

Supplemental materials for

Autonomy in relatedness:

How need fulfillment interacts in close relationships

Appendix: *Relatedness and autonomy measures*

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Appendix

*Relatedness and autonomy measures*Relatedness measure (translated from Dutch):**In my relationship...**

1. I feel loved
2. I feel that my partner cares about me
3. I feel a lot of distance towards my partner (reversed)
4. I feel related to my partner
5. I feel really close with my partner
6. It feels like my partner really understands me
7. I feel a lot of attachment and intimacy

Scale: 1 = *completely disagree*; 2 = *disagree*; 3 = *somewhat disagree*; 4 = *do not agree or disagree*; 5 = *somewhat agree*; 6 = *agree*; 7 = *completely agree*

Autonomy measure (translated from Dutch):**In my relationship....**

1. I feel free to be who I am
2. I feel controlled and pressured to be certain ways (reversed)
3. I feel like I am free to make my own decisions
4. I feel I have to pretend to be someone other than I really am (reversed)
5. It feels as if my partner expects me to do everything the way (s)he wants (reversed)
6. It feels as if my partner always want to have the last say in how we do things in our relationship (reversed)
7. I feel like I am free to decide what I do and how I do it
8. I have a say in what happens in my relationship*
9. I can be myself in daily situations*
10. I feel free to express my feelings, ideas and opinions*
11. I feel free to do things for myself if I feel the need to*

Scale: 1 = *completely disagree*; 2 = *disagree*; 3 = *somewhat disagree*; 4 = *do not agree or disagree*; 5 = *somewhat agree*; 6 = *agree*; 7 = *completely agree*

* These items were not included in Study 2.

Table S1

Regression Analyses Predicting Accommodation with Conflict Frequency as Control (Study 1a)

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Voice</i>			
Conflict frequency (control)	-.13 (-.12)	.05	2.43 (.016)
Relatedness	.35 (.36)	.08	4.64 (< .001)
Autonomy	.20 (.21)	.07	2.92 (.004)
Relatedness x Autonomy	.14 (.07)	.03	2.25 (.025)
$F(4, 383) = 33.19, p < .001, R^2 = .26$			
<i>Loyalty</i>			
Conflict frequency (control)	-.06 (-.06)	.07	0.93 (.352)
Relatedness	.16 (.20)	.11	1.84 (.066)
Autonomy	-.26 (-.33)	.10	3.29 (< .001)
Relatedness x Autonomy	-.001 (-.001)	.04	0.01 (.989)
$F(4, 383) = 2.80, p = .026, R^2 = .03$			
<i>Exit</i>			
Conflict frequency (control)	.39 (.43)	.05	7.96 (< .001)
Relatedness	-.19 (-.23)	.09	2.65 (.009)
Autonomy	-.16 (-.19)	.08	2.43 (.015)
Relatedness x Autonomy	-.06 (-.03)	.03	0.98 (.329)
$F(4, 383) = 50.13, p < .001, R^2 = .34$			
<i>Neglect</i>			
Conflict frequency (control)	.17 (.19)	.06	3.15 (.002)
Relatedness	-.20 (-.25)	.10	2.61 (.009)
Autonomy	-.25 (-.31)	.09	3.58 (< .001)
Relatedness x Autonomy	-.10 (-.06)	.04	1.54 (.125)
$F(4, 383) = 27.42, p < .001, R^2 = .22$			

Table S2

Regression Analyses Predicting Accommodation with Self-Esteem as control (Study 1b)

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Voice</i>			
Self-esteem (control)	.08 (.07)	.06	1.27 (.205)
Relatedness	.29 (.29)	.09	3.20 (.002)
Autonomy	.32 (.31)	.10	3.26 (.001)
Relatedness x Autonomy	.24 (.11)	.04	2.85 (.005)
$F(4, 236) = 15.19, p < .001, R^2 = .21$			
<i>Loyalty</i>			
Self-esteem (control)	.01 (.01)	.08	0.10 (.918)
Relatedness	.15 (.18)	.12	1.49 (.137)
Autonomy	-.35 (-.42)	.13	3.33 (.001)
Relatedness x Autonomy	-.14 (-.08)	.05	1.54 (.125)
$F(4, 236) = 2.84, p = .025, R^2 = .05$			
<i>Exit</i>			
Self-esteem (control)	-.04 (-.04)	.07	0.60 (.547)
Relatedness	-.29 (-.33)	.11	3.04 (.003)
Autonomy	-.23 (-.27)	.12	2.31 (.022)
Relatedness x Autonomy	-.28 (-.15)	.05	3.21 (.002)
$F(4, 236) = 8.84, p < .001, R^2 = .13$			
<i>Neglect</i>			
Self-esteem (control)	.06 (.07)	.06	1.02 (.307)
Relatedness	-.41 (-.45)	.10	4.55 (< .001)
Autonomy	-.31 (-.35)	.11	3.31 (.001)
Relatedness x Autonomy	-.34 (-.17)	.04	4.15 (< .001)
$F(4, 236) = 18.88, p < .001, R^2 = .24$			

