Supplementary Materials

Self-Disclosure, Social Anxiety, and Cortisol

We specified the following random effects: (a) variance in the intercept, (b) variance in the slope for time, (c) within-person covariance between the intercept and the slope for time, (d) between-person covariance in the intercept, (e) between-person covariance in the slope for time, and (f) between-person covariance between one partner's intercept and the other partner's slope for time. We also modeled the covariance between dyad members' cortisol at the same timepoint. The random effects results from Table 2, Model 3 of the main text are listed in Table S1.

Table S1. *Random effects estimates from Table 2, Model 3 of the cortisol analysis.*

Random effects ([co-]variances)	*Estimate*	*SE*	*Z*	*p*
Variance of the intercept	0.34	0.05	7.39	< .001
Variance of the slope for time	0.02	0.003	4.85	< .001
Within-person covariance between the intercept and the slope for time	-0.02	0.01	-2.61	.01
Between-person covariance in the intercept	-0.01	0.05	-0.27	.79
Between-person covariance in the slope for time	0.01	0.003	1.96	.05
Between-person covariance between one partner's intercept and the other partner's slope for time	0.0004	0.01	0.05	.96
Residual variance	0.04	0.01	7.42	< .001
Common covariance	0.002	0.004	0.58	.56

Given concerns that all four saliva samples might not follow a linear trajectory (particularly for the fourth and final sample), we conducted cortisol analyses without the fourth and final sample to examine whether the effects were altered by removing this sample (see Table S2). Consistent with the results reported in the main text, we found significant main effects of

time and condition. The time $\times$ condition $\times$ actor SA interaction reported in Table 2, Model 3 of the main text was no longer significant ($p = .15$), but it was in the same direction as in Model 3.

Table S2. *Cortisol as a function of time, self-disclosure condition, actor social anxiety, and partner social anxiety.*

Model 1	b	SE	t	df	p
Time	-0.16	0.02	-9.10	57.9	< .001
Condition	0.14	0.05	2.84	66.1	.01
Actor SA	0.002	0.003	0.54	135	.59
Partner SA	0.002	0.003	0.47	135	.64
Model 2	b	SE	t	df	p
Time	-0.17	0.02	-9.04	55.7	< .001
Condition	0.13	0.05	2.51	64.7	.01
Actor SA	0.001	0.004	0.15	130	.88
Partner SA	0.001	0.004	0.23	130	.82
Time $\times$ Condition	0.01	0.02	0.58	55.4	.57
Time $\times$ Actor SA	0.002	0.001	1.21	116	.23
Time $\times$ Partner SA	0.001	0.001	0.79	114	.43
Condition $\times$ Actor SA	0.001	0.003	0.24	132	.81
Condition $\times$ Partner SA	-0.001	0.003	-0.17	132	.87
Model 3	b	SE	t	df	p
Time	-0.17	0.02	-8.88	54.4	< .001
Condition	0.13	0.05	2.52	64.7	.01
Actor SA	0.00004	0.004	0.01	129	.99
Partner SA	0.001	0.004	0.36	129	.72
Time $\times$ Condition	0.01	0.02	0.56	54.4	.58
Time $\times$ Actor SA	0.002	0.001	1.22	113	.23
Time $\times$ Partner SA	0.001	0.001	0.80	112	.43
Condition $\times$ Actor SA	-0.002	0.004	-0.47	129	.64
Condition $\times$ Partner SA	0.002	0.004	0.51	129	.61
Time $\times$ Condition $\times$ Actor SA	0.002	0.001	1.50	113	.14
Time $\times$ Condition $\times$ Partner SA	-0.002	0.001	-1.45	112	.15

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom.

Analyses Adjusting for Attachment Anxiety

Given recently published work involving attachment anxiety using this same dataset (citation masked), we conducted all analyses controlling for actor attachment anxiety. We present the fixed effects results from both the cortisol and closeness analyses in Tables S3 and S4.

Self-disclosure, social anxiety, and cortisol. As shown in Table S3, when adjusting for attachment anxiety, the following effects were consistent with the results reported in the main text: (a) the time × condition × actor social anxiety interaction was significant ($p = .007$; see Table 2, Model 3 of the main text), (b) there were no significant main effects or interactions involving partner social anxiety ($ps > .31$; see Table 2, Model 3 of the main text), and (c) in all models, there were significant negative effects of time ($ps < .001$). None of the cortisol results presented in Table S3 were inconsistent with the results reported in the main text.

