsing histories, review behavior, purchase records, or experimental participant data were used. Consequently, the manuscript does not claim institutional ethics approval or informed consent. Future experiments should provide appropriate disclosure and consent procedures where required, particularly when behavioral tracking or personalized social influence manipulations are employed.

5. Analysis

5.1 Decision Independence Across Social Proof Conditions

The simulated analysis indicates a progressive decline in consumer decision independence as exposure to social proof becomes more intense. The low-exposure condition produces the highest mean independence score at 4.18, indicating that consumers can use limited social information without substantially displacing their own evaluation.

The decline becomes more pronounced under high exposure, where the simulated mean reaches 3. Saturated social proof produces the lowest mean at 2.61, representing a decision environment in which extensive popularity cues increasingly dominate the information landscape.

Table 2: Simulated Consumer Responses Across Social Proof Exposure Conditions

Social Proof Condition	Decision Independence	Choice Autonomy	Conformity Pressure	Information Overload	Decision Confidence
Low exposure	4.18	4.21	2.05	2.11	3.82
Moderate exposure	3.74	3.81	2.68	2.53	4.08
High exposure	3.16	3.27	3.45	3.29	3.58
Saturated exposure	2.61	2.69	4.19	4.02	2.91

Scale: 1 = low; 5 = high. Source: Author-generated synthetic dataset for methodological demonstration.

The pattern for decision confidence is particularly informative. Confidence does not decline immediately with the introduction of additional social proof. Moderate exposure produces the highest simulated confidence at 4.08, compared with 3.82 under low exposure. Social information may therefore assist consumers when it provides useful reassurance without dominating the interface. Confidence subsequently falls under high and saturated exposure, suggesting a possible threshold beyond which additional social signals create ambiguity, pressure, or overload.

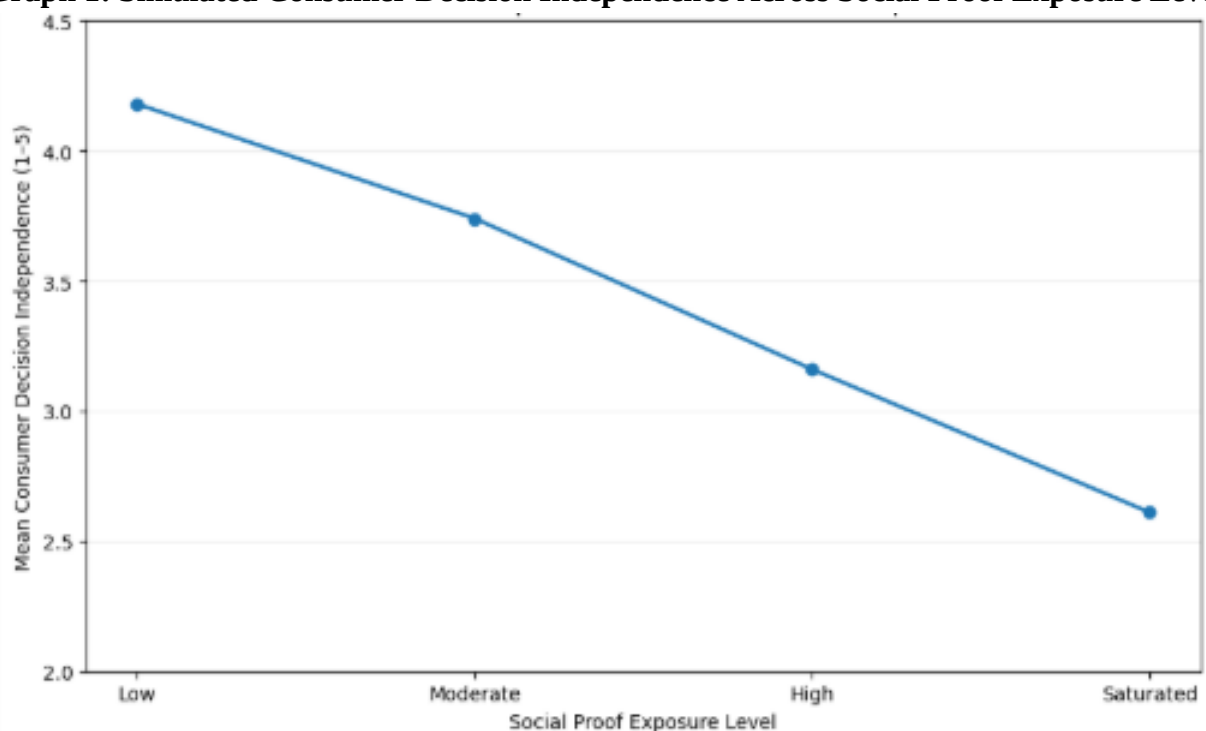
5.2 Statistical and Behavioral Interpretation

The illustrative one-way ANOVA indicates substantial differences in decision independence across the four simulated conditions, $F(3, 476) = 194.14$, $p < .001$. As emphasized throughout the paper, the statistic should not be interpreted as empirical confirmation because the synthetic dataset was intentionally constructed to represent differentiated exposure effects.

The more important theoretical pattern is the simultaneous movement of several constructs. As social proof intensifies, simulated choice autonomy declines while conformity pressure and information overload increase. This combination suggests that saturation may affect decision independence through both social and cognitive pathways. Consumers are not merely observing what others prefer; they are also processing an increasingly crowded information environment in which social signals compete with independent product evaluation.