Table S3

Regression Analyses Predicting Accommodation with Relationship Affect as Control (Study 2)

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Voice</i>			
Relationship affect (control)	.30 (.30)	.09	3.20 (.002)
Relatedness	.19 (.19)	.11	1.77 (.079)
Autonomy (condition)	.05 (.09)	.11	0.80 (.425)
Relatedness x Autonomy	.16 (.27)	.12	2.27 (.024)
$F(4, 215) = 26.05, p < .001, R^2 = .33$			
<i>Loyalty</i>			
Relationship affect (control)	-.03 (-.03)	.13	0.24 (.810)
Relatedness	.24 (.28)	.15	1.93 (.055)
Autonomy (condition)	.01 (.01)	.15	0.07 (.945)
Relatedness x Autonomy	.04 (.08)	.16	0.51 (.610)
$F(4, 215) = 3.50, p = .009, R^2 = .06$			
<i>Exit</i>			
Relationship affect (control)	-.19 (-.21)	.09	1.86 (.065)
Relatedness	-.26 (-.31)	.11	2.37 (.019)
Autonomy (condition)	-.12 (-.27)	.43	1.94 (.054)
Relatedness x Autonomy	-.15 (-.07)	.15	0.99 (.320)
$F(4, 215) = 17.95, p < .001, R^2 = .25$			
<i>Neglect</i>			
Relationship affect (control)	-.07 (-.08)	.14	0.59 (.557)
Relatedness	-.25 (-.32)	.16	2.02 (.045)
Autonomy (condition)	-.07 (-.18)	.17	1.10 (.274)
Relatedness x Autonomy	.05 (.11)	.18	0.60 (.551)
$F(4, 215) = 5.07, p = .001, R^2 = .09$			

Table S4

Regression Analyses Predicting Accommodation with Relationship Affect and Condition as controls (Study 2)

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Voice</i>			
Relationship affect (control)	.29 (.29)	.10	2.84 (.005)
Autonomy condition (control)	.03 (.06)	.12	0.53 (.595)
Relatedness	.39 (.39)	.10	4.09 (< .001)
Autonomy (measured)	.12 (.12)	.08	1.43 (.155)
Relatedness x Autonomy	.28 (.19)	.05	3.93 (< .001)
$F(5, 214) = 24.69, p < .001, R^2 = .37$			
<i>Loyalty</i>			
Relationship affect (control)	.05 (.06)	.14	0.41 (.685)
Autonomy condition (control)	.05 (.10)	.05	0.63 (.533)
Relatedness	.32 (.37)	.14	2.75 (.006)
Autonomy (measured)	-.12 (-.15)	.12	1.27 (.207)
Relatedness x Autonomy	.08 (.06)	.07	0.89 (.373)
$F(5, 214) = 3.20, p = .008, R^2 = .07$			
<i>Exit</i>			
Relationship affect (control)	-.04 (-.04)	.12	0.33 (.740)
Autonomy condition (control)	-.04 (.09)	.15	0.58 (.564)
Relatedness	-.30 (-.35)	.12	2.94 (.004)
Autonomy (measured)	-.30 (-.35)	.10	3.48 (.001)
Relatedness x Autonomy	-.06 (-.05)	.06	0.76 (.450)
$F(5, 214) = 17.56, p < .001, R^2 = .25$			

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Neglect</i>			
Relationship affect (control)	.00 (.00)	.15	0.04 (.978)
Autonomy condition (control)	-.01 (-.04)	.09	0.20 (.845)
Relatedness	-.24 (-.31)	.12	2.12 (.035)
Autonomy (measured)	-.22 (-.29)	.14	2.35 (.020)
Relatedness x Autonomy	-.15 (-.13)	.07	1.78 (.077)
$F(5, 214) = 6.05, p < .001, R^2 = .12$			