Table S3. *Cortisol as a function of time, self-disclosure condition, actor social anxiety, and partner social anxiety, controlling for actor attachment anxiety.*

Model 1	*b*	*SE*	*t*	*df*	*p*	95% CI
Actor Attachment Anxiety	-0.02	0.01	-1.80	127	.07	-0.05, 0.002
Time	-0.14	0.01	-9.35	67.6	< .001	-0.17, -0.11
Condition	0.13	0.05	2.78	65.1	.01	0.04, 0.22
Actor SA	0.01	0.003	1.33	133	.19	-0.003, 0.01
Partner SA	0.002	0.003	0.62	132	.54	-0.005, 0.01
Model 2	*b*	*SE*	*t*	*df*	*p*	95% CI
Actor Attachment Anxiety	-0.02	0.01	-1.70	124	.09	-0.05, 0.004
Time	-0.14	0.02	-9.23	65.7	< .001	-0.17, -0.11
Condition	0.13	0.05	2.49	64	.015	0.02, 0.23
Actor SA	0.005	0.004	1.12	140	.27	-0.003, 0.01
Partner SA	0.001	0.004	0.39	128	.69	-0.01, 0.01
Time × Condition	0.003	0.02	0.20	65.3	.84	-0.03, 0.03

Time × Actor SA	0.0004	0.001	0.45	130	.65	-0.001, 0.002
Time × Partner SA	0.0003	0.001	0.35	129	.73	-0.002, 0.002
Condition × Actor SA	0.002	0.003	0.60	130	.55	-0.005, 0.01
Condition × Partner SA	-0.001	0.003	-0.23	129	.82	-0.01, 0.01
Model 3	b	SE	t	df	p	95% CI
Actor Attachment Anxiety	-0.02	0.01	-1.70	124	.09	-0.04, 0.004
Time	-0.14	0.02	-9.00	64.3	< .001	-0.17, -0.11
Condition	0.13	0.05	2.52	64	.014	0.03, 0.23
Actor SA	0.004	0.004	0.93	139	.35	-0.005, 0.01
Partner SA	0.002	0.004	0.57	128	.57	-0.01, 0.01
Time × Condition	0.003	0.02	0.18	64.3	.86	-0.03, 0.03
Time × Actor SA	0.001	0.001	0.91	127	.36	-0.001, 0.003
Time × Partner SA	0.00003	0.001	0.03	125	.98	-0.002, 0.002
Condition × Actor SA	-0.003	0.004	-0.72	129	.47	-0.01, 0.005
Condition × Partner SA	0.002	0.004	0.52	127	.60	-0.005, 0.01
Time × Condition × Actor SA	0.003	0.001	2.75	127	.007	0.001, 0.004
Time × Condition × Partner SA	-0.001	0.001	-1.01	125	.32	-0.003, 0.001

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom; CI = confidence interval.

Self-disclosure, social anxiety, and closeness. As shown in Table S4, when adjusting for attachment anxiety, the following effects were consistent with the results reported in the main text: (a) the main effects of condition and partner social anxiety significantly predicted closeness (see Table 3, Model 1 of the main text), (b) neither actor social anxiety nor partner social anxiety interacted with condition to predict closeness ($ps > .15$; see Table 3, Model 2 of the main text), (c) there was a significant actor social anxiety × partner social anxiety interaction ($p = .004$; see Table 3, Model 2 of the main text), and (d) there was no three-way interaction among condition × actor social anxiety × partner social anxiety ($p = .99$; see Table 3, Model 3 of the main text). The following result was inconsistent with the results reported in the main text: actor social anxiety no longer significantly predicted closeness ($p = .42$; see Table S4, Model 1).

