

Online Appendix 1

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Online Table 1.

Descriptive Statistics of Studies Included in the Meta-Analysis

Variable		<i>k</i>	Min	Max	<i>M</i> (S.D)	<i>k</i> endorsed (percentage)
Time of first postnatal assessment (months)	Men	30	0.5	13.5	4.74 (3.60)	
	Women	32	0.5	13.5	4.52 (3.58)	
	Couple	6	1.0	6.0	2.75 (1.72)	
Year of publication		37	1981	2006	1994.27 (7.18)	
Age - Mean	Men	31	18.30	33.30	29.41 (2.70)	
	Women	33	16.40	31.00	27.55 (2.56)	
Age - Low	Men	16	14.00	25.00	19.56 (2.78)	
	Women	18	14.00	24.00	19.22 (2.39)	
Age - High	Men	16	24.00	60.00	42.00 (7.95)	
	Women	18	19.00	42.00	36.22 (4.87)	
Length of marriage – Mean years		16	1.00	4.50	3.42 (0.81)	
Education – mean years	Men	16	12.40	27.40	15.98 (3.24)	
	Women	17	9.70	16.60	14.72 (1.53)	
Percentage of married participants		15	5.40	100.00	86.14 (24.87)	
Percentage of white participants		15	15.00	100.00	90.65 (21.26)	
Percentage of male infants		8	43.56	75.00	56.21 (12.51)	
United States (vs. other country)		29				20 (69.0)
North America (vs. other)		29				24 (82.8)
Recruitment	Newspaper	36				4 (11.1)
	Prenatal class	36				24 (66.7)
	OB/GYN/clinic	36				20 (55.6)
Method assessment	Mail-in packet	31				15 (48.4)
	Lab	31				5 (16.1)
	Home visit	31				7 (22.6)
	In class	31				3 (9.7)
Assessment	DAS	37				20 (54.1)
	MAT	37				5 (13.5)
	Other	37				12 (32.4)
Inclusion limited to married only		28				15 (53.6)

Online Table 2.

Effect sizes for Prospective Cohort Design Studies of the Transition to Parenthood (PCD_{TIP}) and of Newlywed Couples (PCD_{NC})

	Effect size (Hedges' <i>g</i>)			Time (in months)
	Men	Women	Couple*	
Prospective Cohort Design Studies of the Transition to Parenthood				
Abel (1991)	--	--	-0.40	6.00
Ahmad & Najam (1998)	-0.75	-0.45	--	1.50
	-0.99	-0.93	--	4.50
Barrett (1987)	-0.23	-0.02	--	0.50
Blodgett (1981)	0.04	-0.12	--	1.50
Blum (1981)	0.06	0.00	--	1.00
	0.16	-0.19	--	3.00
Bouchard, Boudreau, & Hebert (2006)	-0.11	-0.25	--	6.00
Buist, Morse, & Durkin (2003)	-0.19	--	--	4.00
Buston (1990)	0.00	-0.13	--	1.75
Campbell (1994)	--	-0.27	--	2.50
Cook (1993)	-0.05	-0.04	--	1.00
Cordova (2001)	-0.24	-0.31	--	3.00
Cowan et al. (1985)	-0.25	-0.38	--	6.00
Cox, Paley, Burchinal, & Payne (1999)	-0.29	-0.50	--	3.00
	-0.54	-0.65	--	12.00
Dulude, Bélanger, Wright, & Sabourin (2002)	-0.29	-0.20	--	5.53
	-0.32	-0.40	--	11.74
Duncan (1984)	0.08	0.17	0.13	2.00
Gjerdingen & Center (2002)	-0.28	-0.46	--	6.00
Gloger-Tippelt, Rapkowitz, Freudenberg, & Maier (1995)	-0.41	0.05	-0.19	2.50
	-0.52	-0.20	-0.43	5.00
	-0.56	-0.13	-0.36	13.00
Grote & Clark (2001)	0.00	-0.22	--	6.00
	-0.47	-0.38	--	13.50
Hackel (1990)	-0.73	-0.46	--	4.00
Hock, Schirtzinger, Lutz, & Widaman (1995)	-0.56	-0.54	--	9.00
Levy-Shiff (1994)	-0.22	-0.44	--	9.00
Mamott (1994)	--	--	0.21	2.00
Markman & Kadushin (1986)	-0.17	-0.10	--	0.50
	-0.57	-0.39	--	2.50
Moore (2003)	-0.32	-0.64	--	13.50
Osofsky & Culp (1993)	0.27	-0.17	--	3.00
Pancer, Pratt, Hunsberger, & Gallant (2000)	-0.32	-0.54	--	6.00
Perren et al. (2005)	-0.62	-0.82	--	12.00
Porter & Hsu (2003)	--	-0.19	--	1.00