Table S5

Regression Analyses Predicting Additional Dependent Variables (Study 1a)

	β (<i>b</i>)	SE	<i>t</i> (<i>p</i>)
<i>Self-disclosure</i>			
Relatedness	.64 (.65)	.04	14.18 (< .001)
Autonomy	.31 (.31)	.05	7.47 (< .001)
Relatedness x Autonomy	.07 (.03)	.02	1.89 (.059)
$F(3, 384) = 323.089, p < .001, R^2 = .72$			
<i>Relationship-contingent self-esteem</i>			
Relatedness	.19 (.21)	.09	2.22 (.027)
Autonomy	-.29 (-.32)	.08	3.76 (< .001)
Relatedness x Autonomy	-.01 (-.004)	.04	0.11 (.915)
$F(3, 384) = 4.86, p = .002, R^2 = .04$			
<i>Partner acceptance</i>			
Relatedness	.44 (.38)	.06	6.08 (< .001)
Autonomy	.20 (.17)	.06	3.00 (.003)
Relatedness x Autonomy	.10 (.04)	.03	1.63 (.103)
$F(3, 384) = 51.18, p < .001, R^2 = .29$			
<i>Relationship acceptance</i>			
Relatedness	.11 (.09)	.07	1.32 (< .001)
Autonomy	-.02 (-.01)	.06	0.23 (.816)
Relatedness x Autonomy	-.16 (-.06)	.03	2.37 (.018)
$F(3, 384) = 7.61, p < .001, R^2 = .06$			
<i>Relationship satisfaction</i>			
Relatedness	.75 (.77)	.05	14.93 (< .001)
Autonomy	.10 (.10)	.05	2.12 (.035)
Relatedness x Autonomy	.02 (.01)	.02	0.46 (.645)
$F(3, 384) = 241.24, p < .001, R^2 = .65$			

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Commitment</i>			
Relatedness	.67 (.62)	.05	12.16 (< .001)
Autonomy	.16 (.15)	.05	3.13 (.002)
Relatedness x Autonomy	.06 (.03)	.02	1.25 (.211)
$F(3, 384) = 173.65, p < .001, R^2 = .58$			
<i>Sexual satisfaction</i>			
Relatedness	.63 (1.06)	.63	9.49 (< .001)
Autonomy	.15 (.25)	.15	2.48 (.014)
Relatedness x Autonomy	.23 (.18)	.23	4.19 (< .001)
$F(3, 384) = 78.80, p < .001, R^2 = .38$			
<i>Self-esteem</i>			
Relatedness	.10 (.13)	.11	1.18 (.237)
Autonomy	.14 (.19)	.10	1.88 (.060)
Relatedness x Autonomy	-.09 (-.06)	.04	1.36 (.176)
$F(3, 384) = 11.64, p < .001, R^2 = .08$			
<i>Forgiveness</i>			
Relatedness	.22 (.25)	.09	2.75 (.006)
Autonomy	.12 (.13)	.08	1.58 (.116)
Relatedness x Autonomy	.02 (.01)	.04	0.23 (.821)
$F(3, 384) = 13.40, p < .001, R^2 = .10$			

Table S6

Regression Analyses Predicting Additional Dependent Variables (Study 1b)

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Partner acceptance</i>			
Relatedness	.47 (.40)	.08	5.33 (< .001)
Autonomy	.22 (.19)	.08	2.39 (.018)
Relatedness x Autonomy	.28 (.11)	.03	3.47 (.001)
$F(3, 237) = 26.69, p < .001, R^2 = .25$			
<i>Relationship acceptance</i>			
Relatedness	.22 (.17)	.08	2.23 (.027)
Autonomy	.01 (.01)	.08	0.10 (.919)
Relatedness x Autonomy	-.10 (-.04)	.03	1.12 (.264)
$F(3, 237) = 7.78, p < .001, R^2 = .09$			
<i>Relationship satisfaction</i>			
Relatedness	.85 (1.03)	.06	17.99 (< .001)
Autonomy	.05 (.06)	.06	0.94 (.351)
Relatedness x Autonomy	.00 (.00)	.02	0.02 (.983)
$F(3, 237) = 239.85, p < .001, R^2 = .79$			
<i>Commitment</i>			
Relatedness	.79 (.85)	.06	13.37 (< .001)
Autonomy	.07 (.08)	.07	1.16 (.248)
Relatedness x Autonomy	.03 (.02)	.03	0.60 (.547)
$F(3, 237) = 160.86, p < .001, R^2 = .67$			
<i>Sexual satisfaction</i>			
Relatedness	.75 (1.32)	.14	9.68 (< .001)
Autonomy	-.02 (-.03)	.14	-0.18 (.855)
Relatedness x Autonomy	.14 (.11)	.06	1.93 (.055)
$F(3, 237) = 60.11, p < .001, R^2 = .43$			