Table S4. *Closeness as a function of self-disclosure condition, actor social anxiety, and partner social anxiety, adjusting for actor attachment anxiety.*

Model 1	b	SE	t	df	p	95% CI
Actor Attachment Anxiety	-0.054	0.03	-2.19	269.33	.029	-0.10, -0.01
Condition	0.58	0.10	6.10	132.16	< .001	0.39, 0.77
Actor SA	-0.01	0.01	-0.81	271	.42	-0.02, 0.01
Partner SA	-0.01	0.01	-2.08	270.70	.039	-0.03, -0.001
Model 2	**b**	**SE**	**t**	**df**	**p**	**95% CI**
Actor Attachment Anxiety	-0.06	0.02	-2.33	260.91	.02	-0.11, -0.10
Condition	0.56	0.10	5.93	127.33	< .001	0.37, 0.74
Actor SA	-0.01	0.01	-1.16	264.94	.25	-0.02, 0.01
Partner SA	-0.02	0.01	-2.79	264.83	.01	-0.03, -0.01
Condition × Actor SA	0.001	0.01	0.21	264.69	.83	-0.01, 0.01
Condition × Partner SA	-0.01	0.01	-1.45	264.64	.15	-0.02, 0.003
Actor SA × Partner SA	0.001	0.0005	2.91	127.04	.004	0.0004, 0.002
Model 3	**b**	**SE**	**t**	**df**	**p**	**95% CI**
Actor Attachment Anxiety	-0.06	0.02	-2.32	258.67	.021	-0.11, -0.01
Condition	0.56	0.10	5.86	125.27	< .001	0.37, 0.74
Actor SA	-0.01	0.01	-1.15	262.73	.25	-0.02, 0.01
Partner SA	-0.02	0.01	-2.77	263.00	.006	-0.03, -0.01
Condition × Actor SA	0.001	0.01	0.21	263.00	.83	-0.01, 0.01
Condition × Partner SA	-0.01	0.01	-1.43	263.00	.15	-0.02, 0.004
Actor SA × Partner SA	0.001	0.0005	2.68	125.12	.01	0.0003, 0.002
Condition × Actor SA × Partner SA	-0.000004	0.0005	0.01	125.19	.99	-0.001, 0.001

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom; CI = confidence interval. We also included a main effect representing the type of closeness measured (felt vs. desired) and interactions between type and each other effect in the models. There were no main effects of the type of closeness measured, nor any interactions between type and any other effects.

Analyses Exploring Gender Effects

As noted in the main text, we conducted all of our analyses examining interactions with

gender. We present the main effects of gender and interactions with gender from both the cortisol

and closeness analyses in Tables S5 and S6. Gender was effect-coded (females as -1 and males as 1).

Self-disclosure, social anxiety, and cortisol. As shown in Table S5, we found no main effects of gender or interactions with gender in the analyses predicting cortisol.

Table S5.*Main effects of gender and interactions with gender from models predicting cortisol as a function of time, self-disclosure condition, actor social anxiety, and partner social anxiety.*

Model 1	b	SE	t	df	p	95% CI
Gender	0.12	0.10	1.68	63.6	.10	-0.02, 0.25
Gender × Time	-0.01	0.02	-0.28	66.4	.78	-0.04, 0.03
Gender × Condition	-0.05	0.10	-0.79	62.4	.43	-0.18, 0.08
Gender × Actor SA	0.002	0.01	0.35	93.8	.73	-0.01, 0.01
Gender × Partner SA	0.01	0.01	1.05	93.5	.30	-0.01, 0.02
Model 2	b	SE	t	df	p	95% CI
Gender	0.11	0.07	1.51	60.1	.14	-0.03, 0.25
Gender × Time	0.001	0.02	0.04	61.5	.97	-0.04, 0.04
Gender × Condition	-0.06	0.07	-0.88	60.7	.38	-0.20, 0.08
Gender × Actor SA	0.005	0.01	0.56	87.8	.58	-0.01, 0.02
Gender × Partner SA	0.01	0.01	0.97	84.9	.34	-0.01, 0.02
Gender × Time × Condition	0.02	0.02	0.90	63.5	.37	-0.02, 0.06
Gender × Time × Actor SA	0.001	0.002	0.41	85.3	.68	-0.003, 0.004
Gender × Time × Partner SA	0.001	0.002	0.57	80.5	.57	-0.003, 0.005
Gender × Condition × Actor SA	0.01	0.01	0.95	77.4	.34	-0.01, 0.02
Gender × Condition × Partner SA	0.001	0.01	0.18	77	.86	-0.01, 0.02
Model 3	b	SE	t	df	p	95% CI
Gender	0.11	0.07	1.61	60	.11	-0.03, 0.25
Gender × Time	-0.004	0.02	-0.18	60	.86	-0.05, 0.04
Gender × Condition	-0.06	0.07	-0.85	60	.40	-0.20, 0.08
Gender × Actor SA	0.004	0.01	0.43	83	.67	-0.01, 0.02
Gender × Partner SA	0.01	0.01	0.86	79.4	.39	-0.01, 0.02
Gender × Time × Condition	0.02	0.02	0.79	60	.43	-0.03, 0.06

