Supplementary Online Materials

Appendix A.

Adapted Versions of the Romantic Disengagement Scale (RDS; Barry, Lawrence & Langer, 2008) used in manuscript.

Items are ordered so that they can be compared to original measure in Barry et al., 2008

Study 1: RDS Adapted to assess disengaged couple communication <u>over the previous week</u>.

Response options:
1 = never, 2 = rarely, 3 = sometimes, 4 = half the time, 5 = frequently, 6 = almost always, 7 = always

In the last week, how much did you engage in the following behaviors with your romantic partner?

1. I didn't feel like dealing with my partner.
2. I felt more tired than usual.
3. I thought about something to distract myself from my feelings.
4. I didn't focus a great deal of attention on him/her.
5. I pretended to agree or avoided asking questions to make things easier.
6. I was somewhat withdrawn.
7. I tried not to let my feelings show.
8. I tried to suppress any expression of my feelings.
9. I spoke less than I normally would.
10. I avoided dealing with my partner.
11. I avoided talking about issues.*

Study 2: RDS Adapted to assess disengaged couple communication <u>during specific in-lab couple discussions</u>.

Response options:
1= never, 2 = rarely, 3 = sometimes, 4 = half the time, 5 = frequently, 6 = almost the whole time*, 7 = the whole time*

During the discussion you just had, how much did <u>you</u> engage in the following behaviors?

1. I didn't feel like dealing with my partner.
2. I felt more tired than usual.
3. I didn't feel much of anything (i.e., indifferent).
4. I didn't focus a great deal of attention on him/her.
5. I pretended to agree or avoided asking questions to make things easier.
6. I was somewhat withdrawn.
7. I tried not to let my feelings show.
8. I spoke less than I normally would.
9. I was not as open as I usually am.
10. I avoided talking about the issues.*

Study 2: RDS Adapted to assess disengaged couple communication during conflict <u>over the past 6 months</u>.

Response options:
1 = never, 2 = rarely, 3 = sometimes, 4 = half the time, 5 = frequently, 6 = almost always, 7 = always

In the <u>past 6 months</u>, how frequently did <u>you</u> do these things when the two of you have had a disagreement?

1. I didn't feel like dealing with my partner.
2. I felt more tired than usual.
3. I didn't feel much of anything (i.e., indifferent).
4. I thought about something to distract myself from my feelings.
5. I didn't focus a great deal of attention on him/her.
6. I pretended to agree or avoided asking questions to make things easier.
7. I was somewhat withdrawn.
8. I tried to suppress any expression of my feelings.
9. I kept to myself.
10. I tried not to let my feelings show.
11. I spoke less than I normally would.
12. I avoided dealing with my partner.
13. I was not as open as I usually am.
14. I avoided talking about the issues.*

*not included in original RDS.

Appendix B.

Additional Information about Participant Recruitment Procedures in Study 2, Time 1

Four-hundred fifty-four couples were sent letters inviting them to participate in a study of how couples' communication behavior early in marriage influences relationship processes over time. Couples were asked to contact the lab if interested in learning more about the study. One hundred seventy-seven couples contacted the lab. Of the couples that contacted the lab, 14 couples were not scheduled because either at least one couple member did not read or speak English, 36 couples expressed interest but never scheduled an appointment, and 13 couples scheduled appointments but repeatedly failed to attend appointments.

Table A

Correlations Among Demographic Variables and Depressive Symptoms, Disengaged Couple Communication, Negative Communication and Relationship Satisfaction In Study 1

	Age	Gender	Opposite or same-sex relationship	Married
Depressive Symptoms	-.06	.10**	.05	-.01
Disengaged Communication	.07	-.02	.01	.05
Negative Communication	-.07	.07	-.09*	-.01
Relationship Satisfaction	-.14**	.04	.01	-.03

Note. Gender 1 = Male and 2 = female; Opposite-sex relationship = 1 and Same-sex = 2; Married: no = 1 and yes = 2.