	β (<i>b</i>)	<i>SE</i>	<i>t</i> (<i>p</i>)
<i>Forgiveness</i>			
Relatedness	.09 (.08)	.08	0.96 (< .001)
Autonomy	.52 (.45)	.09	5.61 (.336)
Relatedness x Autonomy	.33 (.14)	.03	4.02 (< .001)
$F(3, 237) = 18.99, p < .001, R^2 = .19$			
<i>Taking responsibility for offenses</i>			
Relatedness	.32 (.24)	.07	3.47 (.001)
Autonomy	.37 (.29)	.07	3.90 (< .001)
Relatedness x Autonomy	.40 (.15)	.03	4.89 (< .001)
$F(3, 237) = 20.82, p < .001, R^2 = .21$			
<i>Passive sacrifice</i>			
Relatedness	-.11 (-.14)	.11	1.24 (.218)
Autonomy	-.54 (-.69)	.12	5.84 (< .001)
Relatedness x Autonomy	-.18 (-.11)	.05	2.30 (.022)
$F(3, 237) = 28.04, p < .001, R^2 = .26$			
<i>Active sacrifice</i>			
Relatedness	-.03 (-.03)	.11	0.27 (.791)
Autonomy	-.37 (-.41)	.11	3.59 (< .001)
Relatedness x Autonomy	-.06 (-.03)	.04	0.67 (.505)
$F(3, 235) = 11.07, p < .001, R^2 = .12$			
<i>Avoidance-motivated sacrifice</i>			
Relatedness	-.01 (-.01)	.12	5.89 (< .001)
Autonomy	-.56 (-.77)	.13	0.05 (.958)
Relatedness x Autonomy	-.16 (-.10)	.05	1.92 (.056)
$F(3, 237) = 22.21, p < .001, R^2 = .22$			
<i>Approach-motivated sacrifice</i>			
Relatedness	.15 (.14)	.10	1.44 (.153)
Autonomy	-.16 (-.16)	.11	1.48 (.140)
Relatedness x Autonomy	-.04 (-.02)	.04	0.38 (.703)
$F(3, 237) = 0.95, p = .419, R^2 = .01$			

Table S7

Regression Analyses Predicting Additional Dependent Variables (Study 2)

	β (b)	SE	t (p)
<i>Partner acceptance</i>			
Relatedness	.22 (.23)	.08	2.84 (< .001)
Autonomy (condition)	.07 (.14)	.12	1.13 (.258)
Relatedness x Autonomy	.11 (.18)	.13	1.35 (.178)
$F(3, 216) = 8.31, p < .001, R^2 = .10$			
<i>Sexual desire</i>			
Relatedness	.49 (.59)	.09	6.56 (< .001)
Autonomy (condition)	.03 (.07)	.14	0.51 (.615)
Relatedness x Autonomy	-.03 (-.07)	.15	0.43 (.667)
$F(3, 216) = 21.05, p < .001, R^2 = .23$			
<i>Partner acceptance</i>			
Relatedness	.16 (.15)	.08	1.81 (.072)
Autonomy (scale)	.36 (.35)	.07	4.78 (< .001)
Relatedness x Autonomy	.11 (.07)	.05	1.42 (.157)
$F(3, 216) = 16.06, p < .001, R^2 = .18$			
<i>Sexual desire</i>			
Relatedness	.37 (.45)	.08	4.45 (< .001)
Autonomy (scale)	.20 (.24)	.09	2.78 (.006)
Relatedness x Autonomy	.02 (.02)	.06	0.30 (.764)
$F(3, 216) = 24.20, p < .001, R^2 = .25$			

Table S8

Regression Analyses with Relationship Satisfaction Predicting Accommodation (Study 1a)