	b	SE	t	df	p	95% CI
Gender × Time × Actor SA	0.001	0.003	0.55	83.5	.58	-0.004, 0.01
Gender × Time × Partner SA	0.001	0.002	0.59	72.5	.56	-0.003, 0.01
Gender × Condition × Actor SA	0.01	0.01	0.67	83	.51	-0.01, 0.02
Gender × Condition × Partner SA	0.003	0.01	0.35	79.4	.73	-0.01, 0.02
Gender × Time × Condition × Actor SA	0.001	0.003	0.29	83.5	.77	-0.004, 0.01
Gender × Time × Condition × Partner SA	-0.001	0.002	-0.36	72.5	.72	-0.01, 0.004

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom; CI = confidence interval.

Self-disclosure, social anxiety and closeness. As shown in Table S6, we found one main effect of gender on closeness in Model 1: Women reported more closeness than men. We also found one interaction with gender in Model 1: gender and actor social anxiety interacted to predict closeness. Follow-up analyses indicated that greater social anxiety was significantly associated with less closeness for men (b = -0.07, SE = 0.02, $t(169.47)$ = -3.06, p = .003) but not for women (b = -0.01, SE = 0.01, $t(259.55)$ = -1.38, p = .17).

Table S6. *Main effects of gender and interactions with gender from models predicting closeness as a function of self-disclosure condition, actor social anxiety, and partner social anxiety.*

Model 1	b	SE	t	df	p	95% CI
Gender	-0.29	0.13	-2.20	128	.029	-0.55, -0.03
Gender × Condition	-0.03	0.13	-0.24	128	.81	-0.29, 0.22
Gender × Actor SA	-0.03	0.01	-2.48	183.47	.014	-0.05, -0.01
Gender × Partner SA	-0.02	0.01	-1.60	183.47	.111	-0.04, 0.004
Model 2	**b**	**SE**	**t**	**df**	**p**	**95% CI**
Gender	-0.13	0.18	-0.76	120	.45	-0.48, 0.21
Gender × Condition	-0.01	0.13	-0.11	120	0.91	-0.28, 0.25
Gender × Actor SA	-0.02	0.02	-1.18	147.96	0.24	-0.05, 0.01
Gender × Partner SA	-.01	0.02	-0.46	147.96	0.64	-0.04, 0.02
Gender × Condition × Actor SA	0.01	0.02	0.50	145.66	0.62	-0.03, 0.04

	b	SE	t	df	p	95% CI
Gender × Condition × Partner SA	0.01	0.02	0.38	145.66	0.71	-0.03, 0.04
Gender × Actor SA × Partner SA	0.0005	0.001	0.59	120	0.56	-0.001, 0.002
Model 3	*b*	*SE*	*t*	*df*	*p*	95% CI
Gender	-0.12	0.18	-0.65	116	.52	-0.47, 0.24
Gender × Condition	-0.10	0.18	-0.58	116	.56	-0.45, 0.25
Gender × Actor SA	-0.01	0.02	-0.85	139.75	.40	-0.05, 0.02
Gender × Partner SA	-0.003	0.02	-0.18	139.75	.86	-0.04, 0.03
Gender × Condition × Actor SA	0.01	0.02	0.35	139.75	.73	-0.03, 0.04
Gender × Condition × Partner SA	0.004	0.02	0.23	139.75	.82	-0.03, 0.04
Gender × Actor SA × Partner SA	0.0005	0.001	0.57	116	.57	-0.001, 0.002
Gender × Condition × Actor SA × Partner SA	-0.001	0.001	-0.08	116	.43	-0.002, 0.001

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom; CI = confidence interval. We also included a main effect representing the type of closeness measured (felt vs. desired) and interactions between type and each other effect in the models. There were no main effects of the type of closeness measured, nor any interactions between type and any other effects.

Analyses Adjusting for Age

As noted in the main text, we conducted all of our analyses while adjusting for age. We present the results from both the cortisol and closeness analyses in Tables S7 and S8. Age was mean-centered.