Table B

Independent Samples t-tests comparing spouses who completed both Time 1 and Time 2 to those who only completed Time 1 on all study variables

Variable	Levene's Test for Equality of Variances		Independent Samples t-test Equality of Means		
	F	*p*	*t*	*df*	*p*
Husbands' Time 1 Depressive Symptoms	.11	.74	.57	112	.57
Wives' Time 1 Depressive Symptoms	5.52	.02	-1.13	26.75	.27
Husbands' Time 1 Relationship Satisfaction	11.17	.001	1.97	26.37	.06
Wives' Time 1 Relationship Satisfaction	**17.23**	.000	**2.75**	26.17	.001
Husbands' Time 1 Disengaged Communication	1.13	.29	-.63	112	.53
Wives' Time 1 Disengaged Communication	2.81	.10	.37	112	.72
Husbands' Time 1 Negative Communication	**7.71**	.01	-.07	25.25	.95
Wives' Time 1 Negative Communication	.06	.81	.80	112	.43

Note. When Levene's Test for Equality of Variances was significant at p < .05, Independent samples t-test that did not assume equal variances was used. When t-test not assuming equal variances was used degrees of freedom were calculated using different equation. Positive t-value indicates the group that completed both time points was higher than group who only completed Time 1

Table C

Independent Samples t-tests comparing spouses who completed measures by mail at Time 2 were different from participants who completed measures in lab at Time 2

Variable	Levene's Test for Equality of Variances		Independent Samples t-test Equality of Means		
	F	*p*	*t*	*df*	*p*
Husbands' Time 2 Depressive Symptoms	.12	.73	-.82	89	.41
Wives' Time 2 Depressive Symptoms	.44	.51	-.80	89	.43
Husbands' Time 2 Relationship Satisfaction	1.54	.22	.02	89	.98
Wives' Time 2 Relationship Satisfaction	.27	.60	-.17	89	.86
Husbands' Time 2 Disengaged Communication	2.46	.12	-.72	89	.47
Wives' Time 2 Disengaged Communication	2.90	.09	**2.07**	89	.04
Husbands' Time 2 Negative Communication	2.26	.14	-.14	89	.89
Wives' Time 2 Negative Communication	.20	.66	-.07	89	.74

Note. When Levene's Test for Equality of Variances was significant at p < .05, Independent samples t-test that did not assume equal variances was used. When t-test not assuming equal variances was used degrees of freedom were calculated using different equation. Positive t-value indicates the group that completed assessments via mail was higher than group that completed assessments in lab. T-statistics that are bolded are significant.

Table D.

Paired-Samples T-Tests to Compare Husbands' and Wives' Means on Study Variables

	t	df	p
Time 1 Depressive Symptoms	-1.44	113	.15
Time 1 Relationship Satisfaction	1.84	113	.07
Time 1 Disengaged Communication	.90	113	.37
Time 1 Negative Communication	**-1.95**	113	.05
Time 2 Depressive Symptoms	.19	90	.85
Time 2 Relationship Satisfaction	1.79	90	.08
Time 2 Disengaged Communication	.18	90	.86
Time 2 Negative Communication	**-3.53**	90	.001

Note. T-statistics that are bolded are significant.

Table E.

Fit Indices of Models Testing Effect Indistinguishability of Gender in Study 2 Models

	χ^2	df	*p*	RMSEA	CFI	AIC	BIC
Models Testing Aim 1							
Time 1							
Unconstrained model						306.82	350.42
Effect Indistinguishability	49.96	6	.000	.28	.39	344.78	372.99
Partial Indistinguishability	2.29	3	.51	.00	1.00	348.66	386.85
Time 2							
Unconstrained model						2800.34	2910.81
Effect Indistinguishability	15.57	6	.02	.13	.89	2803.91	2899.32
Partial Indistinguishability	5.81	4	.21	.07	.98	2798.15	2898.58
Models Testing Aim 2							
Depression as Outcome, Time 1 couple communication							
Unconstrained						3175.43	3354.28
Effect Indistinguishability	22.58	12	.03	.09	.94	3175.01	3320.00
Partial Indistinguishability	13.06	11	.29	.04	.99	3167.49	3315.25
Depression as Outcome, Time 2 couple communication							
Unconstrained						3368.07	3545.92
Effect Indistinguishability	15.78	10	.11	.07	.97	3363.85	3514.34
Relationship Satisfaction as Outcome, Time 1 couple communication							
Unconstrained						4522.67	4700.52
Effect Indistinguishability	24.75	12	.02	.10	.95	4523.42	4668.43
Partial Indistinguishability	2.47	6	.87	.00	1.00	4513.13	4674.57
Relationship Satisfaction as Outcome, Time 2 couple communication							
Unconstrained						4694.48	4872.33
Effect Indistinguishability	23.47	12	.02	.09	.95	4693.95	4838.97
Partial Indistinguishability	5.63	7	.58	.00	1.00	4686.11	4844.81