	Effect size (Hedges' <i>g</i>)			Time (in months)
	Men	Women	Couple*	
	--	-0.22	--	3.00
Rholes, Simpson, Campbell, & Grich (2001)	-0.35	-0.43	--	6.00
Stevens (1988)	-0.30	-0.52	--	12.00
	-0.55	-0.79	--	30.00
Terry, McHugh, & Noller (1991)	0.00	0.02	--	3.00
Tietjen & Bradley (1985)	--	0.00	--	3.00
Tomlinson (1987)	--	--	-0.52	3.00
Tucker & Aron (1993)	-0.30	-0.25	--	8.30
Van Egeren (2004)	0.01	-0.01	--	1.00
	-0.03	-0.14	--	3.00
	-0.15	-0.39	--	6.00
Wallace & Gotlib (1990)	--	--	0.30	1.00
	--	--	-0.35	6.00
Wright et al. (1986)	-0.22	-0.29	--	3.50
Prospective Cohort Design Studies of Newlywed Couples				
Parent vs. Non-Parent, Time 1				
Clements (1995)	-0.76	-1.07		
Cobb (2002)	0.39	0.47		
Kurdek (1993)	-0.09	-0.01		
Shapiro et al. (2000)	0.33	0.49		
Parent vs. Non-Parent, Time 2				
Clements (1995)	-0.04	0.02		
Cobb (2002)	0.05	0.37		
Kurdek (1993)	-0.22	0.01		
Shapiro et al. (2000)	0.18	-0.10		
Parent from Time 1 to Time 2				
Clements (1995)	-0.16	-0.03		
Cobb (2002)	-0.33	-0.33		
Kurdek (1993)	-0.20	-0.14		
Shapiro et al. (2000)	-0.15	-0.29		
Non-parent from Time 1 to Time 2				
Clements (1995)	-0.86	-0.92		
Cobb (2002)	-0.16	-0.22		
Kurdek (1993)	-0.12	-0.15		
Shapiro et al. (2000)	-0.08	0.01		

*Couple effect sizes were calculated when relationship satisfaction scores for the couple as a unit were provided by the original study.

Online Table 3

Aggregate effect sizes for Prospective Cohort Design Studies of Transition to Parenthood (PCD_{TIP}) and of Newlywed Couples (PCD_{NC})⁺

	Men				Women				Couple			
	<i>k</i>	<i>Q</i>	<i>g</i>	CI	<i>k</i>	<i>Q</i>	<i>g</i>	CI	<i>k</i>	<i>Q</i>	<i>g</i>	CI
Prospective Cohort Design Studies of the Transition to Parenthood												
Overall	29	319.55 ^{***}	-0.23 ^{b***}	-0.32 – -0.14	31	276.11 ^{***}	-0.27 ^{b***}	-0.35 – -0.19	6	252.33 ^{***}	-0.08 ^b	-0.39 – -0.23
0-2.5 months	10	174.83 ^{***}	-0.14 ^b	-0.34 – .06	12	87.59 ^{***}	-0.10 ^b	-0.21 – -0.02	4	23.29 ^{***}	0.13 ^b	-0.03 – -0.29
3-5.9 months	12	284.34 ^{***}	-0.25 ^{b*}	-0.45 – -0.05	13	177.30 ^{***}	-0.28 ^{b***}	-0.43 – -0.12	2	0.60	-0.51 ^{a***}	-0.59 – -0.42
6-11 months	10	38.50 ^{***}	-0.28 ^{b***}	-0.37 – -0.19	10	18.77 [*]	-0.41 ^{b***}	-0.48 – -0.34	2	0.33	-0.37 ^{a***}	-0.43 – -0.30
12-14 months	5	11.43 [*]	-0.45 ^{b***}	-0.59 – -0.32	5	17.26 ^{**}	-0.57 ^{b***}	-0.74 – -0.40	1	–	–	–
Prospective Cohort Design Studies of Newlywed Couples												
P vs. NP, T1	4	7.27	0.12 ^a	-0.11 – -0.34	4	11.51 ^{**}	0.10 ^b	-0.37 – -0.57				
P vs. NP, T2	4	2.04	-0.02 ^a	-0.25 – -0.20	4	2.70	0.09 ^a	-0.14 – -0.31				
P T1 to T2	4	3.35	-0.22 ^{a***}	-0.31 – -0.14	4	7.30	-0.22 ^{a***}	-0.30 – -0.13				
NP T1 to T2	4	5.25	-0.13 ^{a**}	-0.22 – -0.04	4	8.61 [*]	-0.17 ^{b+}	-0.34 – -0.01				

