

Supplementary Materials for

The importance of investing in your relationship: Emotional capital and responses to partner transgressions

This manuscript utilized data from a larger longitudinal study of marital development. A complete overview of the study protocol and all study measures can be found at <https://osf.io/9rdqv/>. Here we include the daily diary survey from which most constructs in the current study were drawn, as well as the measures of attributions and forgiveness.

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Daily Diary Task

Please indicate whether any of the following events occurred to you within the last 24 hours: (You may mark more than one event.)

- A lot of household chores
- Unexpected financial problems
- A lot to do at work or at school
- Argument with someone at work or at school
- Received poor evaluation or feedback at work or at school
- Problems with transportation
- Sickness or injury
- Argument with family or in-laws
- Argument with friends

Thinking of the past 24 hours, please indicate the extent to which each of the following statements applied to you:

	I didn't feel this way at all	I felt this way a lot
I felt overwhelmed with work/school	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
I felt preoccupied with things other than my marriage	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
I felt tired	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
I exerted a lot of "willpower" to get through the workday	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Please indicate whether any of the following events occurred to you within the last 24 hours: (You may mark more than one event.)¹

- You were unable to spend time with spouse
- Spouse said something that made you feel loved*
- You had an argument with spouse**
- Spouse showed an interest in the events of your day*
- You had to care or look after spouse
- You enjoyed a leisure activity with spouse*
- Spouse listened to or comforted you
- Spouse let you down or broke a promise**
- Spouse criticized you**
- You shared physical intimacy with spouse*
- Spouse helped you out with something important
- Spouse showed anger or impatience toward you**
- You showed an interest in the events of your spouse's day*
- You listened to or comforted spouse
- You criticized/blamed your spouse
- You let your spouse down or broke a promise
- You tried to make your spouse feel loved*
- You helped spouse with something important
- You showed anger or impatience toward your spouse

¹ Italicized items are the items comprising the measure of emotional capital. Bolded items are items comprising the measure of negative partner behaviors.

Please indicate whether you used any of the following strategies to deal with your **NON-MARITAL** stressors and problems today (You may choose more than one strategy).

- I made a plan of action to try and work through the problem
- I decided that this is a situation/issue that I'll just have to accept
- I decided to distract myself/ act as though the problem didn't happen
- I gave up on trying to change the problem
- I did not experience any non-marital stressors today

Please indicate whether you used any of the following strategies to deal with your **MARITAL** stressors and problems today (You may choose more than one strategy).

- I talked to my partner and tried to work through the problem with him/her
- I sulked and avoided talking to my spouse for awhile
- I gave my spouse the benefit of the doubt and forgot about the issue
- I began to think about ending the relationship
- I did not experience any marital stressors today

How much time (in hours) did you spend with your spouse in the past 24 hours (not counting sleeping)?

Thinking about **the past 24 hours**,
how satisfied were you with...

Not at all
satisfied

Extremely
satisfied

1 2 3 4 5 6 7

- | | |
|--|-----------------|
| ... your sex life? | 0 0 0 0 0 0 0 0 |
| ... the way your spouse contributed to household chores? | 0 0 0 0 0 0 0 0 |
| ... how your spouse supported you? | 0 0 0 0 0 0 0 0 |
| ... the amount of time the two of you spent together? | 0 0 0 0 0 0 0 0 |
| ... the way the two of you resolved disagreements? | 0 0 0 0 0 0 0 0 |
| ... your conversations with your spouse? | 0 0 0 0 0 0 0 0 |
| ... how affectionate your spouse was? | 0 0 0 0 0 0 0 0 |
| ... your spouse's mood? | 0 0 0 0 0 0 0 0 |
| ... how dependable your spouse was? | 0 0 0 0 0 0 0 0 |

Not at all
satisfied

Extremely
satisfied

1 2 3 4 5 6 7

- | | |
|---|------------------------|
| How satisfied were you with your partner today?² | 0 0 0 0 0 0 0 0 |
| How satisfied were you with your relationship
with your partner today? | 0 0 0 0 0 0 0 0 |
| How satisfied were you with your marriage today? | 0 0 0 0 0 0 0 0 |

² These three bolded items comprise the measure of daily marital satisfaction.