Table F

Competing Mediation Models: Does Disengaged Couple Communication During Time 1 Problem-solving Discussions Explains the Links between Depressive Symptoms and Relationship Distress

	Mediator: Wives' Time 1 Disengagement			95% CI		Mediator: Husbands' Time 1 Disengagement			95% CI	
Model 3 Predictors:	*b*	SE	*p*	LL	UL	*b*	SE	*p*	LL	UL
Actor Time 1 Depressive Symptoms	.13	.11	.23	-.09	.35	.52	.16	.001	.21	.83
Partner Time 1 Depressive Symptoms	.06 .	12	.62	-.17	.29	-.002	.15	.99	-.30	.30
Actor Time 1 Negative Communication	**.32**	.12	.01	.08	.56	.20	.14	.16	-.08	.48
Partner Time 1 Negative Communication	**.22**	.09	.01	.05	.38	.14	.14	.32	-.14	.42
	Outcome: Wives' Time 2 Relationship Satisfaction					Outcome: Husbands' Time 2 Relationship Satisfaction				
Actor Time 1 Depressive Symptoms	2.23	4.61	.63	-6.81	11.26	4.62	3.22	.15	-1.70	10.93
Partner Time 1 Depressive Symptoms	-3.05	6.30	.63	-15.40	9.30	.92	3.00	.76	-4.96	6.79
Actor Time 2 Disengagement	.56	5.27	.92	-9.77	10.90	-6.79	2.89	.02	-12.45	-1.13
Partner Time 2 Disengagement	2.50	5.52	.65	-8.31	13.32	-1.94	2.78	.49	-7.38	3.51
Actor Time 1 Negative Communication	4.19	4.57	.36	-4.77	13.15	1.71	3.13	.59	-4.42	7.85
Partner Time 1 Negative Communication	-4.94	5.39	.36	-15.50	5.62	-.45	2.59	.86	-5.52	4.62
Actor Time 1 Relationship Satisfaction	**1.31**	.16	.000	1.00	1.63	.66	.15	.000	.37	.95
Partner Time 1 Relationship Satisfaction	-.01	.25	.98	-.50	.49	.17	.09	.07	-.01	.35

	Mediator: Wives' Time 1 Disengagement					Mediator: Husbands' Time 1 Disengagement				
Model 4										
Actor Time 1 Relationship Satisfaction	-.003	.003	.21	-.01	.002	-.006	.005	.25	-.02	.004
Partner Time 1 Relationship Satisfaction	-.001	.003	.80	-.01	.006	-.006	.006	.32	.02	.006
Actor Time 1 Negative Communication	**.31**	.12	.01	.07	.55	.19	.12	.13	-.06	.45
Partner Time 1 Negative Communication	**.21**	.08	.01	.05	.38	.18	.14	.21	-.10	.47
	Outcome: Wives' Time 2 Depressive Symptoms					Outcome: Husbands' Time 2 Depressive Symptoms				
Actor Time 1 Relationship Satisfaction	-.001	.003	.74	-.01	.005	.003	.004	.37	-.004	.01
Partner Time 1 Relationship Satisfaction	.002	.004	.58	-.006	.01	.000	.004	.91	-.01	.01
Actor Time 1 Disengagement	**.22**	.10	.02	.03	.40	-.01	.10	.95	-.21	.19
Partner Time 1 Disengagement	-.07	.10	.47	-.26	.12	.03	.09	.73	-.14	.21
Actor Time 1 Negative Communication	.07	.09	.43	-.10	.24	.10	.09	.25	-.07	.27
Partner Time 1 Negative Communication	.07	.11	.49	-.14	.29	**-.17**	.07	.01	-.30	.04
Actor Time 1 Depressive Symptoms	**.52**	.10	.000	.33	.72	**.73**	.11	.000	.51	.95
Partner Time 1 Depressive Symptoms	.14	.12	.24	-.09	.37	-.09	.08	.28	-.25	.07

