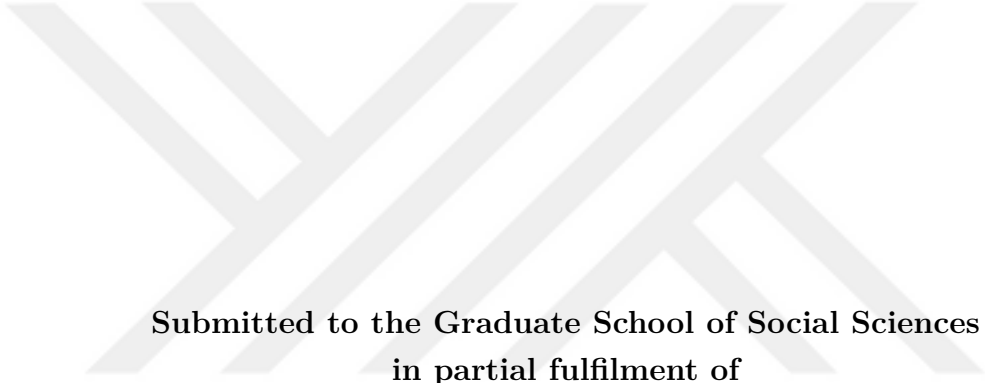


**I GIVE WHAT I EXPECT: PROJECTION OF SUPPORT
EXPECTATIONS AND RELATIONSHIP QUALITY OVER TIME IN
NEWLYWEDS**

by
ÖVGÜN SES



Submitted to the Graduate School of Social Sciences
in partial fulfilment of
the requirements for the degree of Master of Science

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ABSTRACT

I GIVE WHAT I EXPECT: PROJECTION OF SUPPORT EXPECTATIONS AND RELATIONSHIP QUALITY OVER TIME IN NEWLYWEDS

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PSYCHOLOGY M.S. THESIS, JULY 2023

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Keywords: Social support, support matching, projection of support, relationship quality, egocentrism

Matching theories of social support suggest that supportive behaviors are only effective when they match the recipient's expectations. To provide such skillful support, providers must first accurately infer the recipient's expectations. However, individuals often exhibit egocentric biases, assuming similarities between themselves and others, which can affect their ability to accurately infer others' expectations. In a sample of newlyweds ($N = 471$ spouses), we examined (a) whether people project their own support expectations onto their partner's support expectations, providing support relying more on their own expectations rather than their partner's, (b) whether people become better support providers over time, aligning their support more closely with their partner's expectations, and (c) whether better-matched support improves relationship quality. Spouses reported their expectations and perceptions of 33 support behaviors from their partner, as well as relationship quality, in three waves over a six-month period. Results of multilevel logistic regression showed that support provision depended on both the provider's and the recipient's support expectations. Furthermore, multilevel models demonstrated that individuals gradually improved their ability to provide support aligned with their partner's expectations while still relying on their own support expectations. When support matched the recipient's expectations, it buffered the decline in relationship quality over time. These findings suggest that although support provision becomes more effective with time and can protect relationship quality, providers' egocentric biases in support expectations persist and prove to be resistant, emphasizing the need for ongoing efforts to address these biases.

ÖZET

BEKLEDİĞİMİ SAĞLARIM: YENİ EVLİLERDE ZAMAN İÇİNDE DESTEK BEKLENTİLERİNİN YANSITILMASI VE İLİŞKİ KALİTESİ

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PSİKOLOJİ YÜKSEK LİSANS TEZİ, TEMMUZ 2023

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Anahtar Kelimeler: Sosyal destek, destek uyumu, yansıtılan destek, ilişki kalitesi, benmerkezcilik