Relationship Attributions Measure (RAM)

This questionnaire describes several things that your spouse might do. Imagine your spouse performing each behavior and then read the statements that follow it. Please bubble in the number that indicates how much you agree or disagree with each statement, using the rating scale below:

1	2	3	4	5	6	7
disagree strongly	disagree	disagree somewhat	neutral	agree somewhat	agree	agree strongly

YOUR SPOUSE CRITICIZES SOMETHING YOU SAY: 1 2 3 4 5 6 7

My spouse's behavior was due to something about him/her (e.g., the type of person he/she is, his/her mood)	○ ○ ○ ○ ○ ○ ○ ○
My spouse's behavior was due to something about me (e.g., the type of person I am, the mood I was in)	○ ○ ○ ○ ○ ○ ○ ○
The reason my spouse criticized me is <u>not</u> likely to change	○ ○ ○ ○ ○ ○ ○ ○
The reason my spouse criticized me is something that affects other areas of our marriage	○ ○ ○ ○ ○ ○ ○ ○
My spouse criticized me on purpose rather than unintentionally	○ ○ ○ ○ ○ ○ ○ ○
My spouse's behavior was motivated by selfish rather than <u>un</u> selfish concerns	○ ○ ○ ○ ○ ○ ○ ○
My spouse deserves to be blamed for criticizing me	○ ○ ○ ○ ○ ○ ○ ○

YOUR SPOUSE BEGINS TO SPEND LESS TIME WITH YOU: 1 2 3 4 5 6 7

My spouse's behavior was due to something about him/her (e.g., the type of person he/she is, his/her mood)	○ ○ ○ ○ ○ ○ ○ ○
My spouse's behavior was due to something about me (e.g., the type of person I am, the mood I was in)	○ ○ ○ ○ ○ ○ ○ ○
The reason my spouse is beginning to spend less time with me is <u>not</u> likely to change	○ ○ ○ ○ ○ ○ ○ ○
The reason my spouse is beginning to spend less time with me is something that affects other areas of our marriage	○ ○ ○ ○ ○ ○ ○ ○
My spouse is beginning to spend less time with me on purpose rather than unintentionally	○ ○ ○ ○ ○ ○ ○ ○
My spouse's behavior was motivated by selfish rather than <u>un</u> selfish concerns	○ ○ ○ ○ ○ ○ ○ ○
My spouse deserves to be blamed for beginning to spend less time with me	○ ○ ○ ○ ○ ○ ○ ○

Auxiliary Analyses

Replicating the Buffering Effect of Emotional Capital Using Multilevel Modeling

As noted in Footnote 3, in addition to examining whether emotional capital was associated with reduced reactivity to partner transgressions in a path analysis, we also tested the moderating effect of emotional capital on the daily association between spouses' reports of their partner's negative behaviors and daily marital satisfaction in a multilevel modeling (MLM) framework using procedures outlined in prior work (Feeney & Lemay, 2012; Walsh, Neff, & Gleason, 2017). Specifically, at the within-person level of analysis, we used MLM to model daily marital satisfaction as a function of day in the study (included to control for linear changes in satisfaction across the diary task), same-day negative partner behaviors, same-day emotional capital, and the interaction between daily negative partner behaviors and daily emotional capital. Daily negative behaviors and daily emotional capital were both centered within-persons. The between-person level of analysis included average emotional capital and average negative partner behaviors across all diary days, which were both grand-mean centered. Finally, the interaction between daily negative partner behaviors and average emotional capital, which was the effect of interest, was included as a cross-level interaction.