Notes. P = parent, NP = Non-parent, T1 = Time 1 (an assessment point when all couples were childless and when they were approximately newlyweds), T2 = Time 2 (an assessment point in which some had become parents and when the first-borns were in their first year)

^a Fixed effects model, ^b Random effects model

⁺ $p = 0.06$, $*$ $p < .05$, $**$ $p < .01$, $***$ $p < .001$

⁺ PCD_{TIP} study assesses couples during pregnancy and at some point in the babies' first year. In comparison, the PCD_{NC} study has a more complicated design that recruits newlyweds, who are then typically assessed annually for a number of years. The first assessment is within the first few months of marriage, and this served as T1 for parents and non-parents. The T2 time point for parents was the assessment during baby's first year. To determine the T2 data for non-parents, original study investigators either (1) pulled data from the time point that chronologically mapped onto the average couples' latency between marriage and baby's first year (e.g., if parents typically gave birth after 2 years, Year 3 data would be the non-parents' T2 data); or (2) pulled equal numbers of Year 2 non-parent data as parent data, and so on (e.g., if Year 2 fell in baby's first year for 20 parents, investigators would pull Year 2 data for 20 non-parent couples). Therefore, the PCD_{NC} design captures the time that would be captured in the PCD_{TIP} study (pregnancy to first year of baby's life) plus the time from just after marriage to pregnancy. Because the parents in both designs show a similar decline, it seems that these groups and designs are roughly comparable, and we should expect the same of non-parents in the PCD_{NC} design.

Online Table 4
Results of moderator analyses using fixed-effects and mixed-effects models for studies

Moderator	Fixed-effects model						Mixed-effects model						Relation to Effect Size
	Men		Women		Couple		Men		Women		Couple		
	<i>Q</i> (<i>df</i>)	<i>k</i>	<i>Q</i> (<i>df</i>)	<i>k</i>	<i>Q</i> (<i>df</i>)	<i>k</i>	<i>Q</i> (<i>df</i>)	<i>k</i>	<i>Q</i> (<i>df</i>)	<i>k</i>	<i>Q</i> (<i>df</i>)	<i>k</i>	
Time of postnatal assessment	33.36(1) ^{***}	29	124.22(1) ^{***}	31	143.18(1) ^{***}	6	4.91(1) [*]	29	29.91(1) ^{***}	31	3.73(1) ⁺	6	Longer postnatal time, stronger ES. ^{M,W,C}
Year of publication	23.57(1) ^{***}	29	53.90(1) ^{***}	31	7.65(1) ^{**}	6	3.41(1)	29	10.25(1) ^{**}	31	0.00(1)	6	More recent year, stronger ES. ^{M,W}
Age – Mean	0.34(1)	26	8.50(1) ^{**}	28	na	na	1.28(1)	26	0.13(1)	28	na	na	As age increases, weaker ES. ^W
Age – Low	0.04(1)	16	23.65(1) ^{***}	18	na	na	0.96(1)	16	2.50(1)	18	na	na	Higher low age of sample weaker ES. ^W
Age – High	0.00(1)	16	29.78(1) ^{***}	18	na	na	0.43(1)	16	2.15(1)	18	na	na	Higher high age of sample weaker ES. ^W
Mean years of marriage	0.28(1)	11	20.82(1) ^{***}	13	73.12(1) ^{***}	3	0.01(1)	11	2.53(1)	13	3.51(1) ⁺	3	Longer relationship, weaker ES. ^{W,C}
Education (mean years)	7.03(1) ^{**}	13	29.99(1) ^{***}	14	na	na	0.62(1)	13	3.14(1)	14	na	na	More education, stronger ES ^M ; more education, the weaker ES. ^W
Percentage married	19.12(1) ^{***}	13	40.02(1) ^{***}	13	–	–	2.84(1)	13	4.09(1) [*]	13	–	–	More married, weaker ES. ^{M,W}
Percentage white	3.17(1)	12	29.14(1) ^{***}	13	54.14(1) ^{***}	4	0.15(1)	12	3.28(1)	13	1.85(1)	4	More white participants, weaker ES. ^{W,C}
Percentage of male infants	0.05(1)	8	1.26(1)	8	–	–	0.10(1)	8	0.03(1)	8	–	–	
United States (vs. other country)	28.10(1) ^{***}	23	13.33(1) ^{***}	24	–	–	2.37(1)	23	0.30(1)	24	–	–	Weaker ES in US than other countries. ^{M,W}
North American (vs. other)	46.55(1) ^{***}	23	26.37(1) ^{***}	24	–	–	3.72(1) ⁺	23	1.41(1)	24	–	–	Weaker ES in North America than other. ^{M,W}