Sosyal destek uyum teorileri, destek davranışlarının, destek isteyen kişinin beklentileriyle uyumlu olduğu ölçüde etkili olduğunu öne sürmüşlerdir. Böyle etkili destek sağlayabilmek için, destek sağlayan kişilerin öncelikle destek isteyen kişinin beklentilerini doğru bir şekilde anlamaları gerekmektedir. Fakat, bireylerin benmerkezci eğilimleri kendileriyle başkaları arasında benzerlik varsaymalarına neden olur, bu da başkalarının beklentilerini doğru bir şekilde anlama yetkinliklerini etkileyebilir. Yeni evlilerden oluşan bir örnekleme (N = 471 çift), (a) insanların kendi destek beklentilerini eşlerinin destek beklentilerine yansıtarak eşlerinden çok kendi destek beklentilerine dayalı destek sağlayıp sağlamadıklarını, (b) insanların desteklerini eşlerinin beklentileriyle daha uyumlu hale getirerek zamanla destek sağlamakta daha iyi olup olmadığını, ve (c) daha uyumlu desteğin ilişki kalitesini arttırıp arttırmadığını inceledik. Eşler, altı aylık bir süreçte üç dalgada, ilişki kalitelerinin yanı sıra, partnerlerinden bekledikleri ve algıladıkları 33 destek davranışını bildirdiler. Çok seviyeli lojistik regresyonun sonuçları, destek sağlamanın hem destek veren hem de destek isteyen kişinin destek beklentilerine bağlı olduğunu gösterdi. Ayrıca, çok seviyeli modeller, bireylerin kendi destek beklentilerine dayanmaya devam ederken, partnerlerinin destek beklentilerine uyumlu destek sağlama yeteneklerini de zamanla geliştirdiklerini gösterdi. Sağlanan destek, destek isteyen kişinin beklentilerine uyumlu olduğunda, ilişki kalitesindeki düşüşü zaman içinde hafifletti. Bu bulgular, sağlanan desteğin zamanla daha etkili bir hale geldiğini ve ilişki kalitesini koruyabildiğini, ancak destek sağlayan kişilerin destek beklentilerindeki benmerkezci eğilimlerinin devam ettiğini ve dirençli olduğunu vurgulayarak, bu eğilimleri gidermek için süregelen çabalara duyulan ihtiyacı vurgulamaktadır.

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To my loved ones

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1. INTRODUCTION

In romantic relationships, we expect our partners to be by our side for better, for worse, for richer, for poorer, in sickness, and in health. Social support from the romantic partner is linked with stable, high-quality relationships, especially the perceived availability of support leads to better individual and relational outcomes (Bradbury et al. 2000; Cutrona et al. 2005). However, despite the positive outcomes associated with perceived support, actual support may not benefit the individual and can even be harmful (Bolger et al. 2000; Reinhardt et al. 2006). One of the reasons that have been put forward for the detrimental effects of actual support was the mismatch between provided vs. needed support suggesting that the provision of support can only be effective if it matches the recipient's needs (Cutrona and Russell 1990; Rafaeli and Gleason 2009). To provide such skillful support corresponding to the partner's needs, it may be crucial first to comprehend and detect those needs.

Although romantic partners may be motivated to accurately recognize each other's feelings and thoughts to protect themselves and the relationship, various biases may disrupt their perception resulting in misinterpretations (Gagné and Lydon, 2004). If biases occur in the process of support provision, they may create discrepancies in what the recipient wants and what the provider gives, hindering the benefits of support in intimate relationships. Despite the potentially deleterious consequences of the discrepancy in partners' support perceptions, the possible biases that may explain this discrepancy have so far received little attention from relationship scientists. The present research aimed to contribute to the support literature by examining, for the first time, whether people project their own support expectations onto their spouses and the role of this projected support on relationship quality. Specifically, we assessed in a sample of newlyweds whether individuals provide their partner with the support they expect to receive more than what their partner expects. In a longitudinal study, we investigated whether individuals improve their ability to provide support that better aligns with the expectations of the support recipient (referred to as matching support) and whether this change in support provision leads to greater

relationship quality.

1.1 Effective Support in Close Relationships

Social support is a central process for close relationships (Pasch and Bradbury 1998; Sarason et al. 1994), and the perceived availability of support has been repeatedly shown to facilitate positive physical and psychological outcomes such as better immune functioning (Miyazaki et al. 2005), greater psychological adjustment to chronic illness (Ell et al. 1992), and better adaptive coping (Sarason et al. 1990). In romantic relationships, individuals rely on their partners in times of stress, and the partner most likely becomes the first source to seek and receive support (Hazan and Shaver 1987). Social support from a partner serves different functions that contribute to the well-being of individuals and the overall health of their relationships (Feeney and Collins 2015). Spouses who receive greater social support from their partner become more satisfied with and are more likely to maintain their relationship than those receiving lower support (Acitelli and Antonucci 1994; Bradbury and Karney 2004). However, the knowledge that support is available when needed (perceived support) and actually obtained support yields differences. Whereas perceived support is beneficial, actual support is often associated with poorer psychological outcomes (Bolger et al. 2000; Fisher et al. 1982; Nurullah 2012).