We included daily emotional capital in the model as prior work has examined the potential moderating effects of daily and average emotional capital simultaneously within the same model. Thus, including this variable allows our work to be more comparable to prior findings. Including average negative partner behaviors in the model adjusts for the fact that some spouses generally report experiencing more negativity from their partner than other spouses, and thus, allows us to fully separate the within and between-person effects of this variable. In line with typical procedures used when analyzing dyadic diary data (Laurenceau & Bolger, 2005), interdependence within couples was accounted for by estimating the effects of wives and

husbands simultaneously and using dummy variables to nest wife and husband data within each couple.

Similar to the results presented in the manuscript, on average spouses exhibited significant reactivity to their partner's daily negative behaviors, such that spouses reported lower marital satisfaction on days with more (vs. fewer) partner transgressions (see Table 6). In line with prior work, the interaction between daily negative partner behaviors and average emotional capital was significant and positive, indicating that the daily association between negative partner behaviors and marital satisfaction was weaker for spouses who reported more compared to less emotional capital on average across the diary task. Additionally, the interaction between daily negative partner behaviors and *daily* emotional capital was also significant and positive for husbands only, indicating that the association between daily negative partner behaviors and daily marital satisfaction was also weaker *on days* when husbands accumulated more emotional capital compared to days when they accumulated less emotional capital.

Taken together, these findings replicate prior research on emotional capital. Specifically, these results suggest that average emotional capital buffered spouses from the harmful consequences their partner's transgressions can have on their marital satisfaction. Spouses who reported accumulating more emotional capital on average across the diary task were less reactive to their partners' daily transgressions compared to spouses with less emotional capital. Additionally, although prior research on the buffering potential of emotional capital accumulated on a given day are mixed (i.e., daily emotional capital was a significant moderator in work by Feeney and Lemay (2012), while Walsh and colleagues (2017) did not replicate such a buffering effect), these results also suggest that day-to-day positive experiences can also protect husbands from the harmful consequences their partner's negative behaviors can have on their marital satisfaction that same day.

Examining the Indirect Effects of Emotional Capital on Reactivity Without Adjusting for Average Daily Marital Satisfaction

In this second set of auxiliary analyses, we tested the proposed model outlined in Figure 1 when excluding average marital satisfaction from the model. Spouses' average marital satisfaction was included in the proposed model to adjust for the associations between it and emotional capital, reactivity, relationship attributions, and forgiveness; however, these auxiliary analyses were conducted to ensure that general marital satisfaction did not bias the results presented in the manuscript. Again, in this model, spouses' reactivity coefficient was regressed on emotional capital, relationship attributions, and forgiveness. Relationship attributions and forgiveness were also regressed on emotional capital, and the indirect effects of emotional capital on reactivity were tested. We used multiple group modeling using the GROUPING function and a dummy coded categorical spouse variable (0 = wife; 1 = husband) to independently estimate the effects for wives and husbands, we used the CLUSTER function to account for the dependency in the data (i.e., spouses nested within couple). Results for a model in which the paths of interest were constrained to be equal across wives and husbands showed overall acceptable model fit ($\chi^2(7) = 11.99, p = .10$; Comparative Fit Index [CFI] = .92; root mean square error of approximation; [RMSEA] = .09, 95% CI [0.00, 0.18]) and was not a significantly worse fitting model than the unconstrained model ($\chi^2(1) = 0.51, p = .48$).

Overall, the results of this path analysis were nearly identical to those reported in the manuscript (see Table 7 below). Emotional capital was significantly, negatively associated with reactivity to partner transgressions. Consistent with predictions, emotional capital was also significantly, negatively associated with relationship attributions and significantly, positively associated with forgiveness, such that spouses who accumulated more emotional capital across the diary days were indeed less likely to make stable and blaming attributions for their partner's

negative behaviors and were more likely to forgive partners for their transgressions. Again, forgiveness was significantly associated with reactivity, such that partners who were more forgiving were also less reactive to their partner's negative behaviors; however, relationship attributions were not significantly associated with reactivity, and the indirect effect of emotional capital on reactivity through relationship attributions was nonsignificant. The indirect effect of emotional capital on reactivity through forgiveness was significant (see Table 8) suggesting that spouses who accumulated more emotional capital, were more likely to forgive their partners for their transgressions, and that forgiveness, in turn, partially account for the association between emotional capital and reactivity to partner's transgression. Additionally, in line with the findings presented in the manuscript the *total* indirect effect through relationship attributions *and* forgiveness was also significant, indicating that *together* relationship attributions and forgiveness also partially account for the association between emotional capital and reactivity.

