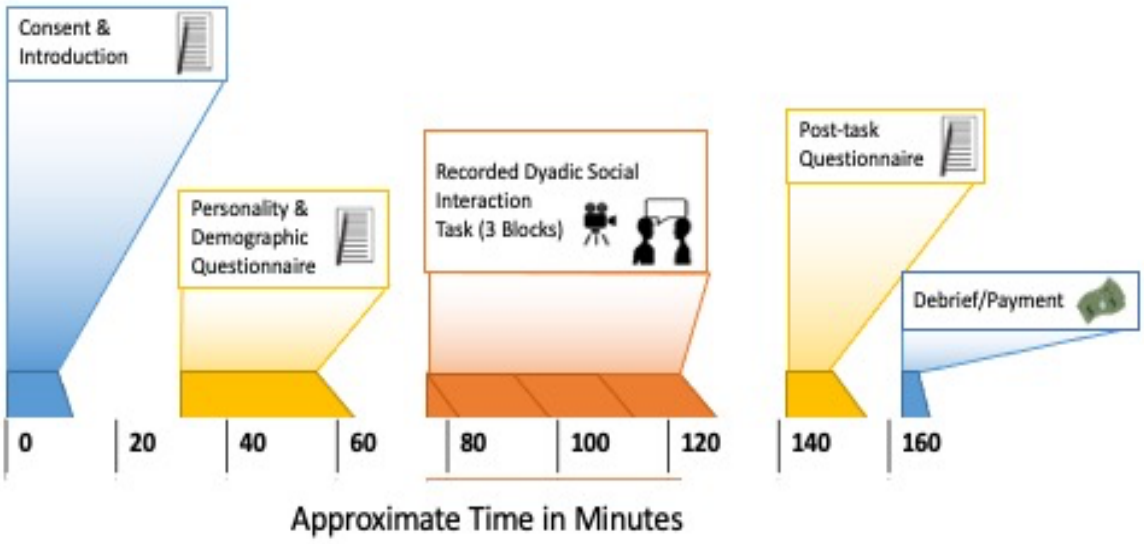
Figure S1

Study procedure and timeline



Additional Results

Covariance Parameters

We allowed the model intercept and the slope for time to vary from dyad to dyad (i.e., we included a random intercept and slope for time). We also modeled all between-person (within-dyad) and within-person covariances in the random intercept and slope, and we applied a first-order autoregressive structure to behaviors over time (meaning that the within-person residuals at adjacent time points were correlated; Bolger & Laurenceau, 2013; Bolger & Shrout, 2007). These covariance parameters are reported in Tables S1 and S2 below.

Table S1. Covariance parameters for primary self-disclosure model.

Covariance parameters	Estimate	*SE*	*z*	*p*
Variance of intercept	0.22	0.11	2.06	.04
Variance of time slope	0.01	0.02	0.25	.81
Within-person covariance of intercept and time slope	-0.02	0.03	-0.72	.47
Between-person covariance of intercepts	0.16	0.05	3.30	< .001
Between-person covariance of time slopes	0.02	0.01	2.82	< .001
Between-person covariance of one partner's intercept and the other partner's slope	-0.01	0.02	-0.97	.33
Within-person autocorrelation of adjacent-time-point residuals	0.37	0.37	1.01	.31
Residual variance	0.12	0.09	1.35	.09

Table S2. Covariance parameters for primary responsiveness model.

Covariance parameters	Estimate	*SE*	*z*	*p*
Variance of intercept	0.34	0.07	5.03	<.001
Variance of time slope	0.04	0.02	1.54	.12
Within-person covariance of intercept and time slope	-0.05	0.03	-1.91	.06
Between-person covariance of intercepts	0.23	0.06	4.10	<.001
Between-person covariance of time slopes	0.03	0.01	3.66	<.001
Between-person covariance of one partner's intercept and the other partner's slope	-0.04	0.02	-2.14	.03
Within-person autocorrelation of adjacent-time-point residuals	-0.27	0.61	-0.45	.66
Residual variance	0.04	0.03	1.47	.07

Sensitivity Analyses

We conducted five sets of sensitivity analyses (Thabane et al., 2013) for each outcome variable: 1) we centered time at different points (the second and third out of three intervals) to examine whether there were any changes in the main effects of the five mindfulness facets; 2) we tested whether there were any quadratic effects of time; 3), we tested whether the influence of actor mindfulness was dependent on partner mindfulness and vice versa (i.e., we tested for actor-partner mindfulness interactions); 4) we tested whether there were any interactions between mindfulness facets and self-disclosure condition; and 5) we examined actor and partner effects of each facet in separate models to address whether collinearity between aspects was influencing model results and interpretation.

