

**Thoughts and Affect Experienced by Parents of Preschool- and School-aged Children during Night-waking Interactions**

**AUTHOR NAME REMOVED FOR MANUSCRIPT REVIEW**

**SUPPLEMENTAL MATERIALS**

**Supplemental Table 1.**

*Hypothesized Correlations Between Parental Night-waking Thoughts and Affect Questionnaire (PNTQ)*

*Subscales and Sleep-specific Cognitions and Night-waking Variables, and measures of parental psychological adjustment and Parenting Stress.*

	PNTQ Subscales			
	Positive thoughts about limit-setting	Concerns about limit-setting	Distress about night waking	Positive thoughts about active comforting
<b>Child sleep-specific variables</b>				
Night-waking Vignettes Scale (NVS)				
Agreement with limit-setting	+	-	+	-
Agreement with active comforting	-	+	-	+
Parent Sleep Knowledge & Beliefs (PSKQ)				
General Sleep Knowledge	+	-		-

Limit-setting Knowledge	+	-		-
Modified Infant Sleep Questionnaire (ISQ)				
Frequency of waking	-	+	+	+
Frequency of co-sleeping	-	+	+	+
Perception of children's sleep as problematic		+	+	-
Children's Sleep Habits Questionnaire (CSHQ)				
Night-waking	-	+	+	+
Co-sleeping	-	+	+	+
<b>Parent-specific variables</b>				
Depression    Anxiety    Stress    Scale-21				
(DASS-21) total score		+	+	

Dysfunctional Beliefs and Attitude about

Sleep Scale-10 (DBAS-10)

+

Parenting Stress Index (PSI)

Distress

-

+

Negative parent-child interaction

+

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*Note:* - = hypothesized negative correlation between variables; + = hypothesized positive correlation between variables. Empty cell = no hypothesis made.

**Supplemental Table 2.** *Key Demographic Characteristics in Samples 1 and 2.*

	Sample 1	Sample 2
Characteristic	<i>M (SD)</i> or % ( <i>n</i> )	<i>M (SD)</i> or % ( <i>n</i> )
N	203	270
<b>Child</b>		
Age	3.4 years (1.0)	4.08 years (1.80)
Sex		
Male	48% (97)	51.5% (139)
Ethnicity		
White	N/A	86.4% (233)
<b>Parent</b>		
Age (years)	32.4 years (5.1)	N/A
Age (categories)		
30-34 years old	N/A	37.8% (102)
35-39 years old	N/A	37.0% (100)
Relation to child		
Mother	100.0% (203)	94.4% (255)
Ethnicity		
White	90.0% (183)	91.5% (247)
Education		
	69.0% (140)	83.7% (226)

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Community college, university or higher		
<b>Family</b>		
Income		
< \$40K	23.2% (47)	13.3% (36)
\$40-100K	59.1% (120)	49.3% (133)
> \$100K	17.7% (36)	37.4% (101)

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**Supplemental Table 3.** Demographic comparisons between parents who completed baseline-only and baseline and follow-up across two samples.

	Sample 1			Sample 2		
	Baseline Only	Baseline & 1-Month Follow-up	Chi-square or t-test	Baseline Only	Baseline & 1-Month Follow-up	Chi-square or t-test
Characteristic	<i>M (SD) or % (n)</i>			<i>M (SD) or % (n)</i>		
N	165	38		107	163	
<b>Child</b>						
Age at baseline (years)	3.48 (1.06)	3.08 (.93)	t(195) = 2.14*	4.27 (2.13)	3.96 (1.53)	t(262) = 1.40
Sex			$\chi^2(1) = 1.71$			$\chi^2(1) = .05$
Male	45.4% (74)	57.5% (23)		52.3% (56)	50.9% (83)	
Ethnicity						$\chi^2(1) = 2.02$
White	N/A	N/A		80.4% (86)	83.4% (136)	
<b>Parent</b>						

Age at baseline (years)	32.50 (5.10)	32.00 (5.28)	t(193) = .544	N/A	N/A	
Age (categories)	N/A	N/A				$\chi^2(5) = 4.870$ ,
30-34 years old				37.4% (40)	38.0% (62)	
35-39 years old				39.3% (42)	35.6% (58)	
Ethnicity			Fisher's			$\chi^2(1) = .16$
White	89.6% (146)	90.0% (36)	exact, <i>ns</i> <sup>a</sup>	90.7% (97)	92.0% (150)	
Education			$\chi^2(1) = .72$			$\chi^2(1) = 7.43^{**}$
Community college, university or higher	72.4% (118)	65.0% (26)		75.7% (81)	88.3% (144)	
<b>Family</b>						
Income			$\chi^2(2) = .12$			$\chi^2(2) = 4.00$
< \$40K	23.3% (38)	20.0% (8)		16.8% (18)	11.0% (18)	
\$40-100K	52.1% (85)	52.5% (21)		52.3% (56)	47.2% (77)	
> \$100K	17.8% (29)	17.5% (7)		30.8% (33)	41.7% (68)	