	β (b)	SE	t (p)
<i>Voice</i>			
Relationship Satisfaction	.31 (.29)	.06	4.98 (< .001)
Autonomy	.27 (.28)	.06	4.42 (< .001)
Rel Sat x Autonomy	.05 (.02)	.03	0.79 (.427)
$F(3, 384) = 41.08, p < .001, R^2 = .24$			
<i>Loyalty</i>			
Relationship Satisfaction	.19 (.22)	.08	2.72 (.007)
Autonomy	-.22 (-.28)	.09	3.21 (.001)
Rel Sat x Autonomy	.02 (.01)	.04	0.37 (.712)
$F(3, 384) = 4.27, p = .006, R^2 = .03$			
<i>Exit</i>			
Relationship Satisfaction	-.20 (-.23)	.07	3.25 (.001)
Autonomy	-.34 (-.41)	.08	5.54 (< .001)
Rel Sat x Autonomy	-.04 (-.02)	.03	0.66 (.508)
$F(3, 384) = 36.71, p < .001, R^2 = .22$			
<i>Neglect</i>			
Relationship Satisfaction	-.13 (-.15)	.07	5.60 (.051)
Autonomy	-.35 (-.44)	.08	1.96 (< .001)
Rel Sat x Autonomy	-.01 (-.01)	.03	0.24 (.810)
$F(3, 384) = 29.66, p < .001, R^2 = .19$			

Table S9

Regression Analyses with Relationship Satisfaction Predicting Accommodation (Study 1b)

	β (b)	SE	t (p)
<i>Voice</i>			
Relationship Satisfaction	.22 (.22)	.08	2.63 (.009)
Autonomy	.35 (.34)	.09	3.83 (< .001)
Rel Sat x Autonomy	.16 (.08)	.04	1.98 (.049)
$F(3, 237) = 17.35, p < .001, R^2 = .18$			
<i>Loyalty</i>			
Relationship Satisfaction	.10 (.12)	.11	1.13 (.261)
Autonomy	-.31 (-.37)	.12	3.21 (.002)
Rel Sat x Autonomy	-.15 (-.09)	.05	1.66 (.097)
$F(3, 237) = 3.50, p = .016, R^2 = .04$			
<i>Exit</i>			
Relationship Satisfaction	-.21 (-.24)	.10	2.37 (.019)
Autonomy	-.27 (-.31)	.11	2.90 (.004)
Rel Sat x Autonomy	-.22 (-.13)	.05	2.53 (.012)
$F(3, 237) = 9.55, p < .001, R^2 = .11$			
<i>Neglect</i>			
Relationship Satisfaction	-.25 (-.28)	.09	3.03 (.003)
Autonomy	-.38 (-.28)	.10	4.22 (< .001)
Rel Sat x Autonomy	-.26 (-.15)	.05	3.12 (.002)
$F(3, 237) = 19.01, p < .001, R^2 = .19$			