Self-disclosure. First, we centered time at different points (the second and third out of three intervals). We did this because, in our primary models, we centered time at the first interval (i.e., the first time interval was coded as 0), which means that any main effects of the mindfulness facets refer to main effects that occur in the first time interval. Although the significant main effects that we found (of actor and partner observing) did not vary significantly across time, it could still be the case that a mindfulness facet crosses the threshold of statistical significance at one time point and not another, but the mindfulness by time interaction is not significant.

When centering the fixed effect of time at the second time interval, the main effects of actor observing and partner observing were still significant, *p*s < 003. In contrast to what we found for the first time interval, actor description was a significant, positive predictor of self-disclosure, p = .045, R^2_β = .04). No other main effects of actor or partner mindfulness facets

were significant, *p-values* > .12. When centering the fixed effect of time at the third time interval, the main effects of actor observing and partner observing were still significant, *p*s < 003. In contrast to what we found for the first time interval, actor describing was a significant, positive predictor of self-disclosure, *p* = .024, R^2_β = .06). No other main effects of actor or partner mindfulness facets were significant, *p*s > .14.

In a second sensitivity analysis, we included a quadratic effect of time in the model, as well as interactions with all mindfulness facets and the quadratic effect of time. We did not find any interactions between mindfulness facets and the quadratic time term, *p-values* > .18. The main effects of actor observing and partner observing remained significant, *p-values* < .017. The interaction between partner describing and time was not significant, *p* = .38. No other effects were significant.

In a third sensitivity analysis, we tested whether the association between actor mindfulness (for each of the facets) and self-disclosure was dependent on partner mindfulness (for each of the facets) and vice versa—that is, we tested for actor-partner mindfulness interactions. We found no two-way interactions between actor and partner mindfulness (for any of the facets), nor did we find any three-way interactions between actor mindfulness, partner mindfulness, and time. What this means is that the one partner's mindfulness was not associated with self-disclosure in a way that was dependent on the other person's mindfulness. The main effects of actor observing and partner observing remained significant, as did the interaction between partner description and time, *p-values* < .045.

In a fourth sensitivity analysis, we included interactions between self-disclosure condition and each mindfulness facet. We found one interaction with self-disclosure condition.

The relationship between actor nonreactivity and self-disclosure was different as a function of condition, p = .012. Actor nonreactivity was a significant, positive predictor of self-disclosure in the low self-disclosure condition, p = .048 but was not a significant predictor of self-disclosure in the high self-disclosure condition, p = .10. The main effects of actor observing and partner observing remained significant, *p-values* < .016, as did the interaction between partner description and time, p = .012. No other effects involving actor or partner mindfulness were significant.

In a fifth set of sensitivity analyses, we ran separate models examining the actor and partner effects of each facet at a time to address whether collinearity between the different mindfulness facets were influencing model results and interpretation. In these analyses, the main effects of actor observing, partner observing, and the interaction between partner describing and time remained significant, *p-values* < .040. No other effects of mindfulness were significant.

Influence of mindfulness on responsiveness. First, we centered time at different points (the second and third out of three intervals). We did this because, in our primary models, we centered time at the first interval (i.e., the first time interval was coded as 0), which means that any main effects of the mindfulness facets refer to main effects that occur in the first time interval. Although the significant main effects that we found (of actor and partner observing) did not vary significantly across time, it could still be the case that a mindfulness facet crosses the threshold of statistical significance at one time point and not another, but the mindfulness by time interaction is not significant.

When centering the fixed effect of time at the second time interval, the main effects of actor observing and partner observingwere still significant, *p-values* < .030. No other main effects of actor or partner mindfulness facets were significant, *p-values* > .22. When centering the fixed effect of time at the third time interval, the main effects of actor observing and partner observing were no longer significant, *p-values* < .066, though the effect sizes were not that dissimilar from those reported in the main text, R^2_β > .04. In contrast to what we found for the first time interval, actor describing was a significant, positive predictor of responsiveness, *p* = .017. No other main effects of actor or partner mindfulness facets were significant, *p-values* > .13.

In a second sensitivity analysis, we included a quadratic effect of time in the model, as well as interactions with all mindfulness facets and the quadratic effect of time. We found no interactions between any of the mindfulness facets and the quadratic time term, *p-values* > .12. The main effects of actor observing and partner observing, as well as the interaction between partner description and time, remained significant, *p-values* < .038. No other effects were significant.