In their review of the literature, Rafaeli and Gleason (2009) discussed factors explaining the adverse effects of actual support. One factor relies on the optimal matching model, which suggests that characteristics of the situation (e.g., controllable vs. uncontrollable) and personal differences (e.g., attachment style) define the type of support needed, and support is less effective when the provided support does not correspond to the needs of the person and the features of the situation (Cutrona and Russell 1990). Additionally, past work suggested that support needs can be highly idiosyncratic, even in relatively well-defined situations (Rini and Dunkel Schetter 2010). Hence, recipients' subjective needs should be accounted for apart from the objective situation (Cutrona et al. 1990). For instance, using the quasi-signal detection model in which both partners reported on their daily received and desired support, as well as moods and feelings in their relationship over a period of 21 days, Bar-Kalifa and Rafaeli (2013) found that emotional support that matched the recipient's subjective desires led to greater positive affect and better relational outcomes. This suggests that detecting the partner's needs is crucial for providing matching support in times of distress. However, how good are we at detecting those needs?

1.2 Detecting Support Needs

In intimate relationships, partners are interdependent—a change in one’s behavior produces a change in the other’s behavior (Rusbult and Van Lange 2008). Knowing how the partner would behave in different conditions would allow adjusting one’s behavior and protect the relationship. Thus, partners may be motivated to predict each other’s intentions, feelings, and behaviors accurately. However, various biases may emerge in the process. For instance, partners tend to have positive illusions—extreme positive views—of each other and their relationship (Murray et al. 1996), perceive each other as more similar than they are (Kenny and Acitelli 2001), and project their own emotions onto their partner (Clark et al. 2017). Such biases shape perceptual accuracy and lead to misinterpretations (Gagné and Lydon 2004).

In the context of social support, partners often struggle to accurately perceive and interpret support behaviors due to their inherently ambiguous nature, which can be subject to different interpretations depending on relationship goals (Bar-Kalifa et al. 2016; Reifman and Niehuis 2018). Previous research using the quasi-signal detection (QSD) analysis has shown that support acts are missed and misinterpreted as much as they are accurately detected (Bar-Kalifa and Rafaeli 2013; Gable et al. 2003).

The QSD analysis is particularly valuable in examining partners’ accuracy in detecting each other’s support behaviors. It integrates both partners’ perspectives and generates support-matching states (hits, misses, false alarms, and correct rejections) based on the degree of the match between enacted and perceived support behaviors. To elaborate further, hits occur when both partners report the enactment of a support behavior, misses occur when a support behavior enacted by one partner is not detected by the other partner, false alarms happen when a support behavior that is not enacted by one partner is detected by the other partner, and correct rejections occur when neither of the partners reports the enactment of a behavior. These measures provide a reliable assessment of the alignment between support behaviors and perceptions, demonstrating discrepancies between one partner’s report on providing support and the other partner’s perception of that support.

Differences in support perception between partners may be detrimental both for the provider and the recipient. For instance, when the recipient does not acknowledge provided support, the provider may feel unappreciated, leading to greater depressive symptoms (Biehle and Mickelson 2012). When the recipient perceives not receiving the support needed, they experience less favorable affect and lower relationship satisfaction (Bar-Kalifa and Rafaeli 2013).

Although the consequences of misinterpretations in support have been widely studied (Bar-Kalifa and Rafaeli 2013; Brock and Lawrence 2009; Lorenzo et al. 2018), the underlying reasons did not receive much attention. In other words, we know that people are not highly accurate in detecting their partner’s support needs leading to negative relationship outcomes, but we do not explicitly know why this inaccuracy occurs. We propose that one explanatory reason may be the tendency to project our own support expectations onto our partners.

1.3 Projection of Support Expectations

In our social judgments, we over-rely on self-related information, putting ourselves at the center when making causal inferences and trying to make sense of the world (Heider 1958). One robust consequence of this egocentric belief is the tendency to assume that others are similar to oneself or to project oneself onto others (Holmes 1968). In intimate relationships, too, people demonstrate this tendency when making judgments about their romantic partners and think that their partner is more similar to them than their partner reports (Kenny and Acitelli 2001). For instance, people who report being responsive to their partner expect their partner to be similarly responsive (Clark and Mills 1993; Rempel and Holmes 1985).

