Supplemental Materials for *Regulatory Effectiveness of Social Support*

Contents

Using Posterior Probabilities to Assess Between-Person Heterogeneity in Diary Studies (Studies 3-5)

To further assess between-person heterogeneity in effects of RES and PR, we capitalized on our Bayesian approach by dividing the posterior distribution for the random effect by the corresponding posterior distribution for its fixed effect. This allowed us to assess the percentage of posterior samples falling above the proposed .25 cutoff (Bolger, Zee, Rossignac-Milon, & Hassin, 2019). For all effects of RES and PR from across the three diary studies, these posterior probabilities collectively pointed in favor of a relative size of .25 or larger, thereby underscoring the relatively high degree of between-subject heterogeneity in the effects of RES and PR.

Using Posterior Probabilities to Assess Cardiovascular Reactivity (Study 7)

We also sought to assess patterns of stress reactivity at higher levels of RES and PR across all study phases in a more holistic way, an approach made possible by our use of Bayesian modeling. To do this, we computed the percentage of posterior samples in which all three of the interaction effects involving RES were negative, which would reflect attenuated physiological reactivity during the speech for participants higher than average on RES. We found a 0.67 probability that participants higher (vs. lower) on RES showed tempered IBI reactivity across all three phases. We also repeated this procedure for PR, however there was only a 0.1 probability that participants higher (vs. lower) on PR showed tempered IBI reactivity across all phases. Overall, these results provide preliminary evidence that RES and PR differentially affected patterns of cardiovascular reactivity in response to the stressor.

Using Posterior Probabilities to Assess Heterogeneity due to Studies and Outcomes (Meta-Analysis)

To further assess heterogeneity due to studies and outcomes, we capitalized on our Bayesian approach and used a version of the procedure for assessing between-subject heterogeneity in the diary studies (Studies 3-5), as described in this Supplement under *Using Posterior Probabilities to Assess Between-Person Heterogeneity in Diary Studies (Studies 3-5)*. We divided the posterior distribution for the random effect by the corresponding posterior distribution for its fixed effect, thereby creating a posterior distribution for the relative size of the random effect to the fixed effect. This allowed us to assess the percentage of posterior samples falling above the .25 cutoff, a type of posterior probability. Generally, posterior probabilities for the meta-analysis results suggested strong evidence in favor of noteworthy heterogeneity. For meta-analytic effects of RES and PR, nearly all of these posterior draws assessing the degree of heterogeneity due to outcome exceed .25, RES: 0.99; PR: 1. In contrast, the degree of heterogeneity due to study was somewhat less pronounced, indicated by smaller percentages of these posterior draws exceeding .25, RES: 0.33; PR: 0.75.

There was a somewhat different pattern for RES-PR (the difference in their effects). Posterior probabilities assessing the percentage of posterior samples exceeding .25 was 0.7 for heterogeneity due to study, and 0.32 for heterogeneity due to outcomes.

Overall, these findings suggested that there was heterogeneity in the predicted effects for RES, PR, and their difference across studies and across outcomes, and that the heterogeneity in effects of RES and PR were largely due to outcomes, whereas heterogeneity in the difference of RES and PR was largely due to studies.

Daily Diary Pilot Study

One hundred and six participants participated in a five-night daily diary study. Participants were students enrolled in eligible psychology courses at [**masked for review**] who received course credit in exchange for their participation. The conclusion of the academic year served as our data collection stopping rule. Participants were 21 years old on average (SD = 4.7). There were 68 female participants, 36 male participants, and 2 participants who did not report their gender. The majority of participants completed all five (n = 77) or four (n = 16) diary questionnaires on time.

The methods and procedure used in this study were largely the same as those presented for the diary studies in main text. The main difference was that in this pilot study, participants did not nominate a target relationship partner. Instead, they were asked to take into account any support received that day in their ratings of RES and PR. Participants made daily ratings of RES, PR, negative mood, positive mood, and perceptions of support effectiveness using the measures described in the main text; no relational outcomes were measured in this study.

The analysis approach was the same as the approach described in the main text. Fixed effects are displayed in Table S1, differences in effects of RES and PR are displayed in Table S2, and random effects are displayed in Table S3. Within-person and between-person effects of RES and PR and their difference are also shown in Figures S1 and S2, respectively.

Truth facet reliability: Between-person (time nested within-person) reliability = 0.72, Within-person reliability = 0.86, and Reliability of change = 0.87.

Control facet reliability: Between-person (time nested within-person) reliability = 0.71, Within-person reliability = 0.87, and Reliability of change = 0.9.

RES composite reliability: Between-person (time nested within-person) reliability = 0.75, Within-person reliability = 0.7, and Reliability of change = 0.74.

RES-PR correlations: r_{Within} = 0.38. $r_{Between}$ = 0.54.

Table S1

Summary of results from pilot daily diary study, with unstandardized coefficients

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj	N_Obs
Support Effectiveness	Intercept	4.75	0.09	4.57	4.94	-	100	298
Support Effectiveness	RES-within	0.49	0.09	0.32	0.66	1.00	100	298
Support Effectiveness	PR-within	0.21	0.08	0.06	0.36	1.00	100	298
Support Effectiveness	RES-between	0.60	0.09	0.42	0.78	1.00	100	298
Support Effectiveness	PR-between	0.25	0.10	0.05	0.45	0.99	100	298
Support Effectiveness	Day	0.03	0.04	-0.05	0.10	-	100	298
Negative Mood	Intercept	2.97	0.12	2.73	3.21	-	100	302
Negative Mood	RES-within	-0.13	0.07	-0.27	0.02	0.96	100	302
Negative Mood	PR-within	0.02	0.07	-0.11	0.15	0.39	100	302
Negative Mood	RES-between	-0.11	0.12	-0.34	0.13	0.82	100	302
Negative Mood	PR-between	-0.14	0.13	-0.40	0.13	0.85	100	302
Negative Mood	Day	-0.17	0.05	-0.27	-0.07	-	100	302
Positive Mood	Intercept	3.72	0.11	3.50	3.93	-	100	302
Positive Mood	RES-within	0.18	0.09	0.001	0.36	0.98	100	302
Positive Mood	PR-within	0.05	0.07	-0.10	0.19	0.74	100	302
Positive Mood	RES-between	0.19	0.11	-0.02	0.40	0.96	100	302
Positive Mood	PR-between	-0.02	0.12	-0.25	0.22	0.45	100	302
Positive Mood	Day	0.15	0.06	0.04	0.27	-	100	302

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S2

Summary of differences in within-person and between-person effects of RES and PR, pilot daily diary study

Type	DV	RES-PR	SE	Lower	Upper	Post_Prob
Within	Support Effectiveness	0.28	0.13	0.02	0.54	0.98
Within	Negative Mood	-0.14	0.12	-0.37	0.08	0.90
Within	Positive Mood	0.13	0.14	-0.13	0.40	0.84
Between	Support Effectiveness	0.35	0.17	0.01	0.68	0.98
Between	Negative Mood	0.03	0.23	-0.42	0.47	0.45
Between	Positive Mood	0.20	0.20	-0.19	0.59	0.84

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Type = Type of effect (within-person or between-person). Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S3

Summary of random effects, pilot daily diary study

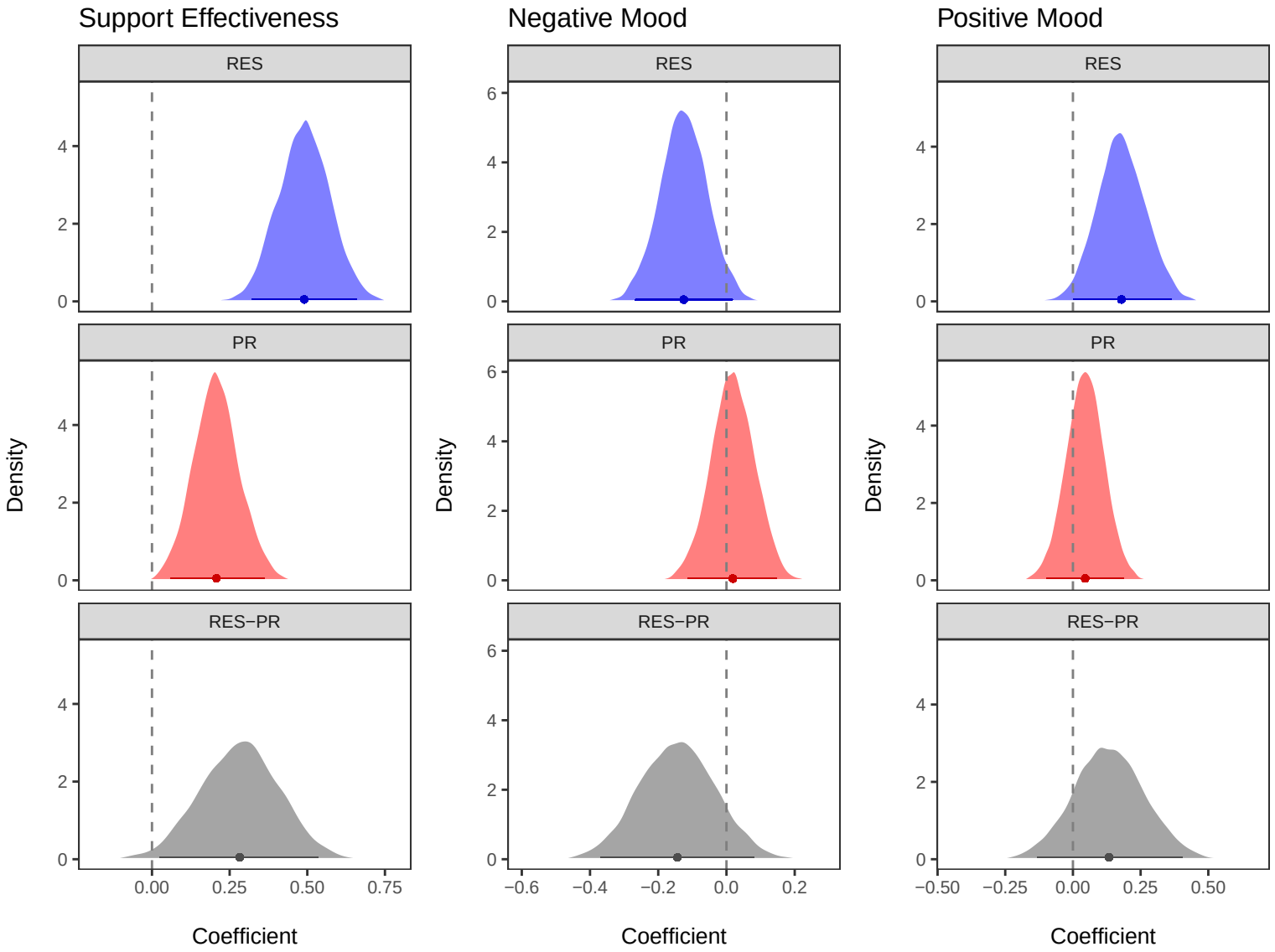

Figure S1. Posterior distributions of within-person effects of regulatory effectiveness of support (RES) and perceived responsiveness (PR) and the difference in their effects (RES-PR), pilot diary study.

