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| *Supplementary Table 3:* Included studies and effect size measure domains by treatment group and time point.  |
| Authors | Year | Group | Number of Couples | Post treatment | Short-term follow-upwithin-treatment | Long-term follow-upwithin-treatment |
| Within-treatment | Within-waitlist | Between-group |
| Ahmad / Ahmad & Reid  | 2012, 2016 | Other | 22 | ST |  |  |  |  |
| Anderson & Johnson | 2010 | Other | 173 | ST |  |  |  |  |
| Anker, Duncan, & Sparks  | 2009 | TAU | 102 |  |  |  | ST |  |
| Other | 103 |  |  |  | ST |  |
| Anker, Owen, Duncan, & Sparks | 2010 | Other | 250 |  |  |  | ST |  |
| Balfour & Lanman | 2012 | Other | 18 | ST, oCM |  |  |  |  |
| Baucom  | 1982 | BCT 1 | 18 | ST, oCM, PB |  | ST, oCM, PB | ST, PB |  |
| BCT 2 | 18 | ST, oCM, PB |  | ST, oCM, PB | ST, PB |  |
| BCT 3 | 18 | ST, oCM, PB |  | ST, oCM, PB | ST, PB |  |
| Waitlist | 18 |  | ST, oCM, PB |  |  |  |
| Baucom & Lester  | 1986 | BCT | 8 | ST, CG, oCM, PB |  | ST, CG, oCM, PB | ST, CG, PB |  |
| CBCT | 8 | ST, CG, oCM, PB |  | ST, CG, oCM, PB | ST, CG, PB |  |
| Waitlist | 8 |  | ST, CG, oCM, PB |  |  |  |
| Baucom, Sayers, Sher / Sher, Baucom, & Larus  | 1990, 1991 | BCT 1 | 12 | ST, oCM, PB, EI, CG |  | ST, oCM, PB, EI, CG | ST, PB |  |
| CBCT 1 | 12 | ST, oCM, PB, EI, CG |  | ST, oCM, PB, EI, CG | ST, PB |  |
| BMT 2 | 12 | ST, oCM, PB, EI, CG |  | ST, oCM, PB, EI, CG | ST, PB |  |
| CBCT 2 | 12 | ST, oCM, PB, EI, CG |  | ST, oCM, PB, EI, CG | ST, PB |  |
| Waitlist | 12 |  | ST, oCM, PB, EI, CG |  |  |  |
| Bennun  | 1985 | BCT | 15 | ST, CM |  |  | CM |  |
| Boettcher | 1977 | TAU | 25 | ST |  |  |  |  |
| Butler, Harper, & Mitchell  | 2011 | EFT 1 | 8 | ST |  |  |  |  |
| EFT 2 | 8 | ST |  |  |  |  |
| Christensen et al. / Eldridge / Berns / Christensen, Atkins, et al. / Baucom, Sevier et al. / Baucom, Baucom, & Christensen / Doss et al.  | 2004, 2000, 2002, 2006 2011, 2015, 2015 | CBCT | 68 | ST, CM, oCM, PB |  |  | ST |  |
| IBCT | 68 | ST, CM, oCM, PB |  |  | ST |  |
| Cordova/ Cordova, Jacobson, & Christensen  | 1996, 1998 | IBCT | 6 | oCM |  |  | oCM |  |
| BCT | 6 | oCM |  |  | oCM |  |
| Dalgleish, Johnson, Burgess Moser, et al. / Dalgleish, Johnson, Moser, et al. | 2015, 2015 | EFT | 32 | ST |  |  |  |  |
| Davidson & Horvath  | 1997 | Other 1 | 20 | ST, CG, CM |  |  |  |  |
| Other 2 | 20 | ST, CG, CM |  |  |  |  |
| de Jonge / Marchall / Chambers | 2002, 2002, 2008 | Other | 48 | ST, PB |  |  | ST, PB |  |
| Doell | 2010 | Other | 14 | ST |  |  |  |  |
| Doss, Mitchell, et al. / Doss, Rowe, et al. / Nowlan et al. | 2011, 2015, 2017 | Other | 177 | ST |  |  |  | ST |
| Ganahal | 1981 | Other | 16 | ST |  |  |  |  |
| Goldman & Greenberg  | 1992 | Other | 14 | ST, CM |  | ST, CM | ST, CM |  |
| EFT | 14 | ST, CM |  | ST, CM | ST, CM |  |
| Waitlist | 14 |  | ST, CM |  |  |  |
| Greenberg, Warwar, & Malcom  | 2010 | EFT | 20 | ST, EI |  | ST, EI | ST, EI |  |
| Waitlist | 20 |  | ST, EI |  |  |  |