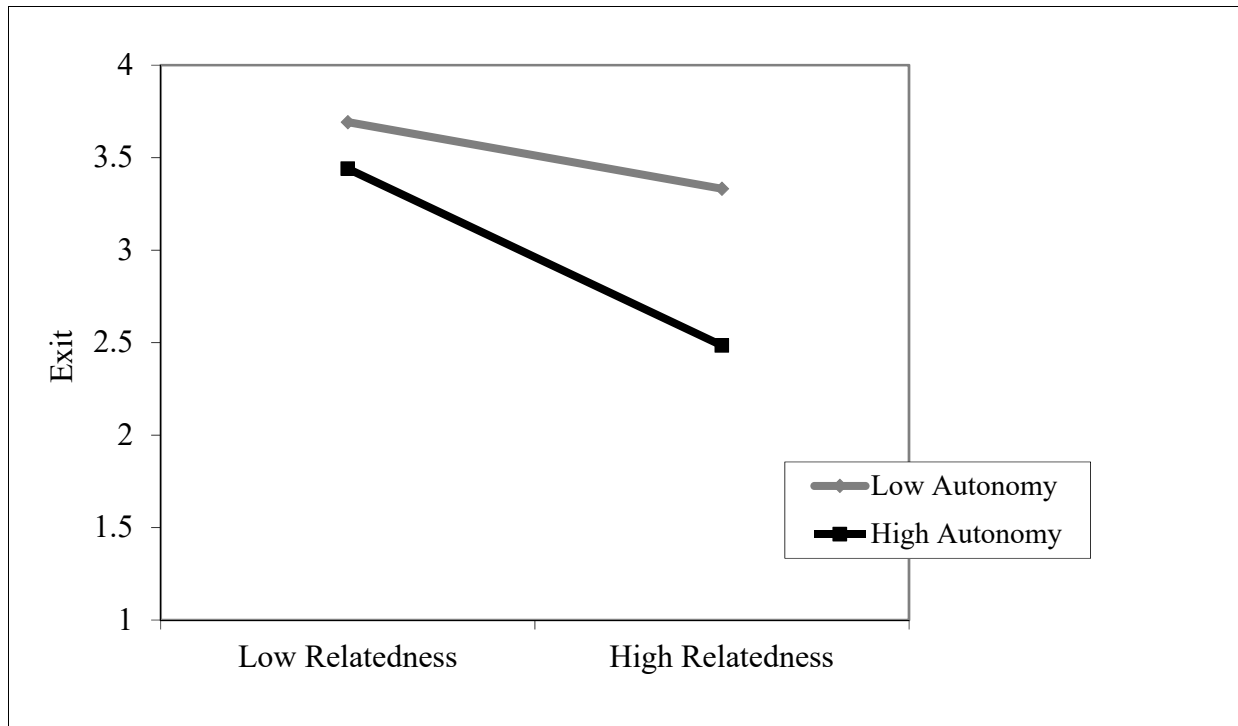


Figure S1. *Interaction Effect of Relatedness and Autonomy on Exit (Study 1b)*

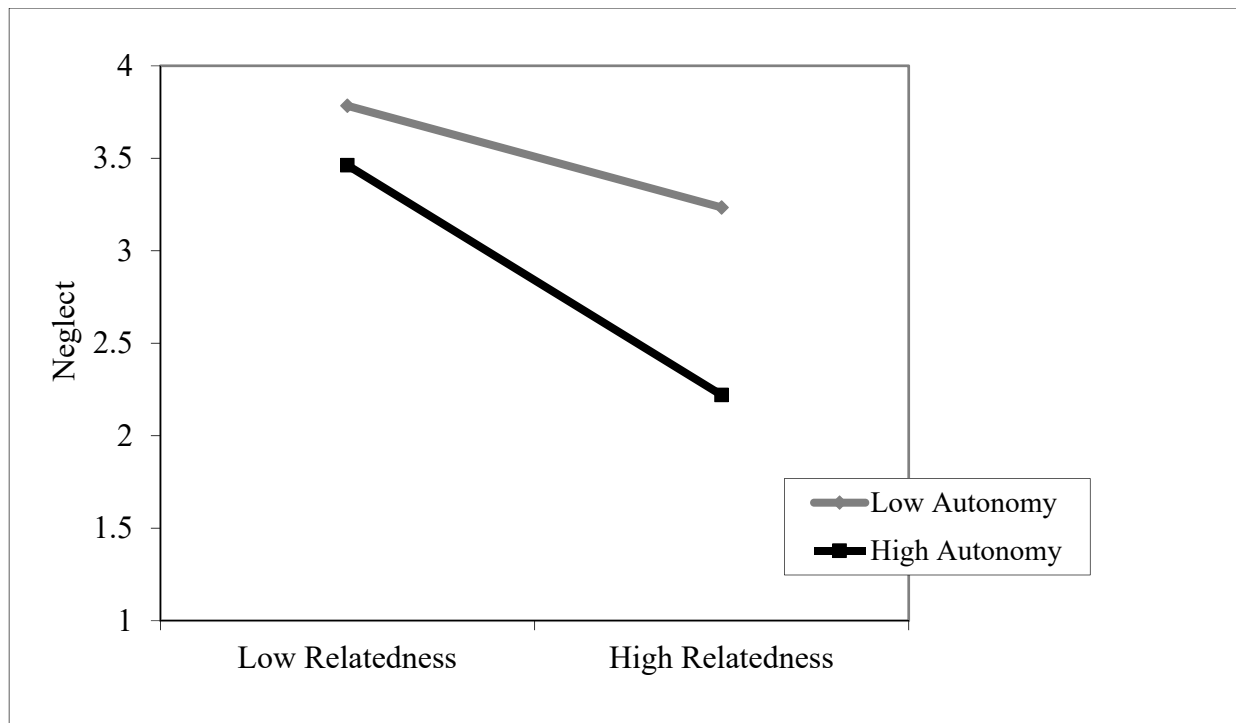


Figure S2. *Interaction Effect of Relatedness and Autonomy on Neglect (Study 1b)*