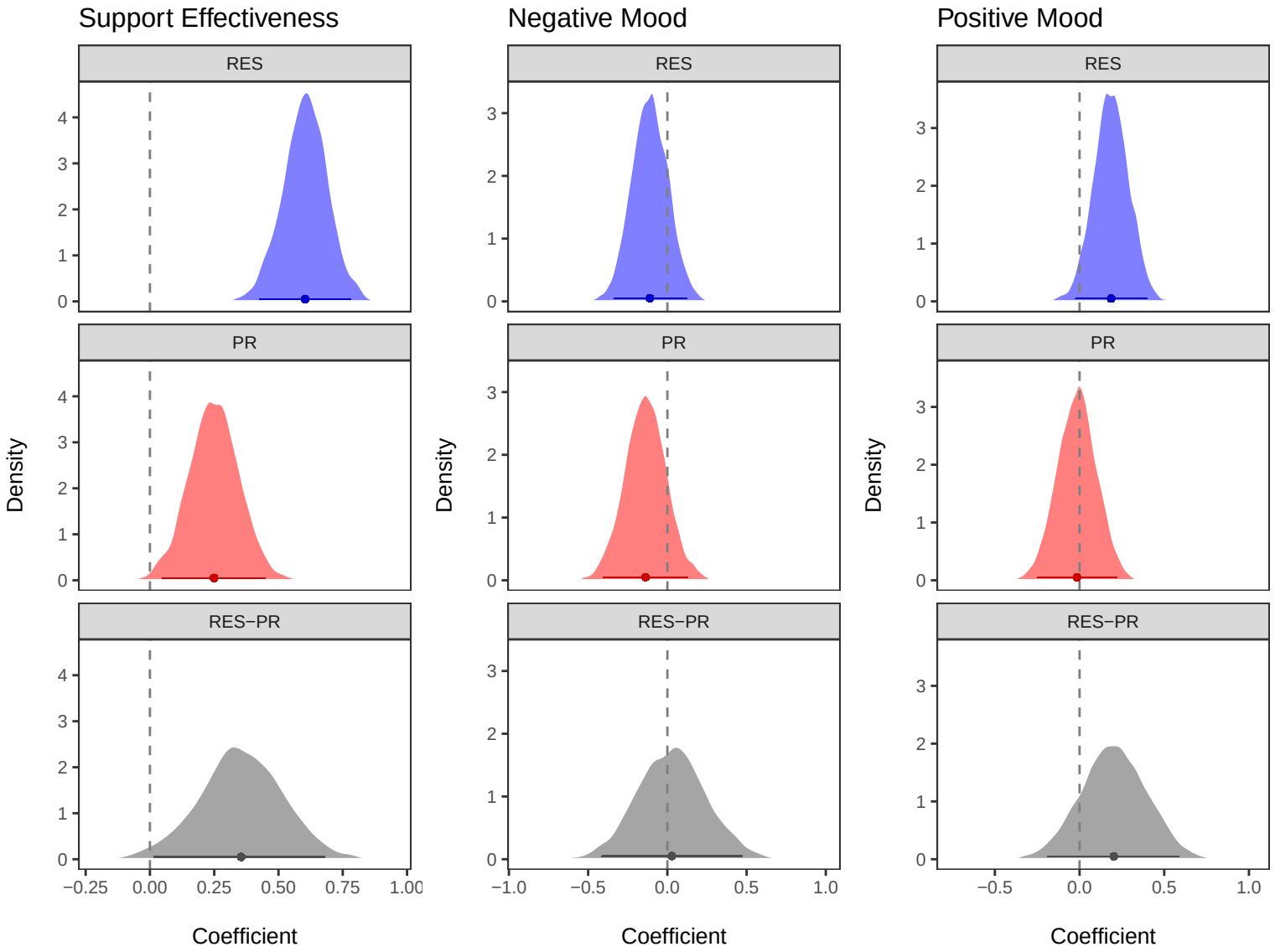

Figure S2. Posterior distributions of between-person effects of regulatory effectiveness of support (RES) and perceived responsiveness (PR) and the difference in their effects (RES-PR), pilot diary study.

Lab Support Discussions Pilot Study

This pilot involved secondary analysis of existing data that were collected in connection with separate hypotheses regarding social support discussions. This dataset was previously used in publications by Cavallo, Zee, & Higgins (2016) and Zee, Cavallo, Flores, Bolger, & Higgins (2018). With the exception of coder-rated support effectiveness, all dependent measures discussed here were examined in one of these prior publications.

Eighty five friend dyads participated in a laboratory study involving support discussions. Participants were students who received course credit in exchange for their participation or $5 cash. Due to equipment issues and failure to follow instructions, data were not available for two dyads. After completing baseline individual difference measures, one partner was randomly assigned to discuss an ongoing issue and their partner was instructed to help in whatever way seemed appropriate. Following a five minute support discussion, participants completed measures regarding their feelings and perceptions of the support discussion; only recipients' ratings were used in the present analyses. Specifically, participants rated their negative mood (7 items; $\alpha = 0.92$), positive mood (6 items; $\alpha = 0.92$), feelings of closeness to the provider (3 items; $\alpha = 0.80$) (1 = *Not at all*, 7 = *Extremely*). Note that mood ratings were only available for 77 dyads, as 6 dyads used check-marks rather than providing ratings along the scale provided. Additional measures were also collected but were not assessed in regards to the present research question. Video data were available for 82 dyads. Two coders blind to hypotheses rated the support discussions for levels of RES (ICC(A, 2) = 0.87) and PR (ICC(A, 2) = 0.93) using versions of the coding schemes described in Study 6, as well as one item tapping general perceptions of support effectiveness (ICC(A, 2) = 0.76). Self-reported measures of RES were not collected in this study.

Results are presented below. The pattern of results was less clear compared to the results obtained in other studies. Although it is unclear why this was the case, there were a few possibilities. First, this study had a somewhat smaller sample size compared to the laboratory studies presented in the main text (Studies 6 and 7). Second, ratings were obtained from two coders. It is possible that using more coders, as we did in Study 6, would help to reduce measurement error. We also obtained a higher correlation between coder-rated RES and PR in this study ($r = 0.72$) compared Study 6. Nevertheless, results are presented here for transparency.

Table S4

Summary of results from friend dyad pilot study, with unstandardized coefficients

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj	N_Obs
Coder-Rated Support Effectiveness	Intercept	4.38	0.08	4.22	4.53	-	82	82
Coder-Rated Support Effectiveness	Coder-Rated RES	0.41	0.11	0.19	0.64	1.00	82	82
Coder-Rated Support Effectiveness	Coder-Rated PR	0.57	0.11	0.37	0.78	1.00	82	82
Negative Mood	Intercept	1.78	0.14	1.50	2.06	-	77	77
Negative Mood	Coder-Rated RES	-0.19	0.22	-0.63	0.26	0.80	77	77
Negative Mood	Coder-Rated PR	0.13	0.21	-0.30	0.55	0.27	77	77
Negative Mood	Pre Neg. Mood	0.11	0.11	-0.11	0.33	-	77	77
Positive Mood	Intercept	5.04	0.16	4.72	5.36	-	77	77
Positive Mood	Coder-Rated RES	-0.08	0.25	-0.59	0.41	0.37	77	77
Positive Mood	Coder-Rated PR	0.27	0.24	-0.20	0.73	0.88	77	77
Positive Mood	Pre Pos. Mood	0.07	0.12	-0.17	0.30	-	77	77
Closeness	Intercept	6.00	0.06	5.88	6.13	-	82	82
Closeness	Coder-Rated RES	-0.08	0.10	-0.28	0.12	0.20	82	82
Closeness	Coder-Rated PR	0.22	0.09	0.03	0.41	0.99	82	82
Closeness	Pre Closeness	1.01	0.10	0.82	1.20	-	82	82

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S5

Summary of differences in effects of RES and PR, friend dyad pilot study

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	-0.16	0.21	-0.55	0.24	0.21
Negative Mood	-0.32	0.41	-1.12	0.48	0.78
Positive Mood	-0.35	0.46	-1.28	0.56	0.21
Closeness	-0.31	0.18	-0.66	0.04	0.95

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

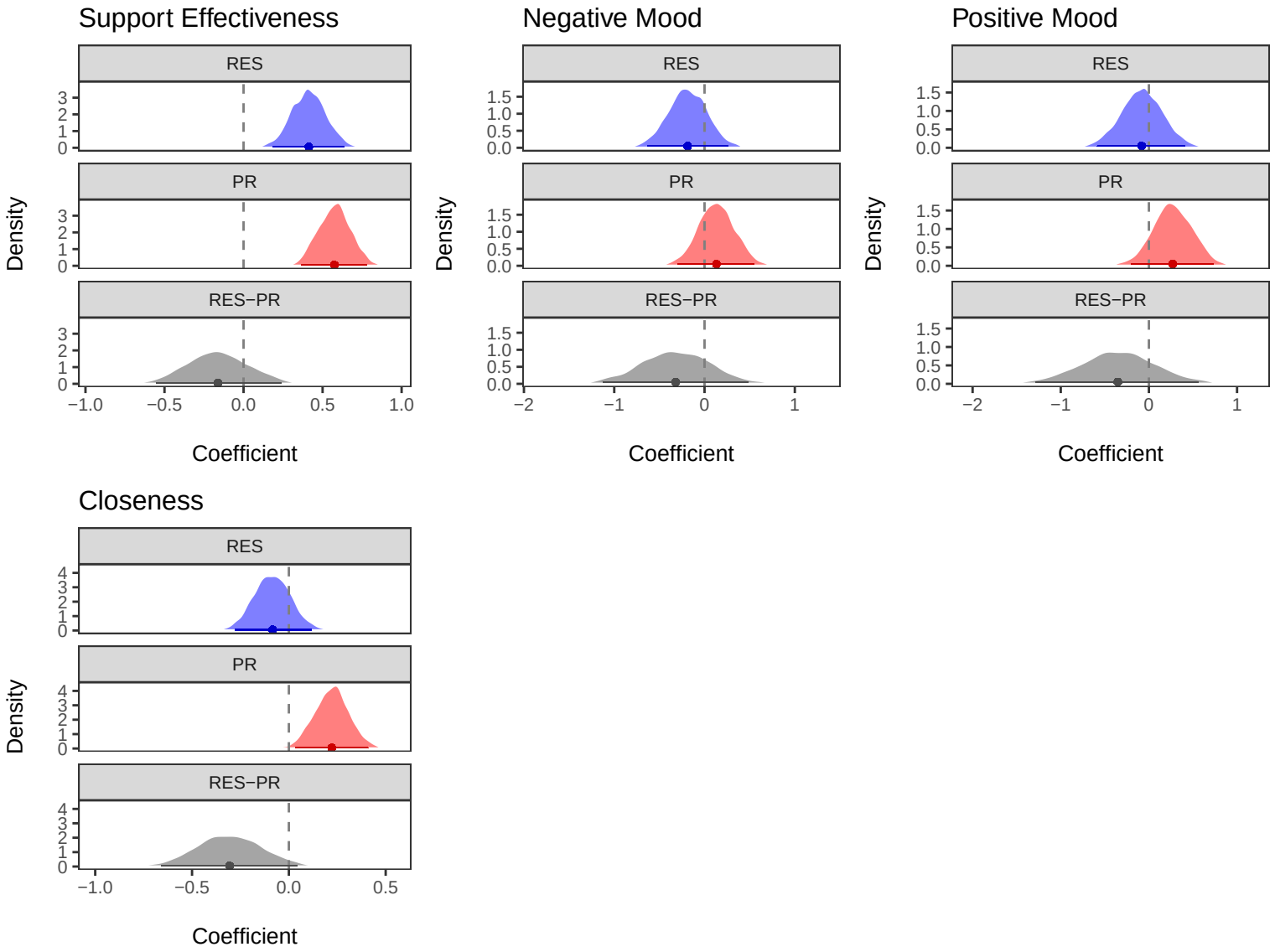

Figure S3. Posterior distributions of effects of coder-rated regulatory effectiveness of support (RES) and coder-rated perceived responsiveness (PR) and the difference in their effects (RES-PR), pilot laboratory study.

Correlations Tables, Studies 2-7

Table S6

Correlations among variables, Study 2

Variables	Estimate	Lower	Upper
RES, PR	0.65	0.56	0.73
RES, Neg. Mood	-0.42	-0.53	-0.30
RES, Pos. Mood	0.55	0.45	0.64
RES, IOS	0.41	0.29	0.53
PR, Neg. Mood	-0.34	-0.46	-0.21
PR, Pos. Mood	0.49	0.38	0.59
PR, IOS	0.52	0.42	0.63
Neg. Mood, Pos. Mood	-0.29	-0.41	-0.15
Neg. Mood, IOS	-0.34	-0.46	-0.21
Pos. Mood, IOS	0.43	0.31	0.54

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self.