Most relevant to our focus, Lemay and Clark (2008) conducted several studies using different designs, ranging from experimental to longitudinal and consistently demonstrated projection in perceived responsiveness, a construct that highly overlaps with perceived support. Their research has repeatedly shown that individuals tend to project their own levels of responsiveness, care, and support onto their partners and perceive their partners to be equally responsive, caring, and supportive, often more than what their partners themselves report being (Lemay et al. 2007; Lemay and Clark 2008). A similar projection process was investigated in the context of partner support by Bar-Kalifa and colleagues (2016). Building upon the research conducted by Lemay and Clark, the researchers investigated whether individuals project their own supportiveness onto their partner using the truth-and-bias model. Over a period of 35 days, couples were asked to report on the support behaviors they enacted towards their partner, as well as the support behaviors their partner enacted towards them. The results revealed that, on average, partners reported perceiving support based on the support they themselves provided to their partners.

Of course, people are not living in a complete illusion; there is accuracy and actual mutuality to their feelings. When a person expresses themselves as generally

supportive, their partner confirms receiving support (Abbey et al. 1995; Bolger et al. 2000). The partner's perception of support aligns with observers' ratings of the provided support (Cutrona et al. 1997), and individuals who are motivated to respond to their partner's needs also tend to have partners who are similarly motivated to respond (Lemay et al. 2007). However, these effects are moderate to weak, suggesting that projection may be more pronounced in supportive acts, which can be subject to interpretations (Lahey and Cassady 1990; Sarason et al. 1987).

Overall, past research supports the existence of projection in close relationships, suggesting that when attempting to predict the sentiments and actions of others, individuals tend to initially consider their own perspectives and habitually infer that others must be feeling and behaving in similar ways. It is important to note that our study differentiates itself from previous work on projection by focusing on *expectations* rather than actions. In other words, we are not examining whether people perceive the support they provide to their partners. Instead, our aim is to investigate whether individuals provide the support they expect to receive from their partners. We propose that people may first reflect on what type of support they would want to receive from their spouse when they are distressed and presume that their spouse would want the same. Hence, they may become more likely to provide support by relying on their own support expectations rather than their spouse's.

1.4 Relational Consequences of Projecting Support Expectations

In addition to suggesting that people project their own support expectations onto their spouses and provide support based on their own expectations rather than their spouses', we also predict that such projection will undermine relationship quality. We reasoned that spouses may have different support needs and expectations if support needs are subjective and unique (Rini and Dunkel Schetter 2010). Projecting own support expectations onto the spouse may result in neglecting the spouse's actual needs leading to mismatches in support provision, which has been found to contribute to adverse relational outcomes, including reduced relationship satisfaction (Bar-Kalifa and Rafaeli 2013; Brock and Lawrence 2009; Lorenzo et al. 2018). Similarly, receiving support that is different from what one needs may lead to evaluating the relationship in a more negative light, reducing the perceived relationship quality. Indeed, in a study where individuals disclosed their emotions in response to a stressor during a videotaped self-disclosure task, receiving nonmatching support from the partner led to a decrease in relationship quality through reduced perceived

partner sensitivity (Cutrona et al. 2007).

1.5 Projection of Support Expectations Over Time

Interdependence theory posits that romantic partners engage in the transformation of motivation, a process in which individuals forgo their immediate self-interests and act in a pro-relational manner, including the partner's interests and the relationship's well-being (Arriaga 2013; Kelley and Thibaut 1978). However, once a romantic relationship is initiated, this transfer does not spontaneously develop; instead, it is an effortful and deliberate process that turns into a habitual transformational tendency after frequent interactions (Agnew and Le 2015). Initially, individuals may be prone to highly rely on self-centered motivation rather than motivation centered around their partner and the relationship. However, over time, this self-focused motivation may gradually transform, shifting towards partner-related motivations. This gradual, instead of rapid, transformation may emerge as a function of the reward/punishment structure that is inherent in interpersonal relationships.