In a third sensitivity analysis, we tested whether the association between actor mindfulness (for each of the facets) and responsiveness was dependent on partner mindfulness (for each of the facets) and vice versa—that is, we tested for actor-partner mindfulness interactions. We found no two-way interactions between actor and partner mindfulness (for any of the facets), nor did we find any three-way interactions between actor mindfulness, partner mindfulness, and time. What this means is that the one partner's mindfulness was not associated with responsiveness in a way that was dependent on the other person's

mindfulness. The main effects of actor observing and partner observing remained significant, as did the interaction between partner describing and time, *p*s < .05.

In a fourth sensitivity analysis, we included interactions between self-disclosure condition and each mindfulness facet. We found two interactions with self-disclosure condition. The relationship between partner awareness and responsiveness was different as a function of condition, $p = .025$. Partner awareness did not significantly predict responsiveness in the low self-disclosure condition, $p = .29$, but it did positively predict responsiveness in the high self-disclosure condition, $p = .035$. There was also a significant interaction between actor nonreactivity and condition, $p = .04$, and this two-way interaction varied across time, $p = .013$; however, the interaction between actor nonreactivity and time was not statistically significant in either self-disclosure condition, *p-values* > .05. The main effects of actor and partner observing, as well as the interaction between partner description and time, remained significant, *p-values* < .037. No other effects of mindfulness were significant.

In a fifth set of sensitivity analyses, we ran separate models examining the actor and partner effects of each facet at a time to address whether collinearity between the different mindfulness facets were influencing model results and interpretation. In these analyses, the main effects of actor and partner observing, as well as the interaction between partner describing and time remained significant, *p-values* < .041. No other effects of mindfulness were significant.

Self-Reported Self-Disclosure and Responsiveness as Outcomes

We examined whether any of the mindfulness facets had any associations with reports of self-disclosure or perceived partner responsiveness. We measured these variables after participants' interactions with each other. Self-disclosure was measured as the average of the extent to which people reported that they disclosed 1) facts and information about themselves, 2) thoughts, and 3) feelings to their partners (α = .87). Perceived partner responsiveness was measured as the extent to which people reported that they felt understood, 2) validated, and 3) cared for by their partner (α = .85). In two separate models, we predicted self-reported self-disclosure (Model 1) and perceived partner responsiveness (Model 2) from actor and partner versions of all five mindfulness facets. We also adjusted for the role of self-disclosure condition. We estimated a covariance between dyad members' reports as well as a residual variance.

Self-Disclosure. We found a significant effect of self-disclosure condition on reported self-disclosure, $F(1, 63.2) = 14.45$, $p < .001$: people in the high self-disclosure condition reported more self-disclosure ($M = 4.00$; $SD = 0.89$) than those in the low self-disclosure condition ($M = 3.47$; $SD = 0.91$). There were no significant associations between actor or partner observing and reported self-disclosure, *p-values* > .12; no significant associations between actor or partner describing and reported self-disclosure, *p-values* > .13; no significant associations between actor or partner awareness and reported self-disclosure, *p-values* > .38; no significant associations between actor or partner nonjudging and reported self-disclosure, *p-values* > .07; and no significant associations between actor or partner nonreactivity and reported self-disclosure, *p-values* > .57.

Perceived partner responsiveness. We found a significant effect of self-disclosure condition on perceived partner responsiveness, $F(1, 62.4) = 5.94$, $p = .017$: people in the high self-disclosure condition reported that their partners were more responsive ($M = 3.91$; $SD = 0.94$) than those in the low self-disclosure condition ($M = 3.45$; $SD = 0.91$). We observed significant associations between both actor and partner observing and self-reported responsiveness. The more observing reported, the more they perceived their partners as responsive, $b = 0.05$, $SE = 0.01$, $t(115.3) = 3.36$, $p = .001$. The more observing people's partners reported, they more they perceived their partners as responsive, $b = 0.03$, $SE = 0.01$, $t(115.2) = 3.38$, $p = .031$, 95% CI: 0.001 to 0.019. There were no significant associations between actor or partner describing and self-reported responsiveness, *p-values* > .76; no significant effects of associations between actor or partner awareness and self-reported responsiveness, *p-values* > .61; no significant associations between actor or partner nonjudging and self-reported responsiveness, *p-values* > .27; and no significant associations between actor or partner nonreactivity and self-reported responsiveness, *p-values* > .71.