Note. \*  $p < .05$ , \*\* $p < .01$ , <sup>a</sup> Fisher's exact test was used due to cell sizes below 5.

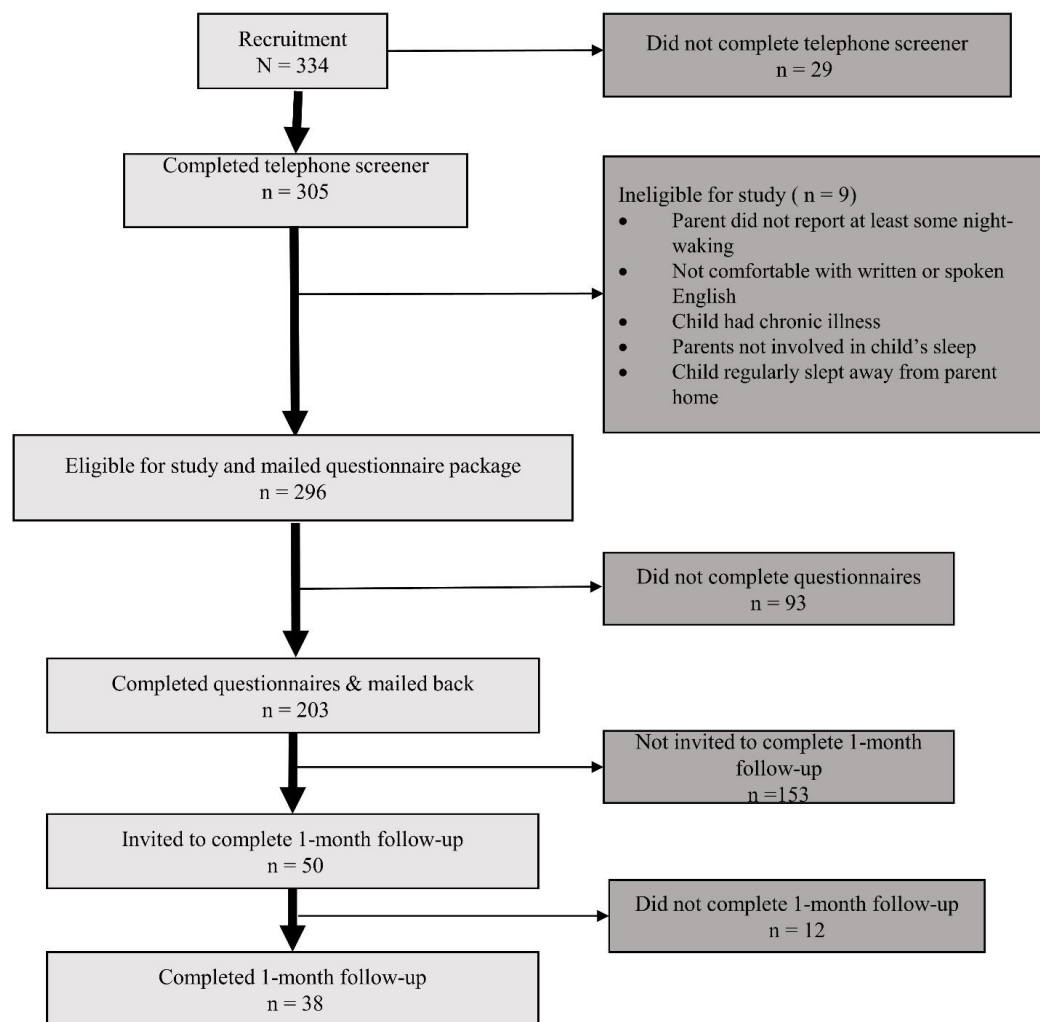


**Supplemental Table 4.** *PNTQ subscale means, standard deviations and reliability statistics*

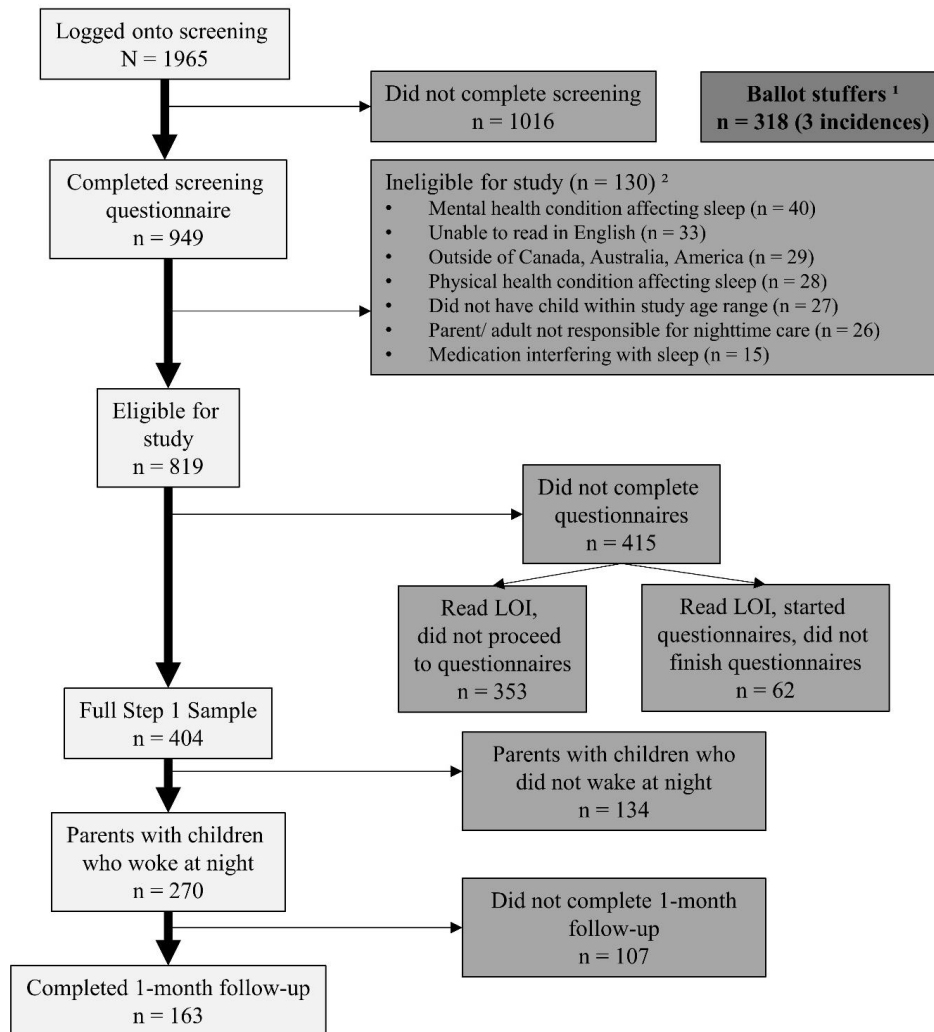
	<i>Sample</i>		<i>Sample</i>	
	<i>1</i>	<i>2</i>	<i>1</i>	<i>2</i>
<i>n</i>	203	270	38	163
PNTQ subscale	Mean	Mean	Test-	Test-
	inter-	inter-	retest	retest
	item <i>r</i>	item <i>r</i>	<i>r</i>	<i>r</i>
Positive thoughts about limit-setting	.35	.50	.46**	.77*
Concerns about limit-setting	.56	.60	.52**	.70*
Distress about night-waking	.45	.47	.88**	.80*
Positive thoughts about active comforting	.54	.52	.89**	.77*

*Note:* PNTQ subscale scores were the mean of subscale items; subscales scores could range from 1 to 9 (1 = never, 3 = 1/4 of the time, 5 = 1/2 of the time, 7 = 3/4 of the time, 9 = all of the time). Time between test and retest was one month.

\*  $p < .05$ , two-tailed. \*\*  $p < .01$ , two-tailed.



*Supplemental Figure 1.* Sample 1 participant flowchart.



*Supplemental Figure 2. Sample 2 participant flowchart.*

Note: LOI = Letter of Information

<sup>1</sup> The 318 ballot stuffing situations were believed to be the result of three individuals completing the screening survey multiple times with fake credentials; thus, these cases were not included in the flow chart calculations; <sup>2</sup> 57 respondents met more than one exclusion criteria.