Table S7A

Within-person correlations among variables, Studies 3-5

	Study 3			Study 4			Study 5		
Variables	Estimate	Lower	Upper	Estimate	Lower	Upper	Estimate	Lower	Upper
RES, PR	0.39	0.32	0.46	0.53	0.45	0.61	0.37	0.29	0.45
RES, Sup. Eff.	0.41	0.34	0.48	0.45	0.37	0.53	0.38	0.30	0.46
RES, Neg. Mood	-0.20	-0.28	-0.12	-0.15	-0.24	-0.07	-0.10	-0.18	-0.03
RES, Pos. Mood	0.22	0.14	0.30	0.10	0.02	0.19	0.05	-0.03	0.13
RES, Coping	0.17	0.09	0.25	0.12	0.04	0.21	0.16	0.09	0.24
RES, IOS	0.29	0.21	0.37	0.29	0.21	0.37	0.27	0.19	0.34
RES, Sleep Quality	-	-	-	0.07	-0.03	0.17	-0.05	-0.15	0.05
RES, Task Motivation	-	-	-	-	-	-	0.07	-0.03	0.17
RES, Task Performance	-	-	-	-	-	-	0.04	-0.04	0.13
PR, Sup. Eff.	0.36	0.28	0.43	0.41	0.32	0.49	0.34	0.25	0.43
PR, Neg. Mood	-0.15	-0.23	-0.07	-0.10	-0.19	-0.02	-0.06	-0.14	0.03
PR, Pos. Mood	0.19	0.11	0.27	0.12	0.04	0.20	0.10	0.02	0.18
PR, Coping	0.10	0.02	0.18	0.10	0.01	0.19	0.25	0.16	0.33
PR, IOS	0.42	0.35	0.48	0.40	0.32	0.48	0.33	0.25	0.41
PR, Sleep Quality	-	-	-	0.02	-0.09	0.12	0.03	-0.07	0.13
PR, Task Motivation	-	-	-	-	-	-	0.09	-0.02	0.19
PR, Task Performance	-	-	-	-	-	-	0.03	-0.06	0.13
Sup. Eff., Neg. Mood	-0.13	-0.21	-0.05	-0.10	-0.18	-0.02	-0.10	-0.17	-0.02
Sup. Eff., Pos. Mood	0.19	0.11	0.27	0.06	-0.03	0.14	0.02	-0.05	0.10
Sup. Eff., Coping	0.17	0.09	0.25	0.15	0.06	0.23	0.12	0.04	0.20
Sup. Eff., IOS	0.23	0.15	0.30	0.35	0.27	0.43	0.24	0.16	0.32
Sup. Eff., Sleep Quality	-	-	-	-0.02	-0.12	0.07	-0.03	-0.12	0.07
Sup. Eff., Task Motivation	-	-	-	-	-	-	-0.02	-0.12	0.07
Sup. Eff., Task Performance	-	-	-	-	-	-	-0.03	-0.12	0.06

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self. Sup. Eff. = Support Effectiveness.

Table S7B

Within-person correlations among variables, Studies 3-5, continued

	Study 3			Study 4			Study 5		
Variables	Estimate	Lower	Upper	Estimate	Lower	Upper	Estimate	Lower	Upper
Neg. Mood, Pos. Mood	-0.47	-0.54	-0.41	-0.50	-0.56	-0.44	-0.48	-0.54	-0.43
Neg. Mood, Coping	-0.01	-0.09	0.08	0.10	0.03	0.17	0.04	-0.02	0.10
Neg. Mood, IOS	-0.21	-0.29	-0.13	-0.11	-0.18	-0.04	-0.12	-0.19	-0.06
Neg. Mood, Sleep Quality	-	-	-	-0.01	-0.10	0.07	-0.09	-0.17	-0.01
Neg. Mood, Task Motivation	-	-	-	-	-	-	-0.13	-0.21	-0.06
Neg. Mood, Task Performance	-	-	-	-	-	-	-0.10	-0.17	-0.02
Pos. Mood, Coping	0.10	0.02	0.19	0.02	-0.05	0.09	0.07	0.01	0.14
Pos. Mood, IOS	0.18	0.09	0.26	0.21	0.13	0.27	0.16	0.10	0.22
Pos. Mood, Sleep Quality	-	-	-	0.07	-0.01	0.15	0.05	-0.03	0.13
Pos. Mood, Task Motivation	-	-	-	-	-	-	0.14	0.06	0.22
Pos. Mood, Task Performance	-	-	-	-	-	-	0.13	0.05	0.20
Coping, IOS	0.10	0.01	0.18	0.27	0.20	0.34	0.23	0.17	0.30
Coping, Sleep Quality	-	-	-	0.04	-0.04	0.12	-0.07	-0.15	0.01
Coping, Task Motivation	-	-	-	-	-	-	-0.01	-0.09	0.07
Coping, Task Performance	-	-	-	-	-	-	0.03	-0.04	0.11
IOS, Sleep Quality	-	-	-	0.04	-0.05	0.12	0.00	-0.08	0.08
IOS, Task Motivation	-	-	-	-	-	-	0.00	-0.08	0.08
IOS, Task Performance	-	-	-	-	-	-	0.03	-0.05	0.11
Sleep Quality, Task Motivation	-	-	-	-	-	-	0.07	-0.02	0.16
Sleep Quality, Task Performance	-	-	-	-	-	-	0.16	0.08	0.25
Task Motivation, Task Performance	-	-	-	-	-	-	0.33	0.25	0.41

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self. Sup. Eff. = Support Effectiveness.

Table S8A

Between-person correlations among variables, Studies 3-5

	Study 3			Study 4			Study 5		
Variables	Estimate	Lower	Upper	Estimate	Lower	Upper	Estimate	Lower	Upper
RES, PR	0.64	0.55	0.72	0.66	0.56	0.74	0.54	0.43	0.63
RES, Sup. Eff.	0.48	0.35	0.58	0.63	0.52	0.72	0.48	0.36	0.59
RES, Neg. Mood	-0.15	-0.29	-0.01	-0.31	-0.45	-0.16	-0.15	-0.28	0.00
RES, Pos. Mood	0.26	0.12	0.40	0.39	0.24	0.51	0.36	0.23	0.48
RES, Coping	0.17	0.03	0.30	0.22	0.06	0.36	0.05	-0.09	0.20
RES, IOS	0.31	0.17	0.44	0.51	0.38	0.62	0.28	0.14	0.41
RES, Sleep Quality	-	-	-	0.19	0.03	0.34	0.10	-0.04	0.24
RES, Task Motivation	-	-	-	-	-	-	0.20	0.06	0.33
RES, Task Performance	-	-	-	-	-	-	0.20	0.06	0.34
PR, Sup. Eff.	0.52	0.40	0.61	0.61	0.49	0.71	0.50	0.38	0.61
PR, Neg. Mood	-0.13	-0.27	0.01	-0.22	-0.37	-0.06	-0.18	-0.31	-0.04
PR, Pos. Mood	0.11	-0.04	0.25	0.17	0.02	0.32	0.21	0.07	0.34
PR, Coping	0.20	0.06	0.34	0.21	0.05	0.36	0.03	-0.12	0.17
PR, IOS	0.50	0.39	0.60	0.59	0.47	0.69	0.48	0.36	0.58
PR, Sleep Quality	-	-	-	0.10	-0.06	0.26	0.23	0.09	0.36
PR, Task Motivation	-	-	-	-	-	-	0.09	-0.06	0.23
PR, Task Performance	-	-	-	-	-	-	0.14	-0.01	0.27
Sup. Eff., Neg. Mood	-0.13	-0.27	0.02	-0.19	-0.34	-0.03	-0.21	-0.35	-0.07
Sup. Eff., Pos. Mood	0.11	-0.04	0.25	0.24	0.09	0.39	0.21	0.07	0.34
Sup. Eff., Coping	0.15	0.00	0.29	0.18	0.02	0.33	0.02	-0.12	0.17
Sup. Eff., IOS	0.29	0.16	0.42	0.52	0.39	0.63	0.24	0.10	0.38
Sup. Eff., Sleep Quality	-	-	-	0.16	0.01	0.31	0.14	-0.01	0.28
Sup. Eff., Task Motivation	-	-	-	-	-	-	0.16	0.03	0.30
Sup. Eff., Task Performance	-	-	-	-	-	-	0.20	0.06	0.34

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self. Sup. Eff. = Support Effectiveness.

Table S8B

Between-person correlations among variables, Studies 3-5, continued

	Study 3			Study 4			Study 5		
Variables	Estimate	Lower	Upper	Estimate	Lower	Upper	Estimate	Lower	Upper
Neg. Mood, Pos. Mood	-0.30	-0.43	-0.16	-0.41	-0.54	-0.26	-0.16	-0.31	-0.02
Neg. Mood, Coping	-0.06	-0.21	0.08	0.04	-0.12	0.21	0.10	-0.05	0.24
Neg. Mood, IOS	-0.16	-0.29	-0.02	-0.22	-0.37	-0.05	-0.14	-0.28	0.00
Neg. Mood, Sleep Quality	-	-	-	-0.15	-0.31	0.01	-0.33	-0.45	-0.20
Neg. Mood, Task Motivation	-	-	-	-	-	-	-0.02	-0.16	0.13
Neg. Mood, Task Performance	-	-	-	-	-	-	-0.09	-0.23	0.05
Pos. Mood, Coping	0.13	-0.01	0.27	-0.10	-0.26	0.06	0.11	-0.04	0.25
Pos. Mood, IOS	0.20	0.06	0.34	0.28	0.13	0.42	0.15	0.00	0.29
Pos. Mood, Sleep Quality	-	-	-	0.28	0.13	0.42	0.30	0.16	0.43
Pos. Mood, Task Motivation	-	-	-	-	-	-	0.08	-0.07	0.22
Pos. Mood, Task Performance	-	-	-	-	-	-	0.11	-0.04	0.25
Coping, IOS	0.11	-0.03	0.25	0.15	-0.01	0.31	-0.05	-0.20	0.10
Coping, Sleep Quality	-	-	-	-0.03	-0.18	0.14	0.04	-0.11	0.18
Coping, Task Motivation	-	-	-	-	-	-	0.04	-0.10	0.19
Coping, Task Performance	-	-	-	-	-	-	-0.11	-0.25	0.03
IOS, Sleep Quality	-	-	-	0.23	0.07	0.37	0.07	-0.08	0.21
IOS, Task Motivation	-	-	-	-	-	-	0.02	-0.13	0.16
IOS, Task Performance	-	-	-	-	-	-	0.06	-0.09	0.21
Sleep Quality, Task Motivation	-	-	-	-	-	-	0.13	-0.01	0.27
Sleep Quality, Task Performance	-	-	-	-	-	-	0.11	-0.03	0.25
Task Motivation, Task Performance	-	-	-	-	-	-	0.49	0.37	0.60

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self. Sup. Eff. = Support Effectiveness.

Table S9A

Correlations among variables, Study 6

Variables	Estimate	Lower	Upper
RES, PR	0.50	0.39	0.60
RES, Sup. Eff.	0.73	0.66	0.79
RES, Neg. Mood	-0.26	-0.39	-0.14
RES, Pos. Mood	0.43	0.32	0.54
RES, IOS	0.40	0.28	0.52
RES, Closeness	0.40	0.27	0.51
RES, Coder-Rated RES	0.25	0.12	0.37
RES, Coder-Rated PR	0.11	-0.02	0.24
PR, Sup. Eff.	0.52	0.42	0.62
PR, Neg. Mood	-0.15	-0.28	-0.01
PR, Pos. Mood	0.31	0.19	0.43
PR, IOS	0.45	0.34	0.56
PR, Closeness	0.56	0.45	0.65
PR, Coder-Rated RES	0.18	0.05	0.31
PR, Coder-Rated PR	0.30	0.17	0.42
Sup. Eff., Neg. Mood	-0.23	-0.36	-0.10
Sup. Eff., Pos. Mood	0.34	0.21	0.45
Sup. Eff., IOS	0.50	0.39	0.60
Sup. Eff., Closeness	0.38	0.26	0.49
Sup. Eff., Coder-Rated RES	0.27	0.14	0.39
Sup. Eff., Coder-Rated PR	0.10	-0.03	0.23

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self.

Table S9B

Correlations among variables, Study 6, continued

Variables	Estimate	Lower	Upper
Neg. Mood, Pos. Mood	-0.49	-0.59	-0.38
Neg. Mood, IOS	-0.25	-0.38	-0.12
Neg. Mood, Closeness	-0.20	-0.32	-0.06
Neg. Mood, Coder-Rated RES	-0.25	-0.38	-0.12
Neg. Mood, Coder-Rated PR	-0.11	-0.24	0.03
Pos. Mood, IOS	0.31	0.18	0.43
Pos. Mood, Closeness	0.22	0.09	0.35
Pos. Mood, Coder-Rated RES	0.11	-0.03	0.24
Pos. Mood, Coder-Rated PR	0.09	-0.05	0.22
IOS, Closeness	0.40	0.27	0.51
IOS, Coder-Rated RES	0.13	-0.01	0.26
IOS, Coder-Rated PR	0.16	0.02	0.30
Closeness, Coder-Rated RES	0.10	-0.04	0.23
Closeness, Coder-Rated PR	0.18	0.05	0.31
Coder-Rated RES, Coder-Rated PR	0.28	0.15	0.40

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self.