Applying social learning theory (Bandura 1977) to couples implies that romantic partners frequently and mutually modify each other's behavior through rewards and punishments following specific behaviors (Johnson and Bradbury 2015). In the context of the transformation of motivation, partners may rely on their initial self-interested impulses when they have difficulties acknowledging or understanding each other's motives and sentiments. If these impulses do not correspond to the other one's needs, it may result in the expression of anger or sadness, which can be punishing, and the enactment of the same punished behavior may become less likely in future interactions. When individuals modify their behavior to avoid punishment, if the partner rewards the new behavior through the enactment of appreciation or affection, it would signal the partner's expectation and reinforce that behavior's enactment. Throughout the relationship, after several trials and errors, by interpreting the rewarded and punished behaviors, partners may eventually come to better understand each other's needs, starting to move away from projecting their needs to grasping the partner's needs.

Relatedly, from a social support perspective, romantic partners may not initially understand their partner's support expectations. In fact, as we hypothesize, they may assume that their partner has the same support expectations as themselves and may highly rely on their own support expectations rather than the partner's when providing support. However, in line with social learning theory and the trans-

formation of motivation in close relationships, we suggest that people will become better support providers and learn their partner's expectations through rewards and punishments as their relationship progresses. Specifically, we expect that individuals will initially tend to offer the support they themselves would expect to receive in similar circumstances. However, when the support they provide fails to meet the recipient's needs and results in punishments such as resentment, withdrawal, or conflicts, individuals will come to realize that their partner has unique support expectations different from their own. To avoid these punishments, individuals will adapt and modify their support behaviors. As they observe that these modified behaviors are positively received and rewarded through their partner's appreciation, disclosure, and affection, individuals will gradually gain an understanding of their partner's expectations. This process will lead to a transformation of motivation, with individuals transitioning from focusing on their own support expectations to prioritizing their partner's expectations when providing support.

1.6 Better Relationship Quality Through Better Support Provision

On average, romantic relationships, particularly marriages, are viewed as less satisfying as time passes (e.g., Karney and Bradbury 1997; Kurdek 1998; VanLaningham et al. 2001). However, recent research has shown that there is no uniform pattern of change that applies to all marriages. Instead, diverse trajectories emerge based on a wide range of individual (e.g., self-esteem, depressive symptoms), relational (e.g., communication, relationship attributions), and situational (e.g., external and chronic stress) factors, with certain couples experiencing a more rapid decline in satisfaction, while others experience no decline at all (Karney and Bradbury 2020; Proulx et al. 2017).

Research on support matching has repeatedly shown that providing effective support matching the partner's needs and expectations promotes relationship satisfaction and quality (Bar-Kalifa and Rafaeli 2013; Barden et al. 2016; Cutrona et al. 2007). Hence, we suggest that one additional factor protecting relationship satisfaction from declining over time may be providing effective support. As individuals develop a deeper understanding of their partner's needs and expectations throughout their relationship, they acquire the necessary information to engage in the transfer of motivations, becoming willing to provide skillful support that aligns with their partner's desires. Indeed, emotional accuracy, defined as "the ability to accurately infer the specific content of another person's thoughts and feelings" (Ickes 1993

p.588), has been shown to positively contribute to support provision by increasing the motivation to provide support and offering the information that makes the support effective (Kilpatrick et al. 2003; Verhofstadt et al. 2008). Consequently, the natural decline in relationship quality over time may be buffered as people become better at providing effective support by gaining insight into their partner's support expectations, resulting in better-matched support.

1.7 Research Overview

The present study is part of a larger ongoing longitudinal study on interpersonal variability in support processes. Newlyweds indicated the quality of their relationship and completed a checklist of 33 support behaviors once every three months over 12 months, reporting the support behaviors they expected to receive from their partner (expected support receipt), the support they perceived their partner to provide (perceived support receipt), and the support they themselves provided to their partner (enacted support) during a stressful event outside their marriage. In our study, we referred to the partner who provided support as the “provider” and the other partner who received the support as the “recipient”.

The primary goal of the current study was to identify, for the first time, whether there is a projection in support expectations and its association with relationship quality over time. We first aimed to determine whether individuals tend to provide the support they expect to receive more than what their partner expects to receive. Second, we aimed to explore whether individuals become better support providers over time by shifting away from relying solely on their own support expectations and instead relying on their partner's expectations. Finally, we aimed to examine whether better-matched support as a function of this change in support provision has a role in relationship quality.