Table 6

The Moderating Effects of Daily Emotional Capital and Average Emotional Capital on the Association Between Daily Negative Partner Behaviors and Daily Relationship Satisfaction (i.e., Reactivity)

	<u>Wives</u>					<u>Husbands</u>				
	<i>b</i>	<i>SE</i>	<i>P</i>	95% CI		<i>b</i>	<i>SE</i>	<i>p</i>	95% CI	
				LL	UL				LL	UL
Intercept	6.18	0.07	<.001	6.04	6.33	6.18	0.08	<.001	6.03	6.33
Day	-0.01	0.01	.34	-0.03	0.01	0.001	0.01	.90	-0.02	0.02
Daily Negative Partner Behaviors	-0.20	0.01	<.001	-0.22	-0.18	-0.12	0.01	<.001	-0.14	-0.09
Average Negative Partner Behaviors	-0.22	0.04	<.001	-0.31	-0.14	-0.24	0.04	<.001	-0.33	-0.15
Daily Emotional Capital	0.12	0.01	<.001	0.09	0.14	0.09	0.01	<.001	0.07	0.12
Average Emotional Capital	0.16	0.03	<.001	0.11	0.22	0.13	0.03	<.001	0.07	0.19
Daily Negative Partner Behaviors x Daily Emotional Capital	0.001	0.01	.81	-0.01	0.01	0.02	0.01	<.001	0.01	0.03
Daily Negative Partner Behaviors x Average Emotional Capital	0.03	0.01	<.001	0.02	0.04	0.02	0.01	.002	0.01	0.03

Note. *DF* ranged from 81 – 720.

Table 7

Tests of Direct Effects for Proposed Path Model Excluding General Marital Satisfaction.

Path	Mplus Estimate of Direct Effects						
	<i>b</i>	Wife β	Hus β	<i>SE</i>	<i>p</i>	95% CI	
						LL	UL
Emotional Capital → Reactivity	-0.05	-0.25	-0.27	0.02	.003	-0.09	-0.02
Emotional Capital → Relationship Attributions	-2.20	-0.24	-0.29	0.67	.001	-3.51	-0.89
Emotional Capital → Forgiveness	1.05	0.22	0.30	0.37	.005	0.31	1.78
Relationship Attributions → Reactivity	0.003	0.13	0.11	0.002	.103	-0.001	0.01
Forgiveness → Reactivity	-0.01	-0.30	-0.24	0.004	.002	-0.02	-0.01

Note: Standard error (*SE*), *p*-value, and confidence intervals (CI) are reported from the unstandardized (*b*) results. Although all paths were constrained to be equal across wives and husbands, the standardized beta coefficients (β) are slightly different due to within group standardization in Mplus.

Table 8

Tests of Indirect Effects for Proposed Path Model Excluding General Marital Satisfaction.

Path	Mplus Estimate of Indirect Effects						
	<i>b</i>	Wife β	Hus β	<i>SE</i>	<i>p</i>	95% CI	
						LL	UL
Emotional Capital → Reactivity (Total Indirect)	-0.02	-0.10	-0.10	0.01	.01	-0.04	-0.004
Emotional Capital → Relationship Attributions → Reactivity	-0.01	-0.03	-0.03	0.004	.10	-0.01	0.001
Emotional Capital → Forgiveness → Reactivity	-0.01	-0.07	-0.07	0.01	.05	-0.03	0.000

Note: Standard error (*SE*), *p*-value, and confidence intervals (CI) are reported from the unstandardized (*b*) results. All paths were constrained to be equal across wives and husbands.