Table S10A

Correlations among variables, Study 7

Variables	Estimate	Lower	Upper
RES, PR	0.51	0.36	0.64
RES, Sup. Eff.	0.69	0.58	0.78
RES, Neg. Mood	-0.10	-0.28	0.08
RES, Pos. Mood	0.03	-0.15	0.21
RES, IOS	0.34	0.18	0.50
RES, Closeness	0.33	0.16	0.49
RES, Change Motive	0.11	-0.08	0.28
RES, Help with Speech	0.51	0.36	0.64
RES, Performance	-0.08	-0.26	0.11
PR, Sup. Eff.	0.47	0.32	0.61
PR, Neg. Mood	-0.25	-0.42	-0.07
PR, Pos. Mood	0.04	-0.14	0.22
PR, IOS	0.40	0.23	0.55
PR, Closeness	0.40	0.23	0.55
PR, Change Motive	0.00	-0.18	0.18
PR, Help with Speech	0.26	0.09	0.43
PR, Performance	-0.20	-0.37	-0.02
Sup. Eff., Neg. Mood	-0.13	-0.31	0.06
Sup. Eff., Pos. Mood	0.11	-0.07	0.29
Sup. Eff., IOS	0.31	0.13	0.47
Sup. Eff., Closeness	0.34	0.16	0.49
Sup. Eff., Change Motive	0.10	-0.09	0.28
Sup. Eff., Help with Speech	0.54	0.40	0.66
Sup. Eff., Performance	-0.04	-0.22	0.15

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self.

Table S10B

Correlations among variables, Study 7, continued

Variables	Estimate	Lower	Upper
Neg. Mood, Pos. Mood	-0.10	-0.27	0.09
Neg. Mood, IOS	-0.11	-0.29	0.08
Neg. Mood, Closeness	-0.07	-0.26	0.13
Neg. Mood, Change Motive	-0.03	-0.22	0.17
Neg. Mood, Help with Speech	-0.12	-0.30	0.07
Neg. Mood, Performance	0.01	-0.19	0.20
Pos. Mood, IOS	-0.08	-0.27	0.12
Pos. Mood, Closeness	0.09	-0.10	0.28
Pos. Mood, Change Motive	-0.08	-0.28	0.11
Pos. Mood, Help with Speech	0.16	-0.03	0.33
Pos. Mood, Performance	0.06	-0.14	0.25
IOS, Closeness	0.29	0.11	0.46
IOS, Change Motive	0.00	-0.19	0.18
IOS, Help with Speech	0.13	-0.05	0.31
IOS, Performance	-0.05	-0.24	0.14
Closeness, Change Motive	-0.07	-0.27	0.13
Closeness, Help with Speech	0.35	0.18	0.51
Change Motive, Help with Speech	0.12	-0.07	0.30
Closeness, Performance	-0.14	-0.31	0.06
Change Motive, Performance	0.14	-0.05	0.32
Help with Speech, Performance	0.10	-0.08	0.28

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of Other in the Self.

Random Effects Tables, Studies 3-5

Table S11A

Summary of random effects, Study 3

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.37	0.16	0.04	0.64
Support Effectiveness	RES SD	0.15	0.10	0.007	0.35
Support Effectiveness	PR SD	0.18	0.10	0.01	0.37
Support Effectiveness	Intercept-RES Cor	-0.07	0.44	-0.85	0.80
Support Effectiveness	Intercept-PR Cor	-0.21	0.44	-0.90	0.74
Support Effectiveness	RES-PR Cor	-0.11	0.48	-0.88	0.82
Support Effectiveness	Residual	1.17	0.05	1.08	1.26
Support Effectiveness	AR(1)	0.21	0.08	0.04	0.36
Negative Mood	Intercept SD	0.90	0.08	0.75	1.05
Negative Mood	RES SD	0.17	0.07	0.03	0.32
Negative Mood	PR SD	0.19	0.10	0.01	0.40
Negative Mood	Intercept-RES Cor	-0.52	0.27	-0.94	0.08
Negative Mood	Intercept-PR Cor	0.28	0.34	-0.50	0.86
Negative Mood	RES-PR Cor	-0.27	0.42	-0.91	0.69
Negative Mood	Residual	1.03	0.04	0.94	1.12
Negative Mood	AR(1)	0.13	0.08	-0.01	0.29
Positive Mood	Intercept SD	0.63	0.16	0.18	0.86
Positive Mood	RES SD	0.10	0.07	0.005	0.26
Positive Mood	PR SD	0.16	0.10	0.009	0.36
Positive Mood	Intercept-RES Cor	-0.24	0.44	-0.91	0.71
Positive Mood	Intercept-PR Cor	-0.13	0.40	-0.83	0.72
Positive Mood	RES-PR Cor	-0.05	0.49	-0.89	0.85
Positive Mood	Residual	1.18	0.06	1.08	1.30
Positive Mood	AR(1)	0.20	0.10	0.009	0.41

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S11B

Summary of random effects, Study 3, continued

DV	Term	Estimate	SE	Lower	Upper
Coping	Intercept SD	0.49	0.15	0.10	0.71
Coping	RES SD	0.12	0.06	0.008	0.24
Coping	PR SD	0.06	0.05	0.003	0.17
Coping	Intercept-RES Cor	-0.08	0.37	-0.79	0.71
Coping	Intercept-PR Cor	0.04	0.45	-0.83	0.85
Coping	RES-PR Cor	-0.02	0.49	-0.88	0.86
Coping	Residual	0.84	0.05	0.75	0.93
Coping	AR(1)	0.38	0.13	0.11	0.61
IOS	Intercept SD	1.15	0.07	1.02	1.30
IOS	RES SD	0.18	0.07	0.02	0.31
IOS	PR SD	0.14	0.08	0.01	0.29
IOS	Intercept-RES Cor	-0.10	0.26	-0.62	0.44
IOS	Intercept-PR Cor	-0.06	0.34	-0.71	0.65
IOS	RES-PR Cor	0.28	0.45	-0.69	0.93
IOS	Residual	0.89	0.04	0.81	0.97
IOS	AR(1)	0.07	0.08	-0.08	0.23

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S12A

Summary of random effects, Study 4

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.55	0.12	0.26	0.75
Support Effectiveness	RES SD	0.27	0.12	0.04	0.51
Support Effectiveness	PR SD	0.17	0.12	0.007	0.43
Support Effectiveness	Intercept-RES Cor	-0.52	0.30	-0.94	0.20
Support Effectiveness	Intercept-PR Cor	0.07	0.44	-0.80	0.84
Support Effectiveness	RES-PR Cor	-0.25	0.47	-0.93	0.77
Support Effectiveness	Residual	1.10	0.06	0.99	1.21
Support Effectiveness	AR(1)	0.03	0.10	-0.16	0.23
Negative Mood	Intercept SD	0.99	0.08	0.83	1.15
Negative Mood	RES SD	0.19	0.07	0.04	0.34
Negative Mood	PR SD	0.13	0.09	0.006	0.34
Negative Mood	Intercept-RES Cor	-0.65	0.25	-0.97	-0.03
Negative Mood	Intercept-PR Cor	0.04	0.42	-0.77	0.84
Negative Mood	RES-PR Cor	-0.18	0.48	-0.90	0.79
Negative Mood	Residual	1.01	0.05	0.92	1.11
Negative Mood	AR(1)	-0.04	0.09	-0.21	0.15
Positive Mood	Intercept SD	0.78	0.07	0.65	0.92
Positive Mood	RES SD	0.10	0.08	0.005	0.28
Positive Mood	PR SD	0.14	0.09	0.005	0.35
Positive Mood	Intercept-RES Cor	-0.07	0.45	-0.85	0.81
Positive Mood	Intercept-PR Cor	0.22	0.40	-0.68	0.87
Positive Mood	RES-PR Cor	-0.15	0.50	-0.93	0.82
Positive Mood	Residual	1.09	0.05	1.00	1.19
Positive Mood	AR(1)	-0.25	0.08	-0.40	-0.10

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S12B

Summary of random effects, Study 4, continued

DV	Term	Estimate	SE	Lower	Upper
Coping	Intercept SD	0.76	0.06	0.63	0.88
Coping	RES SD	0.13	0.08	0.007	0.30
Coping	PR SD	0.15	0.08	0.009	0.32
Coping	Intercept-RES Cor	-0.19	0.37	-0.86	0.60
Coping	Intercept-PR Cor	-0.28	0.34	-0.84	0.55
Coping	RES-PR Cor	0.09	0.47	-0.81	0.90
Coping	Residual	0.74	0.04	0.67	0.82
Coping	AR(1)	0.06	0.10	-0.12	0.26
IOS	Intercept SD	1.08	0.08	0.93	1.24
IOS	RES SD	0.24	0.09	0.03	0.40
IOS	PR SD	0.11	0.08	0.005	0.29
IOS	Intercept-RES Cor	0.07	0.26	-0.45	0.58
IOS	Intercept-PR Cor	0.13	0.41	-0.74	0.86
IOS	RES-PR Cor	0.04	0.47	-0.82	0.87
IOS	Residual	0.84	0.04	0.76	0.93
IOS	AR(1)	0.06	0.10	-0.12	0.27
Sleep Quality	Intercept SD	0.97	0.11	0.75	1.17
Sleep Quality	RES SD	0.15	0.10	0.006	0.38
Sleep Quality	PR SD	0.18	0.12	0.008	0.43
Sleep Quality	Intercept-RES Cor	0.09	0.44	-0.78	0.86
Sleep Quality	Intercept-PR Cor	0.38	0.40	-0.61	0.93
Sleep Quality	RES-PR Cor	-0.12	0.50	-0.90	0.84
Sleep Quality	Residual	1.02	0.08	0.87	1.19
Sleep Quality	AR(1)	-0.22	0.15	-0.48	0.11

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S13A

Summary of random effects, Study 5

dv	term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.34	0.18	0.02	0.65
Support Effectiveness	RES SD	0.31	0.11	0.08	0.51
Support Effectiveness	PR SD	0.29	0.12	0.05	0.52
Support Effectiveness	Intercept-RES Cor	-0.17	0.40	-0.85	0.71
Support Effectiveness	Intercept-PR Cor	-0.03	0.43	-0.81	0.81
Support Effectiveness	RES-PR Cor	-0.52	0.35	-0.95	0.40
Support Effectiveness	Residual	1.16	0.06	1.05	1.27
Support Effectiveness	AR(1)	0.16	0.09	-0.03	0.33
Negative Mood	Intercept SD	0.82	0.11	0.59	1.00
Negative Mood	RES SD	0.20	0.10	0.02	0.39
Negative Mood	PR SD	0.27	0.11	0.04	0.46
Negative Mood	Intercept-RES Cor	-0.28	0.33	-0.86	0.47
Negative Mood	Intercept-PR Cor	-0.01	0.32	-0.64	0.65
Negative Mood	RES-PR Cor	-0.09	0.43	-0.83	0.78
Negative Mood	Residual	1.04	0.05	0.94	1.15
Negative Mood	AR(1)	0.24	0.11	0.03	0.45
Positive Mood	Intercept SD	0.55	0.18	0.09	0.81
Positive Mood	RES SD	0.14	0.09	0.007	0.35
Positive Mood	PR SD	0.16	0.11	0.008	0.39
Positive Mood	Intercept-RES Cor	-0.19	0.44	-0.91	0.75
Positive Mood	Intercept-PR Cor	0.17	0.44	-0.75	0.89
Positive Mood	RES-PR Cor	-0.18	0.50	-0.93	0.81
Positive Mood	Residual	1.24	0.06	1.12	1.36
Positive Mood	AR(1)	0.15	0.11	-0.06	0.36

