Supplementary Online Materials for

**The Effect of Mindfulness on Relationship Satisfaction via Perceived Responsiveness: Findings from a Dyadic Study of Heterosexual Romantic Partners**

**Participant Eligibility Criteria**

Additional eligibility criteria for enrollment in the study were related to other aims. To respond to daily online questionnaires, prospective participants needed to have daily access to the internet. For hypotheses regarding biology, participants must not have not been recently diagnosed with anxiety or depression, nor could they be taking steroid medication; women were pre-menopausal, not currently pregnant or nursing, not pregnant in the prior six months, and had not had an oophorectomy.

**Procedure**

The two manipulations were completely unrelated to the current aims, and involved the quality and frequency of expressing gratitude to the partner. The first manipulation was about quality; this happened during the second lab session attended by the couples, and the first report on its effectiveness – in the short-term – was published in Algoe et al (2016). One member of each couple expressed gratitude to the other, but was randomly assigned to hear instructions designed to increase the quality of the conversation (coded as 1 in the current dataset) or that were not expected to increase the quality (coded as 0 in the current dataset). The second manipulation occurred just before the couple left the lab. The person who had been randomly assigned to express gratitude to the partner was subsequently randomly assigned to receive a suggestion to increase the frequency with which s/he expressed to the partner over the subsequent 3 weeks (coded as 1 in the current dataset) or did not receive this encouragement (coded as 0 in the current dataset). Questions about the long-term effects of the quality and frequency manipulation are to be tested and reported in a different manuscript. We included the mindfulness questionnaire at the final lab session with the express purpose of testing the hypotheses presented in the present manuscript.

**Effect of Model Covariates**

We included these two manipulations, the order of the speaker, and the observational codes of responsiveness into our models as control variables for our mediator (PPR) and our outcome (relationship satisfaction) variables across all five models (i.e., four variables, each occurring four times – i.e., predicting PPR male, PPR female, relationship satisfaction male, relationship satisfaction female – in each of five models, for a total of 80 instances). Speaker order did not predict PPR or relationship satisfaction in any of the five models. The quality manipulation did significantly predict male PR across all models. The frequency manipulation predicted male relationship satisfaction in four of the five models (*Non-judgment* was the exception). Finally, women who had higher levels of behaviorally coded responsiveness were significantly more likely to report higher levels of perceived responsiveness in their male partners for all five models and were perceived by male partners as significantly higher in responsiveness in four out of five of our models (*Non-reactivity* was the exception).

**Observationally Coded Responsiveness**

Mindful individuals might also be perceived as more responsive simply because they may actually enact more responsive behaviors. Mindfulness theory suggests that greater present-moment attention should help individuals identify opportunities to be responsive by facilitating greater awareness of partners' emotions and needs (Kozlowiski, 2013; Hodgins & Adair, 2010; Wittmann, Peter, Otten, Kohls, & Meissner, 2014). It is also possible that the responsive behaviors enacted by those higher in mindfulness are done so in more non-judgmental and accepting ways, thereby boosting their effectiveness (Atkinson, 2013). Partners of mindful individuals would therefore be more likely to perceive more frequent and attuned responsive behaviors from the mindful individual, which should theoretically lead to greater relationship satisfaction in the perceiver. Indeed, other research has found partners of individuals who have undergone Mindfulness-based training notice positive behavioral changes in them (Gillespie, Davey, & Flemke, 2015). Thus, we conducted exploratory analyses examining the role of enacting responsive behaviors a mediator between mindfulness facets and relationship satisfaction.

**Results**

Table 1 shows the results of models that use the behavioral coding of responsiveness variable, instead of partners' perceptions of responsiveness. These models are identical to the models examined in the full paper, which are exemplified by Figure 2; however, these models use the coding data in the place of the partner's perception of responsiveness variable, and we do not include the PPR variables as covariates. Additionally, robust maximum likelihood estimation (MLR estimator in Mplus) is used as the diagonally-weighted least squares estimator is not available when all variables are continuous and normally-distributed (the behavioral coding variables did not exhibited ceiling effects). Details on the behavioral coding scheme employed can be found in the Measures section of the main paper. All indirect effects in these models have confidence intervals that contain zero. Consistent with prior literature (e.g., Maisel & Gable, 2009) behavioral indicators of responsiveness do not appear to explain the links previously found between mindfulness and relationship satisfaction in the literature.

Table 2 shows interaction analyses for partners' mindfulness, their perceptions of responsiveness and coders' ratings of responsiveness. Specifically, these analyses examined whether the link between participants' mindfulness and their perception of their partner's responsiveness depended on the partners’ actual (i.e. coded) levels of responsiveness. We found that coder's ratings did not moderate the link between mindfulness and perceived partner responsiveness, regardless of facet.

Table 3 includes the unstandardized parameter estimates from the models discussed in the main paper: PPR mediating facets of mindfulness and relationship satisfaction.