*** $p < .001$. ** $p < .01$. * $p < .05$

Table G
Indirect effects tested in Models Testing Aim 2 Study 2 Mediation Models

Model and Mediation Pathway				95% CI	
	b	SE	*p*	LL	UL
Depressive Symptoms as Outcome, Time 1 couple communication					
H1 Rel Sat → H2 Dis Com → H2 Dep Sym	.000	.001	.97	-.002	.002
H1 Rel Sat → W2 Dis Com → H2 Dep Sym	.000	.000	.94	-.001	.001
W1 Rel Sat → H2 Dis Com → H2 Dep Sym	.000	.001	.95	-.001	.001
W1 Rel Sat → W2 Dis Com → H2 Dep Sym	.000	.000	.81	-.001	.001
W1 Rel Sat → W2 Dis Com → W2 Dep Sym	-.001	.001	.30	-.002	.001
W1 Rel Sat → H2 Dis Com → W2 Dep Sym	.000	.000	.87	-.001	.001
H1 Rel Sat → W2 Dis Com → W2 Dep Sym	.000	.001	.80	-.002	.001
H1 Rel Sat → H2 Dis Com → W2 Dep Sym	.000	.001	.63	-.001	.002
Depressive Symptoms as Outcome, Time 2 couple communication					
H1 Rel Sat → H2 Dis Com → H2 Dep Sym	.000	.001	.84	-.002	.001
H1 Rel Sat → W2 Dis Com → H2 Dep Sym	.000	.001	.56	-.002	.001
W1 Rel Sat → H2 Dis Com → H2 Dep Sym	-.001	.001	.44	-.001	.001
W1 Rel Sat → W2 Dis Com → H2 Dep Sym	-.001	.001	.46	-.002	.001
W1 Rel Sat → W2 Dis Com → W2 Dep Sym	-.002	.001	.13	-.005	.001
W1 Rel Sat → H2 Dis Com → W2 Dep Sym	.000	.001	.95	-.001	.001
H1 Rel Sat → W2 Dis Com → W2 Dep Sym	.001	.001	.32	-.001	.004
H1 Rel Sat → H2 Dis Com → W2 Dep Sym	.000	.000	.99	-.001	.001
Relationship Satisfaction as Outcome, Time 1 couple communication					
H1 Dep Sym → H1 Dis Com → H2 Rel Sat	-3.54	1.83	.053	-7.11	.04
H1 Dep Sym → W1 Dis Com → H2 Rel Sat	-.12	.41	.78	-.93	.70
W1 Dep Sym → H1 Dis Com → H2 Rel Sat	.02	1.01	.99	-1.96	1.99
W1 Dep Sym → W1 Dis Com → H2 Rel Sat	-.26	.53	.63	-1.31	.79
W1 Dep Sym → W1 Dis Com → W2 Rel Sat	.08	.97	.94	-.183	1.98
W1 Dep Sym → H1 Dis Com → W2 Rel Sat	-.22	.63	.73	-.54	.65
H1 Dep Sym → W1 Dis Com → W2 Rel Sat	.03	.65	.96	-1.24	1.31
H1 Dep Sym → H1 Dis Com → W2 Rel Sat	1.30	2.89	.65	-4.36	6.97
Relationship Satisfaction as Outcome, Time 2 couple communication					
H1 Dep Sym → H2 Dis Com → H2 Rel Sat	-3.85	1.90	.04	-7.57	-.12
H1 Dep Sym → W2 Dis Com → H2 Rel Sat	-.31	.59	.60	-1.46	.84
W1 Dep Sym → H2 Dis Com → H2 Rel Sat	.17	.77	.82	-1.33	1.68
W1 Dep Sym → W2 Dis Com → H2 Rel Sat	.56	.87	.52	-1.14	2.25
W1 Dep Sym → W2 Dis Com → W2 Rel Sat	-3.54	2.12	.10	-7.70	.63
W1 Dep Sym → H2 Dis Com → W2 Rel Sat	-.005	.42	.99	-.83	.82
H1 Dep Sym → W2 Dis Com → W2 Rel Sat	1.97	1.90	.30	-1.76	5.70
H1 Dep Sym → H2 Dis Com → W2 Rel Sat	.11	2.10	.96	-4.01	4.24

Note: Dep Sym = Depressive symptoms; Dis Com = disengaged communication; Rel Sat = relationship satisfaction.