other)

Recruitment – Newspaper	0.12(1)	28	2.03(1)	30	–	–	0.04(1)	28	0.20(1)	30	–	–	
Recruitment – Prenatal class	57.87(1) ^{***}	28	38.78(1) ^{***}	30	146.03(1) ^{***}	6	4.44(1) [*]	28	3.59(1) ⁺	30	2.53(1)	6	Weaker ES from prenatal class ^{M,W} ; stronger ES from prenatal class. ^C
Recruitment – OB/GYN/clinic	47.58(1) ^{***}	28	19.38(1) ^{***}	30	146.03(1) ^{***}	6	4.40(1) [*]	28	1.73(1)	30	2.53(1)	6	Stronger ES from clinic ^{M,W} ; weaker ES from clinic. ^C
Method – mail-in packet	5.68(1) [*]	25	0.02(1)	26	–	–	0.10(1)	25	0.01(1)	26	–	–	Weaker ES with mail-in packets. ^M
Method – Lab visit	36.80(1) ^{***}	25	24.73(1) ^{***}	26	–	–	2.25(1)	25	2.61(1)	26	–	–	Stronger ES when assessed in lab. ^{M,W}
Method – Home visit	9.12(1) ^{**}	25	18.46(1) ^{***}	26	–	–	0.82(1)	25	2.36(1)	26	–	–	Weaker ES when assessed at home. ^{M,W}
Method – In class	0.10(1)	25	0.85(1)	26	–	–	0.01(1)	25	0.00(1)	26	–	–	
Assessment – DAS vs. MAT vs. other	8.67(2) [*]	29	45.66(2) ^{***}	31	–	–	1.62(2)	29	6.44(2) [*]	31	–	–	Strongest ES when assessments other than DAS and MAT used. ^W
Assessment – global vs. specific	0.00(1)	28	6.99(1) ^{**}	30	–	–	0.00(1)	28	0.76(1)	30	–	–	Stronger ES with global assessment. ^W
Inclusion limited to married only	9.21(1) ^{**}	22	24.99(1) ^{***}	24	–	–	1.78(1)	22	3.39(1)	24	–	–	Stronger ES when include unmarried. ^{M,W}