2. METHOD

2.1 Participants

Data came from an ongoing dyadic longitudinal study consisting of five measurement waves, separated by three months each. Two hundred and forty-nine newlywed heterosexual couples from Turkey who had been married for less than 2 years initially began the study. Two couples broke up after completing the first survey and dropped out of the study, eleven couples withdrew from the study before completing Time 2, leaving 236 couples. The mean age was 28.82 years ($SD = 2.52$) for wives and 30.61 years ($SD = 3.30$) for husbands. Couples had been married an average of 2.23 years ($SD = .64$) and reported knowing each other for 7.36 years ($SD = 4.44$) and dating 5.99 years ($SD = 2.93$) on average before they got married. The majority of participants had a college education or more (94.1%) and the rest had completed high school or less (5.9%). Modal annual joint income ranged from 8.000 TL to 11.000 TL. On a 10-rung self-anchoring social status ladder, with 1 indicating people who are the worst off and 10 indicating people who are the best off (MacArthur's Scale of Subjective Social Status; Adler et al. 2000), the average subjective social status was 6.18 ($SD = 1.53$).

A sensitivity power analysis was conducted with G*Power (Faul et al. 2009) after calculating the effective sample sizes for each analysis, which represent an estimate of the independent samples provided by the data. The purpose was to determine the minimum effect size that can be detected with sufficient power. In our sample, the minimum standardized association that can be detected with power at the .80 level and $\alpha = .05$ was .136 in the model where we tested the changes in the match between the provider's own support expectations and the recipient's perceived support receipt and .129 in the model testing the changes in the match between the recipient's support expectations and perceived support receipt. The minimum effect size was .163 for the model testing whether the match between the recipient's sup-

port expectations and perceived support receipt predicted changes in relationship quality across the study waves.

2.2 Procedure

Couples attained an initial intake session and completed five online surveys over 12 months, with three months between each survey. The first survey was too long to be completed at once. Hence it was administered in two sections, with one week in between. The first section of the first survey was delivered to participants via email one week after the initial intake session (Time 1.1). The second section of the first survey was delivered one week after completing the first section (Time 1.2). The remaining surveys (Time 2, Time 3, Time 4, Time 5) were administered in a single sitting, with three months between each survey. At the time of writing this thesis, the third wave of surveys had been completed. Therefore, the data for this study was limited to the first three waves, covering six months in the ongoing study. Hereafter, we describe only the procedures and measures relevant to the scope of the current study.

In the initial intake session, participants were introduced to the study and completed a task that provided input for the first survey. In this task, we asked both partners to imagine a recent event outside of their marriage that caused distress and upset them. We emphasized that the event they chose to imagine should not involve their spouse, but they should have shared it with their spouse, who also remembers the event. Each partner then identified a keyword that would serve as a reminder of this stressful event of their choice. In the first survey (Time 1.1), participants were randomly presented with the keywords they and their partners selected. For their own keyword, they reported certain support behaviors they expected to receive from their partner and those their partner showed when going through the stressful event. For their partner's keyword, they reported the support behaviors they provided to their partner when the partner was going through the stressful event.

Unlike Time 1.1, we did not ask couples to identify a particular event in the other surveys and did not present their partner's stressful event (Time 1.2, Time 2, Time 3). Instead, they were asked to imagine an event outside of their marriage, independent from their spouse, that had caused distress and upset them within the last three months and only reported support behaviors they expected to receive and perceived from their partner when going through the stressful event. Relationship quality was assessed in all waves. Participants were informed that their answers

would remain confidential and not be shared with their partners. They were also instructed to complete the surveys independently and not to discuss their answers. During the six months, all respondents completed at least one of the three surveys (N = 472; 99% for Time 1; N = 472; 92% for Time 2; N = 443; 93% for Time 3).

2.3 Measures

2.3.0.1 Support behaviors

Participants completed a support inventory consisting of 33 support behaviors that we mainly derived from Barrera and colleagues' (1981) Scale of Social Support and Bodenmann's (2008) Dyadic Coping Inventory capturing different social support behaviors in romantic relationships such as emotional (e.g., "Comforting you by showing physical affection."), instrumental (e.g., "Giving you ideas about how your problem can be solved."), reappraisal (e.g., "Interpreting the situation from a different perspective"), and distraction (e.g., "Doing activities with you to get your mind off of things."). They were asked to indicate whether or not they expected a given support behavior from their partner and whether their partner enacted it toward them during the stressful event (1 = Yes; 0 = No). For Time 1.1 only, they also indicated whether they had enacted a given support behavior toward their partner when their partner experienced the stressful event they identified (1 = Yes, 0 = No).