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S13B

Summary of random effects, Study 5, continued

dv	term	Estimate	SE	Lower	Upper
Coping	Intercept SD	0.82	0.07	0.66	0.95
Coping	RES SD	0.08	0.06	0.003	0.20
Coping	PR SD	0.08	0.06	0.004	0.21
Coping	Intercept-RES Cor	0.19	0.42	-0.71	0.87
Coping	Intercept-PR Cor	-0.27	0.42	-0.91	0.70
Coping	RES-PR Cor	-0.16	0.50	-0.92	0.83
Coping	Residual	0.80	0.04	0.73	0.88
Coping	AR(1)	0.14	0.11	-0.06	0.38
IOS	Intercept SD	1.07	0.10	0.87	1.26
IOS	RES SD	0.10	0.07	0.004	0.26
IOS	PR SD	0.38	0.07	0.23	0.53
IOS	Intercept-RES Cor	-0.06	0.43	-0.84	0.79
IOS	Intercept-PR Cor	-0.03	0.19	-0.40	0.36
IOS	RES-PR Cor	-0.06	0.46	-0.86	0.82
IOS	Residual	0.95	0.05	0.84	1.06
IOS	AR(1)	0.37	0.12	0.13	0.61
Sleep Quality	Intercept SD	1.08	0.15	0.75	1.35
Sleep Quality	RES SD	0.16	0.10	0.007	0.38
Sleep Quality	PR SD	0.19	0.13	0.01	0.49
Sleep Quality	Intercept-RES Cor	0.11	0.41	-0.73	0.86
Sleep Quality	Intercept-PR Cor	-0.16	0.41	-0.86	0.71
Sleep Quality	RES-PR Cor	-0.29	0.49	-0.95	0.78
Sleep Quality	Residual	1.00	0.10	0.82	1.22
Sleep Quality	AR(1)	0.17	0.19	-0.20	0.54

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Table S13C

Summary of random effects, Study 5, continued

dv	term	Estimate	SE	Lower	Upper
Task Motivation	Intercept SD	1.25	0.10	1.05	1.43
Task Motivation	RES SD	0.25	0.08	0.10	0.39
Task Motivation	PR SD	0.13	0.08	0.008	0.30
Task Motivation	Intercept-RES Cor	-0.49	0.24	-0.90	-0.004
Task Motivation	Intercept-PR Cor	-0.27	0.40	-0.90	0.65
Task Motivation	RES-PR Cor	0.31	0.43	-0.64	0.93
Task Motivation	Residual	0.99	0.06	0.89	1.10
Task Motivation	AR(1)	0.29	0.12	0.07	0.53
Task Performance	Intercept SD	0.89	0.12	0.64	1.10
Task Performance	RES SD	0.12	0.08	0.005	0.29
Task Performance	PR SD	0.07	0.05	0.003	0.20
Task Performance	Intercept-RES Cor	-0.12	0.40	-0.86	0.72
Task Performance	Intercept-PR Cor	-0.02	0.45	-0.85	0.83
Task Performance	RES-PR Cor	-0.19	0.50	-0.93	0.82
Task Performance	Residual	0.91	0.06	0.79	1.03
Task Performance	AR(1)	0.33	0.15	0.04	0.61

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. IOS = Inclusion of the other in the self. SD = standard deviation. Cor = correlation.

Additional Speech Performance Variables, Study 7

As discussed in Footnote 12, our speech performance coding scheme also included measures to assess verbal indicators of speech quality (ICC(A, 3) = 0.87), such as the fluidity and persuasiveness of the speech, and emotional expressions during the speech (higher numbers indicate more positivity and less negativity; (ICC(A, 3) = 0.71). Results for these variables are presented below.

Table S14

Summary of Results for Additional Speech Variables, Study 7

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj
Verbal Speech Quality	Intercept	4.41	0.10	4.20	4.62	-	106
Verbal Speech Quality	RES	-0.04	0.13	-0.29	0.21	0.37	106
Verbal Speech Quality	PR	-0.06	0.13	-0.32	0.21	0.34	106
Emotional Expression	Intercept	4.11	0.04	4.03	4.20	-	106
Emotional Expression	RES	0.02	0.05	-0.09	0.12	0.63	106
Emotional Expression	PR	0.05	0.06	-0.06	0.16	0.82	106

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S15

Differences in Effects of RES and PR for Additional Speech Variables, Study 7

DV	RES-PR	SE	Lower	Upper	Post_Prob
Verbal Speech Quality	0.01	0.23	-0.45	0.48	0.52
Emotional Expression	-0.03	0.10	-0.23	0.16	0.37

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Cardiovascular Results Tables, Study 7

Table S16

Summary of results for cardiovascular data, Study 7

Coefficient	Estimate	SE	Lower	Upper	Post_Prob	N_Subj	N_Obs
Intercept	670.07	11.18	647.89	691.74	-	106	3226
RES	11.18	12.45	-13.57	35.26	0.82	106	3226
PR	-18.64	13.45	-44.53	8.49	0.08	106	3226
Baseline vs. Speech	135.50	10.54	115.32	156.54	1.00	106	3226
Support vs. Speech	58.22	6.37	45.77	70.63	1.00	106	3226
Recovery vs. Speech	137.24	8.54	120.46	154.12	1.00	106	3226
RES x Baseline vs. Speech	-6.90	11.75	-30.55	15.65	0.72	106	3226
RES x Support vs. Speech	**-11.44**	**7.23**	**-25.47**	**2.62**	**0.94**	**106**	**3226**
RES x Recovery vs. Speech	-9.08	9.72	-28.49	10.14	0.83	106	3226
PR x Baseline vs. Speech	0.68	12.49	-23.86	25.62	0.48	106	3226
PR x Support vs. Speech	8.03	7.60	-7.14	22.88	0.14	106	3226
PR x Recovery vs. Speech	4.00	10.25	-15.95	24.06	0.34	106	3226

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. For contrasts, Speech is coded as 0, otherwise 1. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S17

Summary of random effects for cardiovascular data, Study 7

Term	Estimate	SE	Lower	Upper
Intercept SD	111.71	8.53	96.19	129.85
Baseline vs. Speech SD	100.55	7.68	86.61	116.54
Support vs. Speech SD	56.97	5.00	47.83	67.55
Recovery vs. Speech SD	79.63	6.76	67.43	93.63
Intercept-Baseline vs. Speech Cor	-0.27	0.10	-0.46	-0.08
Intercept-Support vs, Speech Cor	-0.20	0.11	-0.41	0.01
Intercept-Recovery vs. Speech Cor	-0.19	0.11	-0.39	0.03
Support vs. Speech-Baseline vs. Speech Cor	0.68	0.07	0.53	0.79
Support vs. Speech-Recovery vs. Speech Cor	0.62	0.08	0.44	0.76
Recovery vs. Speech-Baseline vs. Speech Cor	0.81	0.04	0.71	0.88
Residual	39.66	0.56	38.58	40.78
AR(1)	0.39	0.03	0.34	0.45

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. For contrasts, Speech is coded as 0, and the comparison phase is coded as 1.

Meta-Analysis without Support Effectiveness

We performed additional versions of our analyses without support effectiveness included in order to reduce potential issues of content overlap with RES and PR.

Table S18

Summary of supplemental meta-analysis results, fixed effects

Variable	Coefficient	Estimate	SE	Lower	Upper	N_Obs
RES	Intercept	0.23	0.05	0.14	0.35	46
RES	Relational Variable	-0.05	0.09	-0.26	0.10	46
RES	Level of Analysis	-0.08	0.03	-0.14	-0.02	46
PR	Intercept	0.05	0.04	-0.04	0.14	46
PR	Relational Variable	0.40	0.06	0.28	0.52	46
PR	Level of Analysis	-0.02	0.03	-0.08	0.04	46
RES-PR	Intercept	0.15	0.05	0.06	0.25	46
RES-PR	Relational Variable	-0.42	0.07	-0.56	-0.29	46
RES-PR	Level of Analysis	-0.06	0.04	-0.15	0.02	46

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. RES-PR = difference of RES and PR (RES minus PR). Relational Variable is coded as 1 = relational variable, 0 = non-relational variable (self-regulation relevant variable). Level of Analysis is coded as 1 = within-person effect, 0 = between-person.

Table S19

Summary of supplemental meta-analysis results without support effectiveness, random effects

Model	Term	Estimate	SE	Lower	Upper
RES	DV SD	0.07	0.06	0.00	0.23
RES	Study SD	0.05	0.05	0.00	0.17
RES	DV x Study SD	0.03	0.02	0.00	0.09
RES	Residual	0.04	0.02	0.00	0.09
PR	DV SD	0.04	0.04	0.00	0.13
PR	Study SD	0.05	0.05	0.00	0.19
PR	DV x Study SD	0.02	0.01	0.00	0.06
PR	Residual	0.05	0.02	0.01	0.09
RES-PR	DV SD	0.04	0.04	0.00	0.14
RES-PR	Study SD	0.04	0.04	0.00	0.14
RES-PR	DV x Study SD	0.03	0.02	0.00	0.08
RES-PR	Residual	0.05	0.03	0.00	0.12

Note. RES = Regulatory Effectiveness of Support. PR = Perceived Responsiveness. RES-PR = difference of RES and PR (RES minus PR). Relational Variable is coded as 1 = relational variable, 0 = non-relational variable (self-regulation relevant variable). Level of Analysis is coded as 1 = within-person effect, 0 = between-person. SD = standard deviation.

Results Summaries for Models with RES and PR Analyzed Separately

The following tables show the results of the main analyses with the effects of RES and PR modeled separately. All results present unstandardized coefficients, which are posterior means. Lower and Upper refer to 95% credibility intervals. Post_Prob is the posterior probability that the effect is in the hypothesized direction.

Table S20

Effects of RES, Study 2

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj
Negative Mood	Intercept	1.71	0.07	1.58	1.84	-	181
Negative Mood	RES	-0.45	0.07	-0.58	-0.32	1.00	181
Positive Mood	Intercept	5.03	0.08	4.87	5.20	-	181
Positive Mood	RES	0.79	0.08	0.62	0.95	1.00	181
IOS	Intercept	5.99	0.07	5.85	6.13	-	181
IOS	RES	0.48	0.07	0.34	0.63	1.00	181

Table S21

Effects of PR, Study 2

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj
Negative Mood	Intercept	1.70	0.07	1.56	1.84	-	181
Negative Mood	PR	-0.44	0.08	-0.61	-0.28	1.00	181
Positive Mood	Intercept	5.04	0.09	4.87	5.20	-	181
Positive Mood	PR	0.85	0.11	0.65	1.06	1.00	181
IOS	Intercept	6.00	0.07	5.87	6.13	-	181
IOS	PR	0.71	0.08	0.55	0.87	1.00	181

Table S22

Fixed Effects of RES, Study 3

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.29	0.06	4.17	4.41	222	720
Support Effectiveness	RES-within	0.57	0.05	0.47	0.67	222	720
Support Effectiveness	RES-between	0.75	0.05	0.65	0.86	222	720
Support Effectiveness	Day	-0.05	0.03	-0.12	0.01	222	720
Negative Mood	Intercept	2.95	0.07	2.81	3.10	222	729
Negative Mood	RES-within	-0.24	0.04	-0.32	-0.16	222	729
Negative Mood	RES-between	-0.22	0.06	-0.34	-0.09	222	729
Negative Mood	Day	-0.14	0.03	-0.20	-0.09	222	729
Positive Mood	Intercept	3.66	0.07	3.53	3.79	222	729
Positive Mood	RES-within	0.24	0.04	0.16	0.32	222	729
Positive Mood	RES-between	0.25	0.06	0.13	0.37	222	729
Positive Mood	Day	0.01	0.03	-0.05	0.08	222	729
Coping	Intercept	4.42	0.05	4.31	4.53	222	729
Coping	RES-within	0.12	0.03	0.07	0.18	222	729
Coping	RES-between	0.13	0.05	0.04	0.22	222	729
Coping	Day	-0.12	0.02	-0.17	-0.07	222	729
IOS	Intercept	4.24	0.09	4.05	4.42	222	729
IOS	RES-within	0.32	0.04	0.23	0.40	222	729
IOS	RES-between	0.60	0.08	0.44	0.76	222	729
IOS	Day	0.003	0.03	-0.05	0.06	222	729