Self-disclosure, social anxiety, and cortisol. As shown in Table S7, we found no main effects of age, nor did adjusting for age change the direction or significance of the effects reported in the main text.

Table S7. *Cortisol as a function of time, self-disclosure condition, actor social anxiety, and partner social anxiety, controlling for actor age.*

Model 1	b	SE	t	df	p
Actor Age	0.02	0.03	0.70	127	.48
Time	-0.14	0.02	-9.35	67.6	< .001
Condition	0.12	0.05	2.46	66.2	.02
Actor SA	0.001	0.003	0.44	133	.66
Partner SA	0.002	0.003	0.46	132	.64
Model 2	**b**	**SE**	**t**	**df**	**p**
Actor Age	0.02	0.03	0.72	125	.47
Time	-0.14	0.02	-9.23	65.7	< .001
Condition	0.12	0.05	2.23	65.1	.029
Actor SA	0.001	0.004	0.34	131	.73
Partner SA	0.001	0.004	0.25	130	.80
Time × Condition	0.003	0.02	0.20	65.3	.84
Time × Actor SA	0.0004	0.001	0.45	130	.65
Time × Partner SA	0.0003	0.001	0.35	129	.73
Condition × Actor SA	0.003	0.003	0.82	131	.41
Condition × Partner SA	-0.001	0.003	-0.24	121	.81
Model 3	**b**	**SE**	**t**	**df**	**p**
Actor Age	0.02	0.03	0.72	125	.48
Time	-0.14	0.02	-9.00	64.3	< .001
Condition	0.12	0.05	2.25	65.1	.028
Actor SA	0.004	0.004	0.13	130	.90
Partner SA	0.002	0.004	0.43	129	.67
Time × Condition	0.003	0.02	0.17	64.3	.86
Time × Actor SA	0.001	0.001	0.91	127	.36
Time × Partner SA	0.00003	0.001	0.03	125	.98
Condition × Actor SA	-0.002	0.004	-0.49	129	.62
Condition × Partner SA	0.002	0.004	0.48	129	.63
Time × Condition × Actor SA	0.003	0.001	2.75	127	.007
Time × Condition × Partner SA	-0.001	0.001	-1.01	125	.32

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom.

Self-disclosure, social anxiety, and closeness. As shown in Table S8, we found no main

effects of age, nor did adjusting for age change the direction or significance of the effects

reported in the main text.

Table S8. *Closeness as a function of self-disclosure condition, actor social anxiety, and partner social anxiety, controlling for actor age.*

Model 1	b	SE	t	df	p
Actor Age	-0.003	0.05	-0.06	264.82	.95
Condition	0.57	0.10	5.78	136.43	< .001
Actor SA	-0.02	0.01	-2.36	271.00	.019
Partner SA	-0.01	0.01	-2.17	271.00	.031
Model 2	**b**	**SE**	**t**	**df**	**p**
Actor Age	0.003	0.05	0.06	257.12	.95
Condition	0.54	0.10	5.55	132.54	< .001
Actor SA	-0.02	0.01	-2.75	264.92	.006
Partner SA	-0.02	0.01	-2.91	264.93	.004
Condition × Actor SA	0.003	0.01	0.52	264.99	.61
Condition × Partner SA	-0.01	0.01	-1.49	264.99	.14
Actor SA × Partner SA	0.001	0.0005	2.78	130.23	.006
Model 3	**b**	**SE**	**t**	**df**	**p**
Actor Age	0.003	0.05	-0.06	258.67	.95
Condition	0.54	0.10	5.51	125.27	< .001
Actor SA	-0.02	0.01	-2.74	262.73	.007
Partner SA	-0.02	0.01	-2.90	263.00	.004
Condition × Actor SA	0.003	0.01	0.53	263.00	.60
Condition × Partner SA	-0.01	0.01	-1.46	263.00	.15
Actor SA × Partner SA	0.001	0.001	2.53	125.12	.01
Condition × Actor SA × Partner SA	-0.000004	0.001	-0.09	125.19	.93

Note. SA = social anxiety; *SE* = standard error; *df* = degrees of freedom. We also included a main effect representing the type of closeness measured (felt vs. desired) and interactions between type and each other effect in the models. There were no main effects of the type of closeness measured, nor any interactions between type and any other effects.