2.3.0.2 Relationship quality

Participants responded to the short six-item Perceived Relationship Quality Component (PRQC) inventory (Fletcher et al. 2000) on a 7-point Likert scale (ranging from 1 = not at all to 7 = extremely; Cronbach's ranged between .86 and .84 across study waves) to assess the extent to which they experience satisfaction ("How satisfied are you with your relationship?"), commitment ("How committed are you to your relationship?"), intimacy ("How intimate is your relationship?"), trust ("How much do you trust your partner?"), passion ("How passionate is your relationship?") and love ("How much do you love your partner?") in their relationship. The PRQC has good internal validity (Fletcher et al. 2000) and has been used with married samples (Crespo et al. 2008). For a comprehensive list of all measures used in this study, please refer to Appendix.

3. DATA ANALYTIC STRATEGY

3.1 Projection of Support Expectations

Our initial aim involved investigating whether individuals prioritize their own support expectations over their partner's expectations when providing support. To assess this aim, we employed multilevel logistic regression analyses using the HLM 6 program (Raudenbush et al. 2004). This approach enabled us to evaluate whether the odds of perceiving support were higher for the provider's or the recipient's expected support receipt. In the analysis, we incorporated the data of all three waves and modeled 33 support behaviors (Level 1) as nested within couples (Level 2). We entered the recipient's perceived support receipt as the outcome and the provider's and the recipient's expected support receipt and gender as predictors. We kept the slopes for the predictors constant and allowed intercepts to vary randomly across couples.

3.2 Projection of Support Expectations Over Time

We employed a two-step approach for our second aim, which focused on investigating whether there is a shift from the provider's to the recipient's expected support receipt when providing support over time. First, we used the QSD paradigm to obtain the match between the providers' and recipients' expected vs. recipients' perceived support. Then, we employed multilevel models using IBM SPSS statistics to examine the predicted shift across waves.

We would like to clarify that the QSD paradigm used in our study differed from previous studies that have also used it in the support context. Most of these studies aimed to determine the accuracy of detecting partners' support behaviors. In other

words, they examined the extent to which partners agreed or disagreed that one of them enacted a certain behavior by focusing on the match between the provider's enacted support and the recipient's perceived support (Bar-Kalifa and Rafaeli 2013; Finkenauer et al. 2010; Gable et al. 2003). However, our objective was to examine the *projection* of support expectations. Namely, we were interested in determining whether individuals provide the support they expect to receive from their partners. Therefore, we focused on the match between the provider's expected support receipt and the recipient's perceived support.¹

Following the QSD paradigm, we combined both partners' reports of support behaviors. We identified whether one of the partners expected a given support behavior and whether the other perceived the support behavior that their partner expected. This approach enabled us to interpret whether individuals provide support matching their own expectations rather than those of their partner (i.e., recipient). Hits occur when the recipient perceives the support that the provider had expected, misses occur when the recipient fails to perceive the support that the provider had expected, false alarms occur when the recipient falsely reports perceiving support that the provider had not expected, and correct rejections occur when the recipient correctly does not detect the support that the provider had not expected.

Additionally, we formed a combination based on individuals' self-reports to investigate whether recipients had perceived the support they themselves expected. This approach allowed us to interpret whether individuals provide support matching their partner's (i.e., recipient) expectations rather than those of their own. In this combination, hits occur when the recipient perceives the support they expected to receive, misses occur when the recipient fails to perceive the support they expected to receive, false alarms occur when the recipient falsely reports perceiving support they did not expect to receive, and correct rejections occur when the recipient correctly does not detect the support that they did not expect.