Table S23

Fixed Effects of PR, Study 3

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.29	0.07	4.16	4.42	226	736
Support Effectiveness	PR-within	0.53	0.06	0.42	0.64	226	736
Support Effectiveness	PR-between	0.63	0.05	0.53	0.73	226	736
Support Effectiveness	Day	-0.07	0.04	-0.13	0.002	226	736
Negative Mood	Intercept	2.92	0.07	2.78	3.06	227	758
Negative Mood	PR-within	-0.16	0.05	-0.26	-0.07	227	758
Negative Mood	PR-between	-0.18	0.06	-0.28	-0.07	227	758
Negative Mood	Day	-0.13	0.03	-0.19	-0.08	227	758
Positive Mood	Intercept	3.68	0.07	3.54	3.81	227	758
Positive Mood	PR-within	0.21	0.05	0.11	0.30	227	758
Positive Mood	PR-between	0.11	0.05	0.007	0.21	227	758
Positive Mood	Day	0.004	0.03	-0.06	0.07	227	758
Coping	Intercept	4.37	0.06	4.26	4.49	227	758
Coping	PR-within	0.08	0.03	0.02	0.15	227	758
Coping	PR-between	0.11	0.04	0.03	0.19	227	758
Coping	Day	-0.13	0.02	-0.18	-0.08	227	758
IOS	Intercept	4.25	0.08	4.08	4.41	227	758
IOS	PR-within	0.51	0.04	0.43	0.60	227	758
IOS	PR-between	0.68	0.06	0.55	0.80	227	758
IOS	Day	0.01	0.03	-0.04	0.06	227	758

Table S24

Fixed Effects of RES, Study 4

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.30	0.08	4.15	4.45	176	538
Support Effectiveness	RES-within	0.65	0.06	0.53	0.77	176	538
Support Effectiveness	RES-between	0.71	0.06	0.60	0.81	176	538
Support Effectiveness	Day	-0.01	0.04	-0.08	0.06	176	538
Negative Mood	Intercept	3.04	0.09	2.87	3.21	176	548
Negative Mood	RES-within	-0.20	0.05	-0.30	-0.10	176	548
Negative Mood	RES-between	-0.32	0.06	-0.45	-0.20	176	548
Negative Mood	Day	-0.13	0.03	-0.20	-0.07	176	548
Positive Mood	Intercept	3.79	0.07	3.65	3.93	176	548
Positive Mood	RES-within	0.15	0.05	0.05	0.26	176	548
Positive Mood	RES-between	0.37	0.06	0.26	0.49	176	548
Positive Mood	Day	0.03	0.03	-0.03	0.10	176	548
Coping	Intercept	4.38	0.07	4.25	4.52	176	549
Coping	RES-within	0.17	0.04	0.09	0.24	176	549
Coping	RES-between	0.16	0.05	0.06	0.26	176	549
Coping	Day	-0.18	0.03	-0.23	-0.13	176	549
IOS	Intercept	4.12	0.11	3.92	4.33	176	549
IOS	RES-within	0.32	0.05	0.22	0.43	176	549
IOS	RES-between	0.72	0.08	0.56	0.88	176	549
IOS	Day	-0.05	0.03	-0.11	0.01	176	549
Sleep Quality	Intercept	4.98	0.11	4.76	5.20	131	288
Sleep Quality	RES-within (lagged)	0.07	0.08	-0.09	0.23	131	288
Sleep Quality	RES-between	0.21	0.09	0.04	0.38	131	288
Sleep Quality	Day	-0.02	0.06	-0.15	0.10	131	288

Table S25

Fixed Effects of PR, Study 4

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.29	0.07	4.15	4.43	177	546
Support Effectiveness	PR-within	0.65	0.06	0.52	0.77	177	546
Support Effectiveness	PR-between	0.72	0.06	0.61	0.83	177	546
Support Effectiveness	Day	0.02	0.04	-0.05	0.10	177	546
Negative Mood	Intercept	3.02	0.09	2.85	3.19	179	574
Negative Mood	PR-within	-0.19	0.06	-0.30	-0.07	179	574
Negative Mood	PR-between	-0.25	0.07	-0.39	-0.11	179	574
Negative Mood	Day	-0.14	0.03	-0.21	-0.08	179	574
Positive Mood	Intercept	3.81	0.08	3.65	3.96	179	574
Positive Mood	PR-within	0.20	0.06	0.09	0.31	179	574
Positive Mood	PR-between	0.21	0.06	0.09	0.33	179	574
Positive Mood	Day	0.05	0.03	-0.02	0.11	179	574
Coping	Intercept	4.35	0.07	4.21	4.50	179	575
Coping	PR-within	0.14	0.04	0.06	0.23	179	575
Coping	PR-between	0.13	0.05	0.03	0.24	179	575
Coping	Day	-0.16	0.03	-0.21	-0.10	179	575
IOS	Intercept	4.10	0.10	3.91	4.30	179	575
IOS	PR-within	0.38	0.04	0.29	0.46	179	575
IOS	PR-between	0.85	0.07	0.70	0.99	179	575
IOS	Day	-0.04	0.03	-0.10	0.01	179	575
Sleep Quality	Intercept	5.01	0.11	4.79	5.22	135	317
Sleep Quality	PR-within (lagged)	-0.01	0.08	-0.16	0.13	135	317
Sleep Quality	PR-between	0.16	0.09	-0.02	0.34	135	317
Sleep Quality	Day	-0.05	0.06	-0.16	0.06	135	317

Table S26

Fixed Effects of RES, Study 5

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.54	0.07	4.40	4.67	231	624
Support Effectiveness	RES-within	0.56	0.06	0.45	0.67	231	624
Support Effectiveness	RES-between	0.63	0.05	0.53	0.74	231	624
Support Effectiveness	Day	0.001	0.04	-0.07	0.07	231	624
Negative Mood	Intercept	2.93	0.08	2.78	3.08	231	636
Negative Mood	RES-within	-0.16	0.05	-0.25	-0.06	231	636
Negative Mood	RES-between	-0.13	0.06	-0.24	-0.03	231	636
Negative Mood	Day	-0.20	0.03	-0.27	-0.14	231	636
Positive Mood	Intercept	3.80	0.07	3.67	3.93	232	639
Positive Mood	RES-within	0.13	0.05	0.03	0.23	232	639
Positive Mood	RES-between	0.29	0.05	0.19	0.39	232	639
Positive Mood	Day	0.05	0.04	-0.02	0.12	232	639
Coping	Intercept	4.44	0.07	4.31	4.57	232	643
Coping	RES-within	0.11	0.03	0.05	0.18	232	643
Coping	RES-between	0.11	0.05	0.01	0.21	232	643
Coping	Day	-0.12	0.02	-0.17	-0.07	232	643
IOS	Intercept	4.28	0.10	4.08	4.48	232	643
IOS	RES-within	0.29	0.05	0.20	0.39	232	643
IOS	RES-between	0.46	0.07	0.32	0.61	232	643
IOS	Day	0.000	0.03	-0.07	0.06	232	643
Sleep Quality	Intercept	4.88	0.11	4.65	5.10	146	307
Sleep Quality	RES-within (lagged)	0.04	0.07	-0.09	0.17	146	307
Sleep Quality	RES-between	0.19	0.09	0.006	0.38	146	307
Sleep Quality	Day	-0.02	0.06	-0.13	0.09	146	307
Sleep Quality	sleeptime.wc	0.30	0.05	0.20	0.41	146	307
Task Motivation	Intercept	5.47	0.10	5.28	5.66	232	605
Task Motivation	RES-within	0.11	0.05	0.01	0.21	232	605
Task Motivation	RES-between	0.21	0.07	0.07	0.35	232	605
Task Motivation	Day	-0.05	0.03	-0.12	0.01	232	605
Task Performance	Intercept	5.06	0.08	4.90	5.21	232	605
Task Performance	RES-within	0.03	0.04	-0.05	0.11	232	605
Task Performance	RES-between	0.22	0.06	0.11	0.33	232	605
Task Performance	Day	-0.06	0.03	-0.12	0.001	232	605

Table S27

Fixed Effects of PR, Study 5

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj	N_Obs
Support Effectiveness	Intercept	4.54	0.07	4.41	4.67	228	624
Support Effectiveness	PR-within	-0.13	0.09	-0.31	0.04	228	624
Support Effectiveness	Day	0.03	0.04	-0.05	0.11	228	624
Support Effectiveness	ppr.c	0.70	0.06	0.59	0.80	228	624
Negative Mood	Intercept	2.93	0.07	2.78	3.07	228	651
Negative Mood	PR-within	-0.12	0.06	-0.23	-0.004	228	651
Negative Mood	PR-between	-0.15	0.06	-0.27	-0.03	228	651
Negative Mood	Day	-0.22	0.03	-0.28	-0.16	228	651
Positive Mood	Intercept	3.78	0.07	3.64	3.93	229	655
Positive Mood	PR-within	0.12	0.06	0.003	0.24	229	655
Positive Mood	PR-between	0.22	0.06	0.11	0.34	229	655
Positive Mood	Day	0.05	0.04	-0.02	0.12	229	655
Coping	Intercept	4.42	0.07	4.30	4.56	229	659
Coping	PR-within	0.14	0.04	0.06	0.21	229	659
Coping	PR-between	0.07	0.06	-0.04	0.18	229	659
Coping	Day	-0.12	0.03	-0.17	-0.07	229	659
IOS	Intercept	4.29	0.09	4.11	4.46	229	659
IOS	PR-within	0.42	0.05	0.32	0.53	229	659
IOS	PR-between	0.78	0.07	0.64	0.92	229	659
IOS	Day	0.01	0.03	-0.05	0.07	229	659
Sleep Quality	Intercept	4.92	0.11	4.70	5.14	148	326
Sleep Quality	PR-within (lagged)	0.07	0.07	-0.08	0.21	148	326
Sleep Quality	PR-between	0.19	0.10	-0.01	0.38	148	326
Sleep Quality	Day	-0.04	0.05	-0.15	0.06	148	326
Sleep Quality	sleeptime.wc	0.38	0.05	0.28	0.47	148	326
Task Motivation	Intercept	5.46	0.10	5.27	5.66	228	620
Task Motivation	PR-within	0.08	0.05	-0.02	0.19	228	620
Task Motivation	PR-between	0.10	0.08	-0.05	0.26	228	620
Task Motivation	Day	-0.02	0.03	-0.09	0.04	228	620
Task Performance	Intercept	5.05	0.08	4.89	5.20	228	620
Task Performance	PR-within	0.007	0.04	-0.07	0.09	228	620
Task Performance	PR-between	0.13	0.07	0.008	0.26	228	620
Task Performance	Day	-0.05	0.03	-0.10	0.004	228	620

Table S28

Random Effects of RES, Study 3

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.39	0.17	0.03	0.67
Support Effectiveness	RES SD	0.28	0.08	0.09	0.42
Support Effectiveness	Intercept-RES Cor	-0.22	0.40	-0.91	0.69
Support Effectiveness	Residual	1.21	0.05	1.11	1.30
Support Effectiveness	AR(1)	0.24	0.08	0.08	0.39
Negative Mood	Intercept SD	0.90	0.07	0.75	1.04
Negative Mood	RES SD	0.16	0.07	0.03	0.29
Negative Mood	Intercept-RES Cor	-0.53	0.28	-0.97	0.08
Negative Mood	Residual	1.04	0.04	0.96	1.12
Negative Mood	AR(1)	0.13	0.07	-0.005	0.28
Positive Mood	Intercept SD	0.72	0.12	0.45	0.91
Positive Mood	RES SD	0.09	0.07	0.004	0.25
Positive Mood	Intercept-RES Cor	-0.22	0.47	-0.95	0.82
Positive Mood	Residual	1.17	0.05	1.08	1.28
Positive Mood	AR(1)	0.10	0.09	-0.06	0.30
Coping	Intercept SD	0.52	0.14	0.16	0.72
Coping	RES SD	0.11	0.06	0.006	0.23
Coping	Intercept-RES Cor	-0.04	0.41	-0.86	0.83
Coping	Residual	0.83	0.05	0.75	0.92
Coping	AR(1)	0.32	0.14	0.07	0.57
IOS	Intercept SD	1.26	0.08	1.10	1.42
IOS	RES SD	0.26	0.07	0.10	0.38
IOS	Intercept-RES Cor	-0.12	0.20	-0.50	0.26
IOS	Residual	0.99	0.04	0.91	1.08
IOS	AR(1)	0.11	0.08	-0.04	0.27

