

# JOURNAL OF FAMILY PSYCHOLOGY

ONLINE SUPPLEMENT

Strengthening Couple Functioning Promotes Resilience to COVID-19-Related Stressors Among  
Black Americans

**Table S1: Items and response options for measures of couple functioning**

**A. Effective Communication**

Response options: 1 = *Strongly disagree*, 2 = *Disagree*, 3 = *Agree*, and 4 = *Strongly agree*

***Think about the relationship with your partner...***

1. My partner listens when I talk about the things that are stressing me.
2. My partner understands my stresses.
3. When I talk about my problems to my partner, [she/he] tries to help me feel better.
4. Just talking about my problems with my partner helps me feel better.
5. I try to understand the stresses in my partner's life.
6. I try to be supportive when my partner is more stressed than usual.
7. I try to notice if I am in a bad mood before I talk to my partner about important issues.
8. Before my partner and I talk about something important, I rate my mood on a scale from 1-10.
9. I make sure my bad moods don't "get dumped on" my partner.
10. I try to avoid letting angry, emotional reactions take over when I talk about something important with my partner.

**B. Relationship Confidence**

Response options: 1 = *Strongly disagree*, 2 = *Disagree*, 3 = *Neither agree nor disagree*, 4 = *Agree*, and 5 = *Strongly agree*

1. I believe my partner and I can handle whatever conflicts arise in the future.
2. I feel good about my and my partner's prospects to make this relationship work for a lifetime.
3. I am very confident when I think of my future with my partner.
4. My partner and I have the skills a couple needs to make a relationship last.

### **C. Relationship Satisfaction**

Response options: 1 = *Strongly disagree*, 2 = *Disagree*, 3 = *Neither agree nor disagree*, 4 = *Agree*, and 5 = *Strongly agree*

1. My partner and I have a good relationship.
2. My relationship with my partner is stable.
3. My relationship with my partner is strong.
4. My relationship with my partner is happy.
5. I feel like a part of a team with my partner.

Response options: 1 = *Very unhappy*, 2 = *Unhappy*, 3 = *Happy*, 4 = *Very happy*, and 5 = *Perfectly happy*

6. Which best describes the degree of happiness, everything considered, in your relationship?

### **D. Perceived Partner Support**

Response options: 1 = *Almost never*, 2 = *Rarely*, 3 = *Occasionally*, 4 = *Often*, and 5 = *Almost always*

1. I feel intimate with my partner.
2. My partner is someone I can confide in.
3. I feel I can share my most private worries and fears with my partner.
4. I can tell my partner about both good things and bad things that happen to me.
5. I can talk to my partner about more things now than I could when we were first dating.

**Table S2.**

Correlations among couple functioning measures (N = 324)

	1	2	3	4	5
1. $\Delta$ Effective communication	—				
2. $\Delta$ Relationship confidence	.59**	—			
3. $\Delta$ Relationship satisfaction	.68**	.79**	—		
4. $\Delta$ Perceived partner support	.63**	.88**	.82**	—	
5. $\Delta$ Couple functioning	.79**	.91**	.91**	.94**	—

*Note:*  $\Delta$  = Stable Change from baseline (W1) to mean of all follow-up assessments (W2-W5).\*  $p < .05$ ; \*\*  $p < .01$  (two-tailed tests).