| Hahlweg, Revenstorf, & Schindler / Revenstorf, Schindler, & Hahlweg / Schindler, Hahlweg, & Revenstorf  | 1982, 1983, 1983 | BCT 1 | 17 | EI, CM, oCM |  | EI, CM, oCM | EI, CM | EI, CM |
| BCT 2 | 16 | EI, CM, oCM |  | EI, CM, oCM | EI, CM | EI, CM |
| Waitlist | 17 |  | EI, CM, oCM |  |  |  |
| Halford, Sanders, & Behrens  | 1993 | BCT | 13 | ST, EI, CG, PB |  |  | ST, EI, CG, PB |  |
| CBCT | 13 | ST, EI, CG, PB |  |  | ST, EI, CG, PB |  |
| Hefner & Prochaska  | 1984 | Other | 14 | ST |  |  |  |  |
| Jacobson, Christensen, Price, Cordova, & Eldridge  | 2000 | BCT | 11 | ST |  |  |  |  |
| IBCT | 12 | ST |  |  |  |  |
| Jacobson / Jacobson, Follette, Follette, Holtzworth-Munroe, Katt, & Schmaling | 1984, 1985 | BCT 1 | 14 | PB, ST |  | PB, ST | PB, ST | PB, ST |
| BCT 2 | 14 | PB, ST |  | PB, ST | PB, ST | PB, ST |
| BCT 3 | 15 | PB, ST |  | PB, ST | PB, ST | PB, ST |
| Waitlist | 17 |  | PB, ST |  |  |  |
| James  | 1991 | EFT | 14 | ST, EI, CM |  | ST, EI, CM | ST, EI, CM |  |
| Other | 14 | ST, EI, CM |  | ST, EI, CM | ST, EI, CM |  |
| Waitlist | 14 |  | ST, EI, CM |  |  |  |
| Johnson & Talitman / Talitman | 1997, 1995 | EFT | 34 | ST, EI |  |  | ST, EI |  |
| Johnson & Greenberg  | 1985 | BMT | 15 | ST, EI |  | ST, EI | ST, EI |  |
| EFT | 15 | ST, EI |  | ST, EI | ST, EI |  |
| Waitlist | 15 |  | ST, EI |  |  |  |
| Kner | 2008 | TAU | 39 | ST |  |  |  |  |
| Makinen & Johnson  | 2006 | EFT 1 | 24 | ST |  |  |  |  |
| EFT 2 | 24 | ST |  |  |  |  |
| Mehlman, Baucom, & Anderson  | 1983 | BCT 1 | 10 | ST, oCM, PB |  | ST, oCM, PB | ST, PB |  |
| BCT 2 | 5 | ST, oCM, PB |  | ST, oCM, PB | ST, PB |  |
| BCT 3 | 10 |  | ST, oCM, PB |  |  |  |
| O’Leary & Arias  | 1983 | TAU | 44 | ST, EI |  |  |  |  |
| Rasoul, Ali, Esa, & Maryam  | 2016 | Other | 12 | ST |  | ST |  |  |
| Waitlist | 12 |  | ST |  |  |  |
| Ross  | 1985 | Other | 12 | ST, EI, CM |  |  |  |  |
| TAU | 12 | ST, EI, CM |  |  |  |  |
| Sims  | 1999 | EFT | 15 | ST |  | ST | ST |  |
| Waitlist | 11 |  | ST |  |  |  |
| Snyder & Wills  | 1989 | BCT | 29 | ST, oCM, PB |  | ST, oCM, PB | ST, oCM |  |
| Insight | 30 | ST, oCM, PB |  | ST, oCM, PB | ST, oCM |  |
| Waitlist | 20 |  | ST, oCM, PB |  |  |  |
| Steinweg  | 1990 | BCT | 12 | ST, CM, oCM |  |  |  |  |
| Waitlist | 11 | ST, CM, oCM |  |  |  |  |
| Whisman  | 1990 | BCT 1 | 14 | ST |  |  | ST | ST |
| BCT 2 | 13 | ST |  |  | ST | ST |
| Wilson, Bornstein, & Wilson  | 1988 | BCT | 5 | ST, oCM |  |  | ST |  |
| Waitlist | 5 |  | ST |  |  |  |
| *Note:* Multiple references indicate data was pulled from multiple articles describing a single sample. Theoretical orientations are abbreviated in table: treatment as usual (TAU), behavioral couple therapy (BCT), cognitive behavioral couple therapy (CBCT), emotion focused therapy (EFT), integrative behavioral couple therapy (IBCT). Measure domains also are abbreviated: relationship satisfaction (ST), emotional intimacy (EI), relationship cognitions (CG), self-reported communication (CM), observed communication (oCM), and partner behaviors (PB).  |