Table S29

Random Effects of PR, Study 3

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.59	0.13	0.26	0.79
Support Effectiveness	PR SD	0.20	0.10	0.01	0.40
Support Effectiveness	Intercept-PR Cor	-0.28	0.41	-0.93	0.72
Support Effectiveness	Residual	1.26	0.05	1.17	1.37
Support Effectiveness	AR(1)	0.12	0.08	-0.03	0.29
Negative Mood	Intercept SD	0.84	0.08	0.68	1.00
Negative Mood	PR SD	0.22	0.09	0.02	0.39
Negative Mood	Intercept-PR Cor	0.06	0.32	-0.61	0.72
Negative Mood	Residual	1.08	0.04	1.00	1.17
Negative Mood	AR(1)	0.21	0.07	0.07	0.35
Positive Mood	Intercept SD	0.61	0.15	0.20	0.84
Positive Mood	PR SD	0.18	0.10	0.01	0.38
Positive Mood	Intercept-PR Cor	0.10	0.43	-0.80	0.91
Positive Mood	Residual	1.20	0.05	1.10	1.31
Positive Mood	AR(1)	0.24	0.09	0.07	0.41
Coping	Intercept SD	0.54	0.14	0.14	0.74
Coping	PR SD	0.06	0.04	0.002	0.16
Coping	Intercept-PR Cor	-0.03	0.52	-0.92	0.92
Coping	Residual	0.90	0.04	0.82	0.99
Coping	AR(1)	0.33	0.11	0.12	0.55
IOS	Intercept SD	1.14	0.07	1.01	1.28
IOS	PR SD	0.18	0.08	0.02	0.31
IOS	Intercept-PR Cor	-0.08	0.30	-0.68	0.56
IOS	Residual	0.93	0.04	0.86	1.01
IOS	AR(1)	0.13	0.08	-0.02	0.28

Table S30

Random Effects of RES, Study 4

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.71	0.09	0.52	0.88
Support Effectiveness	RES SD	0.29	0.09	0.12	0.47
Support Effectiveness	Intercept-RES Cor	-0.68	0.21	-0.98	-0.22
Support Effectiveness	Residual	1.10	0.05	1.00	1.21
Support Effectiveness	AR(1)	-0.02	0.09	-0.19	0.18
Negative Mood	Intercept SD	0.97	0.08	0.83	1.13
Negative Mood	RES SD	0.20	0.07	0.08	0.34
Negative Mood	Intercept-RES Cor	-0.73	0.20	-0.99	-0.27
Negative Mood	Residual	1.02	0.04	0.94	1.11
Negative Mood	AR(1)	-0.10	0.08	-0.24	0.06
Positive Mood	Intercept SD	0.77	0.07	0.64	0.91
Positive Mood	RES SD	0.08	0.06	0.004	0.23
Positive Mood	Intercept-RES Cor	-0.02	0.52	-0.91	0.92
Positive Mood	Residual	1.10	0.05	1.02	1.20
Positive Mood	AR(1)	-0.26	0.08	-0.40	-0.10
Coping	Intercept SD	0.75	0.06	0.62	0.88
Coping	RES SD	0.15	0.08	0.02	0.30
Coping	Intercept-RES Cor	-0.34	0.34	-0.94	0.38
Coping	Residual	0.75	0.04	0.69	0.83
Coping	AR(1)	0.04	0.09	-0.12	0.24
IOS	Intercept SD	1.25	0.09	1.09	1.44
IOS	RES SD	0.34	0.07	0.22	0.47
IOS	Intercept-RES Cor	0.03	0.17	-0.30	0.35
IOS	Residual	0.86	0.04	0.78	0.96
IOS	AR(1)	0.10	0.11	-0.09	0.33
Sleep Quality	Intercept SD	0.98	0.11	0.77	1.18
Sleep Quality	RES SD	0.17	0.10	0.007	0.38
Sleep Quality	Intercept-RES Cor	0.37	0.43	-0.71	0.96
Sleep Quality	Residual	1.06	0.08	0.91	1.24
Sleep Quality	AR(1)	-0.28	0.13	-0.51	0.01

Table S31

Random Effects of PR, Study 4

DV	Term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.60	0.15	0.20	0.83
Support Effectiveness	PR SD	0.15	0.11	0.006	0.39
Support Effectiveness	Intercept-PR Cor	-0.07	0.50	-0.93	0.91
Support Effectiveness	Residual	1.20	0.06	1.09	1.32
Support Effectiveness	AR(1)	0.03	0.10	-0.15	0.24
Negative Mood	Intercept SD	1.00	0.08	0.85	1.17
Negative Mood	PR SD	0.27	0.08	0.09	0.43
Negative Mood	Intercept-PR Cor	-0.27	0.23	-0.73	0.20
Negative Mood	Residual	1.02	0.04	0.93	1.11
Negative Mood	AR(1)	-0.001	0.08	-0.15	0.17
Positive Mood	Intercept SD	0.87	0.07	0.74	1.01
Positive Mood	PR SD	0.11	0.08	0.005	0.28
Positive Mood	Intercept-PR Cor	0.11	0.46	-0.82	0.92
Positive Mood	Residual	1.08	0.04	1.00	1.17
Positive Mood	AR(1)	-0.27	0.07	-0.41	-0.14
Coping	Intercept SD	0.74	0.07	0.59	0.89
Coping	PR SD	0.23	0.06	0.10	0.35
Coping	Intercept-PR Cor	-0.38	0.26	-0.83	0.18
Coping	Residual	0.83	0.04	0.76	0.91
Coping	AR(1)	0.21	0.10	0.02	0.39
IOS	Intercept SD	1.13	0.08	0.98	1.29
IOS	PR SD	0.13	0.08	0.006	0.29
IOS	Intercept-PR Cor	-0.14	0.39	-0.87	0.69
IOS	Residual	0.89	0.04	0.81	0.97
IOS	AR(1)	0.06	0.08	-0.09	0.24
Sleep Quality	Intercept SD	1.09	0.10	0.90	1.29
Sleep Quality	PR SD	0.18	0.10	0.01	0.41
Sleep Quality	Intercept-PR Cor	0.57	0.35	-0.40	0.98
Sleep Quality	Residual	0.99	0.06	0.88	1.13
Sleep Quality	AR(1)	-0.28	0.11	-0.49	-0.06

Table S32A

Random Effects of RES, Study 5

dv	term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.54	0.17	0.10	0.80
Support Effectiveness	RES SD	0.16	0.10	0.007	0.38
Support Effectiveness	Intercept-RES Cor	-0.13	0.49	-0.94	0.89
Support Effectiveness	Residual	1.25	0.06	1.13	1.37
Support Effectiveness	AR(1)	0.16	0.09	-0.02	0.34
Negative Mood	Intercept SD	0.84	0.10	0.63	1.02
Negative Mood	RES SD	0.24	0.09	0.05	0.39
Negative Mood	Intercept-RES Cor	-0.31	0.29	-0.87	0.28
Negative Mood	Residual	1.05	0.05	0.95	1.16
Negative Mood	AR(1)	0.21	0.10	0.02	0.41
Positive Mood	Intercept SD	0.52	0.18	0.06	0.79
Positive Mood	RES SD	0.12	0.09	0.004	0.31
Positive Mood	Intercept-RES Cor	-0.09	0.51	-0.94	0.90
Positive Mood	Residual	1.26	0.06	1.15	1.38
Positive Mood	AR(1)	0.17	0.10	-0.03	0.36
Coping	Intercept SD	0.83	0.07	0.70	0.96
Coping	RES SD	0.07	0.05	0.003	0.19
Coping	Intercept-RES Cor	0.17	0.48	-0.86	0.94
Coping	Residual	0.80	0.04	0.74	0.88
Coping	AR(1)	0.12	0.10	-0.06	0.33
IOS	Intercept SD	1.25	0.10	1.04	1.44
IOS	RES SD	0.22	0.10	0.02	0.39
IOS	Intercept-RES Cor	-0.25	0.30	-0.85	0.37
IOS	Residual	1.08	0.06	0.96	1.20
IOS	AR(1)	0.31	0.10	0.11	0.51
Sleep Quality	Intercept SD	1.05	0.15	0.74	1.31
Sleep Quality	RES SD	0.11	0.08	0.005	0.30
Sleep Quality	Intercept-RES Cor	0.22	0.50	-0.85	0.96
Sleep Quality	Residual	1.04	0.09	0.88	1.22
Sleep Quality	AR(1)	0.21	0.16	-0.10	0.53

Table S32B

Random Effects of RES, Study 5, continued

dv	term	Estimate	SE	Lower	Upper
Task Motivation	Intercept SD	1.24	0.10	1.05	1.42
Task Motivation	RES SD	0.27	0.07	0.13	0.40
Task Motivation	Intercept-RES Cor	-0.59	0.21	-0.95	-0.15
Task Motivation	Residual	0.99	0.05	0.89	1.10
Task Motivation	AR(1)	0.27	0.11	0.06	0.49
Task Performance	Intercept SD	0.89	0.12	0.63	1.09
Task Performance	RES SD	0.09	0.06	0.004	0.24
Task Performance	Intercept-RES Cor	-0.14	0.47	-0.93	0.84
Task Performance	Residual	0.92	0.06	0.80	1.04
Task Performance	AR(1)	0.29	0.15	0.002	0.58

Table S33A

Random Effects of PR, Study 5

dv	term	Estimate	SE	Lower	Upper
Support Effectiveness	Intercept SD	0.37	0.18	0.03	0.67
Support Effectiveness	PR SD	0.26	0.14	0.02	0.53
Support Effectiveness	Intercept-PR Cor	-0.07	0.47	-0.92	0.86
Support Effectiveness	Residual	1.30	0.06	1.18	1.41
Support Effectiveness	AR(1)	0.13	0.08	-0.04	0.28
Negative Mood	Intercept SD	0.82	0.09	0.62	0.98
Negative Mood	PR SD	0.31	0.08	0.14	0.47
Negative Mood	Intercept-PR Cor	-0.06	0.29	-0.60	0.53
Negative Mood	Residual	1.04	0.05	0.95	1.14
Negative Mood	AR(1)	0.20	0.09	0.02	0.38
Positive Mood	Intercept SD	0.57	0.17	0.12	0.81
Positive Mood	PR SD	0.18	0.10	0.01	0.38
Positive Mood	Intercept-PR Cor	0.24	0.44	-0.76	0.95
Positive Mood	Residual	1.25	0.06	1.15	1.37
Positive Mood	AR(1)	0.17	0.10	-0.02	0.37
Coping	Intercept SD	0.80	0.08	0.62	0.95
Coping	PR SD	0.06	0.04	0.002	0.16
Coping	Intercept-PR Cor	-0.18	0.51	-0.96	0.88
Coping	Residual	0.87	0.04	0.79	0.96
Coping	AR(1)	0.21	0.10	0.04	0.43
IOS	Intercept SD	1.03	0.10	0.82	1.22
IOS	PR SD	0.31	0.07	0.16	0.45
IOS	Intercept-PR Cor	-0.10	0.23	-0.53	0.38
IOS	Residual	1.01	0.05	0.91	1.11
IOS	AR(1)	0.41	0.10	0.21	0.60
Sleep Quality	Intercept SD	1.12	0.12	0.86	1.35
Sleep Quality	PR SD	0.11	0.08	0.005	0.32
Sleep Quality	Intercept-PR Cor	-0.06	0.52	-0.93	0.92
Sleep Quality	Residual	1.01	0.08	0.88	1.19
Sleep Quality	AR(1)	-0.05	0.16	-0.34	0.29

Table S33B

Random Effects of PR, Study 5, continued

dv	term	Estimate	SE	Lower	Upper
Task Motivation	Intercept SD	1.28	0.09	1.11	1.46
Task Motivation	PR SD	0.19	0.09	0.02	0.35
Task Motivation	Intercept-PR Cor	-0.41	0.33	-0.94	0.35
Task Motivation	Residual	1.02	0.05	0.92	1.12
Task Motivation	AR(1)	0.19	0.09	0.01	0.37
Task Performance	Intercept SD	0.95	0.10	0.73	1.13
Task Performance	PR SD	0.06	0.05	0.002	0.18
Task Performance	Intercept-PR Cor	0.09	0.50	-0.90	0.94
Task Performance	Residual	0.89	0.05	0.79	1.00
Task Performance	AR(1)	0.29	0.14	0.04	0.56