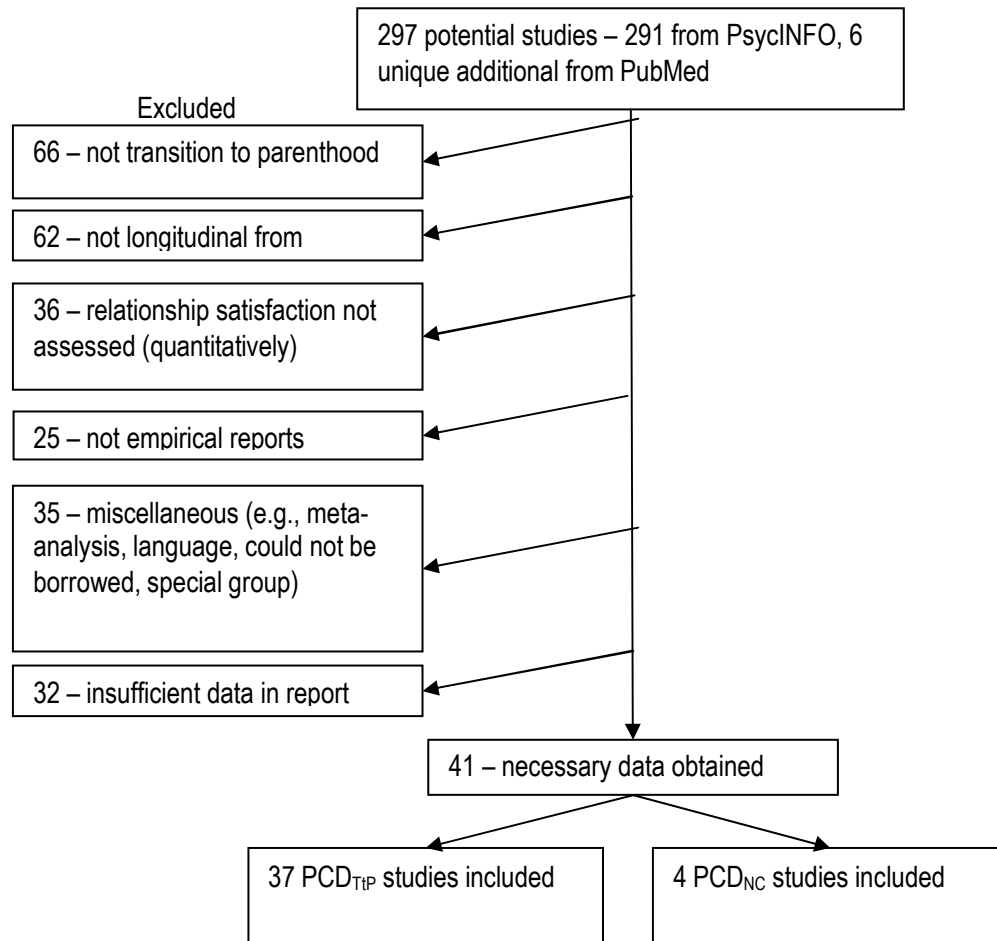
⁺ $p < .06$, ^{*} $p < .05$, ^{**} $p < .01$, ^{***} $p < .001$

M – men, W – women, C – couples, ES – effect size

Note: When running moderator analyses, some variables were not applicable for a couple-level effect size and are labeled “na”(e.g., average age of individuals), while others were not possible due to low number of couple-level effect size studies and are labeled “–.”

Online Figure Captions

Online Figure 1. Inclusion process for articles in the meta-analysis.



Notes. PCD_{TIP} = Prospective Cohort Design study of the Transition to Parenthood; PCD_{NC} = Prospective Cohort Design study of Newlywed Couples. The elimination process involved an examination of the titles, abstracts, and, when necessary and possible, the actual text of each potential article. Of the 297 potential studies, 66 were excluded because they did not specifically pertain to the transition to parenthood, 62 were excluded because they were not longitudinal from pregnancy (or did not assess relationship satisfaction longitudinally from pregnancy), 36 were excluded because relationship satisfaction was not assessed (or not assessed quantitatively), 25 were excluded because they were not empirical reports (e.g., literature review, erratum, critique, chapter), 16 were derivatives of other articles in the pool of potential studies and were thus combined, 8 were excluded because they were dissertations or studies in foreign journals that could not be obtained, 4 were excluded because they pertained to a particular group (e.g., infertile parents; Cudmore, 2005), 3 were excluded because they were in languages other than those interpretable by the researcher (e.g., Japanese; Onodera, 2005), 3 were excluded because there was an intervention done without a (randomly assigned) control group, and 1 was excluded because it was a meta-analysis on a related topic (parents vs. non-parents; Twenge et al., 2003). For studies that met inclusion criteria and could be obtained, but that contained insufficient data to calculate effect sizes, attempts were made to retain the article. First, other articles by the author(s) were investigated to determine if the necessary data were published elsewhere. If this did not result in the necessary information, attempts to contact the original authors were made. As such, 32 were excluded because the information necessary for effect size computation was not provided and not available through author contact.