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| *Supplementary Table 1:* Exhaustive list of search terms |  |
| Couple  Couples  Marriage  Marital  Conjoint | Therapy  Treatment  Counseling |
| *Note:* All terms on the left were crossed and searched with terms on the right. | |

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| *Supplementary Table 2:* Effect sizes not summarized by meta-analysis due to small sample size | | | | |
| Timeframe and Domain | | K | Range | Mean |
| *Post-treatment within waitlist groups* | | |  |  |
|  | Relationship cognitions | 2 | 0.20 to 0.58 | 0.39 |
|  | Self-reported communication | 3 | -0.09 to 0.56 | 0.25 |
| *Short-term follow-up within treatment groups* | | |  |  |
|  | Relationship cognitions | 4 | 0.72 to 1.30 | 1.10 |
| *Short-term follow-up within waitlist group* | | |  |  |
|  | Relationship satisfaction | 1 | – | 0.47 |
| *Long-term follow-up within treatment groups* | | |  |  |
|  | Emotional intimacy | 2 | 0.08 to 0.35 | 0.22 |
|  | Relationship cognitions | 0 | – | – |
|  | Self-reported communication | 4 | 0.59 to 1.07 | 0.75 |
|  | Observed communication | 2 | 0.27 to 0.28 | 0.28 |
|  | Partner behaviors | 3 | 0.59 to 1.58 | 1.06 |