Table S34

Effects of Self-Reported RES, Study 6

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj
Sup. Eff.	Intercept	5.21	0.07	5.07	5.34	101
Sup. Eff.	RES	0.79	0.05	0.69	0.89	101
Negative Mood	Intercept	2.63	0.10	2.44	2.84	101
Negative Mood	RES	-0.30	0.07	-0.45	-0.15	101
Negative Mood	Pre Neg. Mood	0.47	0.06	0.36	0.58	101
Positive Mood	Intercept	3.88	0.08	3.73	4.04	101
Positive Mood	RES	0.37	0.06	0.26	0.48	101
Positive Mood	Pre Pos. Mood	0.56	0.06	0.44	0.68	101
IOS	Intercept	4.96	0.11	4.75	5.18	101
IOS	RES	0.52	0.08	0.37	0.68	101
Closeness	Intercept	6.41	0.07	6.28	6.54	101
Closeness	RES	0.25	0.04	0.16	0.33	101
Closeness	Pre Closeness	0.35	0.08	0.19	0.51	101

Table S35

Effects of Self-Reported PR, Study 6

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj
Sup. Eff.	Intercept	5.21	0.10	5.02	5.39	101
Sup. Eff.	PR	0.65	0.08	0.51	0.80	101
Negative Mood	Intercept	2.63	0.11	2.42	2.84	101
Negative Mood	PR	-0.18	0.09	-0.36	0.001	101
Negative Mood	Pre Neg. Mood	0.48	0.06	0.37	0.59	101
Positive Mood	Intercept	3.89	0.08	3.73	4.05	101
Positive Mood	PR	0.30	0.07	0.16	0.45	101
Positive Mood	Pre Pos. Mood	0.61	0.06	0.48	0.73	101
IOS	Intercept	4.96	0.10	4.76	5.16	101
IOS	PR	0.67	0.09	0.50	0.83	101
Closeness	Intercept	6.41	0.06	6.29	6.52	101
Closeness	PR	0.43	0.05	0.33	0.52	101
Closeness	Pre Closeness	0.28	0.07	0.14	0.42	101

Table S36

Effects of Coder-Rated RES, Study 6

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj
Sup. Eff.	Intercept	5.21	0.07	5.07	5.34	101
Sup. Eff.	RES	0.79	0.05	0.69	0.89	101
Negative Mood	Intercept	2.63	0.10	2.44	2.84	101
Negative Mood	RES	-0.30	0.07	-0.45	-0.15	101
Negative Mood	Pre Neg. Mood	0.47	0.06	0.36	0.58	101
Positive Mood	Intercept	3.88	0.08	3.73	4.04	101
Positive Mood	RES	0.37	0.06	0.26	0.48	101
Positive Mood	Pre Pos. Mood	0.56	0.06	0.44	0.68	101
IOS	Intercept	4.96	0.11	4.75	5.18	101
IOS	RES	0.52	0.08	0.37	0.68	101
Closeness	Intercept	6.41	0.07	6.28	6.54	101
Closeness	RES	0.25	0.04	0.16	0.33	101
Closeness	Pre Closeness	0.35	0.08	0.19	0.51	101

Table S37

Effects of Coder-Rated PR, Study 6

DV	Predictor	Estimate	SE	Lower	Upper	N_Subj
Sup. Eff.	Intercept	5.21	0.10	5.02	5.39	101
Sup. Eff.	PR	0.65	0.08	0.51	0.80	101
Negative Mood	Intercept	2.63	0.11	2.42	2.84	101
Negative Mood	PR	-0.18	0.09	-0.36	0.001	101
Negative Mood	Pre Neg. Mood	0.48	0.06	0.37	0.59	101
Positive Mood	Intercept	3.89	0.08	3.73	4.05	101
Positive Mood	PR	0.30	0.07	0.16	0.45	101
Positive Mood	Pre Pos. Mood	0.61	0.06	0.48	0.73	101
IOS	Intercept	4.96	0.10	4.76	5.16	101
IOS	PR	0.67	0.09	0.50	0.83	101
Closeness	Intercept	6.41	0.06	6.29	6.52	101
Closeness	PR	0.43	0.05	0.33	0.52	101
Closeness	Pre Closeness	0.28	0.07	0.14	0.42	101

Table S38

Effects of RES, Study 7

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj
Support Effectiveness	Intercept	5.34	0.08	5.19	5.50	-	110
Support Effectiveness	RES	0.85	0.07	0.70	0.99	1.00	110
Negative Mood	Intercept	2.32	0.05	2.23	2.41	-	105
Negative Mood	RES	-0.10	0.04	-0.18	-0.02	0.99	105
Negative Mood	Pre Neg. Mood	0.69	0.05	0.60	0.79	-	105
Positive Mood	Intercept	4.17	0.07	4.03	4.32	-	105
Positive Mood	RES	0.02	0.07	-0.11	0.15	0.60	105
Positive Mood	Pre Pos. Mood	0.93	0.07	0.80	1.06	-	105
IOS	Intercept	5.04	0.12	4.80	5.27	-	107
IOS	RES	0.55	0.11	0.34	0.77	1.00	107
Closeness	Intercept	5.72	0.07	5.57	5.86	-	110
Closeness	RES	0.34	0.07	0.21	0.47	1.00	110
Closeness	Pre Closeness	0.55	0.06	0.44	0.66	-	110
Change in Motivation	Intercept	0.36	0.12	0.14	0.59	-	105
Change in Motivation	RES	0.26	0.10	0.06	0.47	0.99	105
Change in Motivation	Pre Motivation	-0.43	0.09	-0.60	-0.26	-	105
Help with Speech	Intercept	4.52	0.12	4.29	4.74	-	110
Help with Speech	RES	0.69	0.11	0.48	0.91	1.00	110
Speech Performance	Intercept	3.87	0.07	3.73	4.01	-	106
Speech Performance	RES	-0.03	0.07	-0.16	0.10	0.32	106

Table S39

Effects of PR, Study 7

DV	Predictor	Estimate	SE	Lower	Upper	Post_Prob	N_Subj
Support Effectiveness	Intercept	5.34	0.10	5.15	5.53	-	110
Support Effectiveness	PR	0.71	0.10	0.52	0.90	1.00	110
Negative Mood	Intercept	2.32	0.05	2.23	2.41	-	105
Negative Mood	PR	-0.09	0.05	-0.19	0.008	0.96	105
Negative Mood	Pre Neg. Mood	0.68	0.05	0.58	0.77	-	105
Positive Mood	Intercept	4.17	0.07	4.03	4.31	-	105
Positive Mood	PR	0.04	0.07	-0.10	0.18	0.69	105
Positive Mood	Pre Pos. Mood	0.93	0.07	0.79	1.06	-	105
IOS	Intercept	5.04	0.11	4.83	5.26	-	107
IOS	PR	0.69	0.11	0.46	0.90	1.00	107
Closeness	Intercept	5.72	0.07	5.58	5.86	-	110
Closeness	PR	0.39	0.08	0.24	0.54	1.00	110
Closeness	Pre Closeness	0.51	0.06	0.39	0.63	-	110
Change in Motivation	Intercept	0.36	0.12	0.11	0.60	-	105
Change in Motivation	PR	0.05	0.11	-0.17	0.27	0.65	105
Change in Motivation	Pre Motivation	-0.41	0.09	-0.58	-0.24	-	105
Help with Speech	Intercept	4.52	0.13	4.26	4.77	-	110
Help with Speech	PR	0.46	0.13	0.22	0.72	1.00	110
Speech Performance	Intercept	3.87	0.07	3.73	4.01	-	106
Speech Performance	PR	-0.10	0.07	-0.24	0.03	0.07	106

Table S40

Fixed Effects of RES on cardiovascular responses, Study 7

Coefficient	Estimate	SE	Lower	Upper	Post_Prob	N_Subj	N_Obs
Intercept	670.12	11.43	646.52	692.56	-	106	3226
RES	-0.06	9.86	-19.20	19.43	0.50	106	3226
Baseline vs. Speech	135.89	10.60	116.15	157.02	1.00	106	3226
Support vs. Speech	58.14	6.33	45.97	70.76	1.00	106	3226
Recovery vs. Speech	137.66	8.65	121.04	155.04	1.00	106	3226
RES x Support vs. Speech	-6.69	5.85	-17.77	5.05	0.13	106	3226
RES x Recovery vs. Speech	-6.73	8.04	-22.32	9.27	0.20	106	3226
RES x Baseline vs. Speech	-6.31	9.54	-24.73	12.29	0.25	106	3226

Table S41

Fixed Effects of PR on cardiovascular responses, Study 7

Coefficient	Estimate	SE	Lower	Upper	Post_Prob	N_Subj	N_Obs
Intercept	671.01	10.82	649.84	691.65	-	106	3226
PR	-11.78	11.00	-32.72	10.68	0.14	106	3226
Baseline vs. Speech	135.09	10.54	113.96	155.76	1.00	106	3226
Support vs. Speech	57.54	6.42	45.18	70.21	1.00	106	3226
Recovery vs. Speech	136.45	8.68	118.61	153.42	1.00	106	3226
PR x Baseline vs. Speech	-3.13	10.07	-22.58	16.78	0.62	106	3226
PR x Support vs. Speech	0.74	6.22	-11.85	12.63	0.45	106	3226
PR x Recovery vs. Speech	-1.36	8.20	-17.63	14.60	0.57	106	3226

Table S42

Random Effects for model predicting cardiovascular responses, RES, Study 7

Term	Estimate	SE	Lower	Upper
Intercept SD	112.39	8.35	97.74	130.01
Baseline vs. Speech SD	99.88	7.62	86.02	115.85
Support vs. Speech SD	56.71	5.03	47.50	67.41
Recovery vs. Speech SD	79.04	6.56	67.03	92.68
Intercept-Baseline vs. Speech Cor	-0.27	0.10	-0.45	-0.06
Intercept-Support vs, Speech Cor	-0.22	0.11	-0.42	0.002
Intercept-Recovery vs. Speech Cor	-0.19	0.11	-0.39	0.04
Support vs. Speech-Baseline vs. Speech Cor	0.67	0.07	0.53	0.78
Support vs. Speech-Recovery vs. Speech Cor	0.62	0.08	0.45	0.75
Recovery vs. Speech-Baseline vs. Speech Cor	0.81	0.04	0.71	0.88
Residual	39.67	0.56	38.58	40.80
AR(1)	0.39	0.03	0.34	0.45

Table S43

Random Effects for model predicting cardiovascular responses, PR, Study 7

Term	Estimate	SE	Lower	Upper
Intercept SD	111.44	8.53	96.18	129.61
Baseline vs. Speech SD	100.49	7.73	86.36	116.87
Support vs. Speech SD	57.49	4.96	48.48	67.87
Recovery vs. Speech SD	79.47	6.62	67.33	93.98
Intercept-Baseline vs. Speech Cor	-0.27	0.10	-0.45	-0.08
Intercept-Support vs, Speech Cor	-0.22	0.11	-0.41	0.004
Intercept-Recovery vs. Speech Cor	-0.18	0.11	-0.38	0.03
Support vs. Speech-Baseline vs. Speech Cor	0.68	0.06	0.54	0.79
Support vs. Speech-Recovery vs. Speech Cor	0.63	0.08	0.46	0.76
Recovery vs. Speech-Baseline vs. Speech Cor	0.81	0.04	0.72	0.88
Residual	39.68	0.57	38.60	40.82
AR(1)	0.39	0.03	0.34	0.45

References

Bolger, N., Zee, K. S., Rossignac-Milon, M., & Hassin, R. R. (2019). Causal processes in psychology are heterogeneous. *Journal of Experimental Psychology: General*, *148*, 601–618.

Cavallo, J. V., Zee, K. S., & Higgins, E. T. (2016). Giving the help that is needed: How Regulatory Mode impacts tailoring social support provision. *Personality and Social Psychology Bulletin*, *42*, 1111–1128.

Zee, K. S., Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2018). Motivation moderates the effects of social support visibility. *Journal of Personality and Social Psychology*, *114*, 735–765.