5.3 Graphical Pattern of Social Proof Saturation

Graph 1: Simulated Consumer Decision Independence Across Social Proof Exposure Levels



Supporting Means: Low = 4.18; Moderate = 3.74; High = 3.16; Saturated = 2.61.

Key Finding: Simulated consumer decision independence declines continuously as social proof exposure increases, with the largest loss of independence occurring under high and saturated social proof conditions.

The graph presents a monotonic decline in independence, but real consumer responses may not follow an identical linear pattern. Consumers with strong product expertise may remain comparatively independent even under intensive social proof, whereas highly uncertain consumers may depend on social cues at relatively low exposure levels.

Product category should also influence the relationship. Social proof may carry greater informational value for experience goods such as restaurants, hotels, entertainment, and personal services than for products whose relevant characteristics can be evaluated objectively before purchase. Future empirical research should therefore test both consumer-level and product-level moderators.

6. Discussion

6.1 From Informational Assistance to Conformity Pressure

The simulated findings suggest that social proof may undergo a functional transition as exposure intensifies. At low and moderate levels, it primarily acts as supplementary information. Ratings, verified reviews, and concise popularity indicators can help consumers estimate quality when direct experience is unavailable. This function is consistent with informational social influence and with research demonstrating the value of electronic word of mouth.

Under high and saturated exposure, however, the balance begins to shift. Repeated indicators that many other consumers prefer an option may become difficult to interpret as independent evidence. A bestseller badge may partly reflect the same previous purchases represented by the purchase counter, which may also contribute to the review volume and platform ranking. Several apparently different cues may therefore emerge from the same underlying popularity process.

This redundancy can create the impression of overwhelming consensus without providing proportionally greater information. The distinction matters because consumers may reasonably rely on multiple independent sources but should not be led to interpret repeated manifestations of the same popularity signal as separate verification.

6.2 Decision Independence, Autonomy, and Digital Choice Architecture

The decline in simulated choice autonomy indicates that social proof saturation can be understood as a choice-architecture issue rather than merely a communication effect. Interface design determines which cues consumers encounter first, how prominently they appear, and whether consumers can easily access product-specific evidence before being exposed to majority preference.

Digital platforms therefore possess considerable influence over the sequence of consumer judgment. When ratings, popularity rankings, bestseller labels, influencer endorsements, and real-time activity notifications appear before product attributes, consumers may begin evaluation from an assumption of collective desirability. Subsequent information can then be interpreted through that initial social frame.

Responsible interface design should preserve space for individual evaluation. Consumers should be able to compare price, functionality, compatibility, warranty, sustainability, and other relevant characteristics without encountering repeated pressure to follow popularity. Social proof should remain one source of evidence among several rather than becoming the organizing principle of the entire purchasing environment.

6.3 Managerial Implications and Responsible Use of Social Proof

The findings do not imply that retailers should eliminate social proof. Authentic reviews, transparent ratings, and genuine usage information can reduce information asymmetry and support consumer confidence. The simulated increase in confidence from low to moderate exposure illustrates precisely this potential benefit.

The more important managerial recommendation concerns signal discipline. Retailers should evaluate whether each social proof element provides distinct consumer information. Displaying average ratings and review counts may be justified, while adding multiple purchase counters, urgency-oriented popularity messages, influencer endorsements, popularity rankings, and repeated “customers also chose” cues may provide diminishing informational value.

Platforms should also avoid designing social signals that exaggerate consensus. Review distributions are more informative than averages alone because they allow consumers to observe disagreement. Verified review status, transparent sorting, disclosure of sponsored endorsements, and accessible negative reviews can similarly protect informational diversity. The objective should not be to maximize conformity but to help consumers understand what others experienced while retaining the ability to determine whether those experiences are relevant to their own needs.

7. Conclusion

Social proof has become deeply embedded in digital consumer decision making. Ratings, reviews, rankings, popularity indicators, and behavioral notifications can provide valuable guidance when consumers confront uncertainty. Their usefulness, however, does not imply that more social proof always produces better decisions. The present study introduced the concept of social proof saturation to describe environments in which the quantity, repetition, and prominence of social endorsement cues begin to displace independent evaluation.

The simulation illustrates a consistent decline in consumer decision independence as social proof intensifies. Mean simulated independence decreases from 4.18 under low exposure to 3.74 under moderate exposure, 3.16 under high exposure, and 2.61 under saturated exposure. Choice autonomy follows a similar pattern, while conformity pressure and information overload increase. Decision confidence displays a more nuanced relationship: moderate social proof generates stronger confidence than low exposure, but confidence subsequently declines when social signals become excessive. This pattern suggests that social proof can be genuinely useful before reaching a point of diminishing or adverse behavioral value.

These results are synthetic and should not be represented as findings obtained from actual consumers. Their contribution lies in establishing a transparent framework for future empirical testing. Controlled experiments should manipulate the number, repetition, source diversity, prominence, and

timing of social proof cues while measuring independent judgment, confidence, conformity, decision time, information search, and actual product selection. Researchers should also investigate differences according to consumer expertise, need for uniqueness, susceptibility to interpersonal influence, product involvement, and uncertainty.

The broader implication is that digital retail should distinguish socially informed choice from socially dominated choice. Social proof serves consumers when it reduces uncertainty while leaving sufficient cognitive and informational space for personal evaluation. It becomes more problematic when repeated popularity signals imply that majority choice is itself the primary reason for purchase. Retailers and platforms seeking trustworthy long-term consumer relationships should therefore design social proof with transparency, proportionality, and informational diversity, allowing collective experience to inform decisions without replacing individual judgment.

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