¹For the purpose of the larger dyadic longitudinal study, from which the present study originated, we assessed individuals' ratings of the support they provided to their partner (enacted support) only at Time 1.1. Since one of our main interests was to investigate the extent to which people enact the support they expect to receive, we used individuals' ratings of the support that they perceived their partner to provide (perceived support receipt) as an indicator of the provider's enacted support behavior throughout the current study. Previous research has shown that individuals are somewhat accurate in detecting their partner's behaviors, and perceptions of partners have a greater impact on relational outcomes than actual behavior (Bar-Kalifa et al. 2016; Gable et al. 2003). Thus, recipients' ratings of providers' support behaviors were considered a reliable measure for inferring providers' enacted support. To verify if recipients' perceptions were a suitable proxy for providers' enactments, we employed the QSD paradigm and generated hits, misses, false alarms, and correct rejections for providers' enacted support and recipients' perceived support. We calculated the total mean of hits and correct rejections to demonstrate the accuracy between partners' ratings (correctly detecting the support that is enacted and not detecting the support that is not enacted) and the total mean of misses and false alarms to demonstrate the inaccuracy (failing to perceive the support that is enacted and falsely reporting perceiving support that is not enacted). In our sample, recipients' ratings of providers' behaviors were found to be reliable, with recipients being significantly more accurate (73%) than inaccurate (26%) in detecting enacted support (Z difference = 1.604, $p = .008$, 95% CI [.471, 2.738]). We also found a strong significant correlation between the hit for the recipient's perception and provider's expectation and the hit for the provider's enactment and expectation, indicating a close relationship between perception and enactment ($r(461) = .729$, $p < .001$).

Statistically, we obtained hit, miss, and false alarm scores by comparing recipients' and providers' reports for each of the 33 support behaviors. We assigned a value of "1" to indicate a match and a value of "0" to indicate a mismatch. To clarify, if the provider reported expecting a support behavior that was also perceived by the recipient, we coded it as a "1" for hit and a "0" for the others. If all categories were coded as "0," it reflected correct rejection meaning there was no perceived nor expected support behavior. Subsequently, we aggregated the scores of the 33 support behaviors to calculate overall scores for hits, misses, and false alarms. It is important to note that we only included the matching states (hits) and not the complete detection model (i.e., misses and false alarms) in our analysis. These matching states were our primary interest as they were the indicators of whether perceived support stems from the provider's or the recipient's expectations.

After obtaining the hits using the QSD paradigm, we employed multilevel models for analysis. Given the nested structure of our data (persons and time were crossed and nested within couples), we found multilevel models to be particularly useful as they account for interdependencies in dyadic data (Kenny and Kashy 2011). We tested whether there is a transition from the provider's to the recipient's expectations regarding perceived support receipt, resulting in better-matched support over time. We used a two-level model, once with the match between the provider's expected and recipient's perceived support receipt as the outcome and once with the match between the recipient's expected and perceived support receipt as the outcome. We entered gender (-1 = male; 1 = female) and time as predictors. Time was centered around the first measurement wave, and the rest of the variables were centered around grand-mean. Intercepts were allowed to vary across couples for each gender.

Initially, we considered including the interaction effects of time with each gender to capture potential variation in the relationship between time and the outcome variable. However, we encountered convergence errors in both models during model estimation when including these interaction terms. This indicated that the interaction terms did not contribute meaningful variation at the couple level and were subsequently removed from our models. Instead, we included time as a random effect to account for the variation associated with time. However, this modification allowed for successful model estimation only for the model with the match between the provider's expected and recipient's perceived support receipt as the outcome variable. For the model where the outcome variable was the match between the recipient's expected and perceived support receipt, we again observed convergence errors suggesting that time may have had a complex relationship with the other variables in the analysis. Removing its random effects allowed for successful estimation of the remaining covariance parameters. As a result, due to the repeated

convergence errors, we simplified this model and only included the random effects of each gender.

3.3 Better Relationship Quality Through Better Support Provision

We proceeded to test our third aim, which focused on exploring whether better-matched support is associated with relationship quality over time using a two-level model as previously described. Since we encountered the same convergence errors during model estimation, we used the simplified model, as noted above, that included only the random effects of each gender with relationship quality as the outcome variable. As we predicted that changes in relationship quality would be attributed to the greater match between the recipient's expectations and perceived support, we introduced the match between the recipient's expected and perceived support receipt and its interaction with time as an additional predictor.

4. RESULTS

4.1 Descriptive Statistics and Correlations

We provide the descriptive statistics and occurrence of hits, misses, false alarms, and correct rejections both for the match between the provider's expected and recipient's perceived support receipt and the match between the recipient's expected and perceived support receipt over the course of the study in Table A.1. When considering the combined scores for all three waves, we observed that the match between the provider's expectation and the recipient's perception was more prevalent than their mismatch. In 66% of the cases, the recipient accurately perceived support when the provider expected it and did not report perceiving support when it was not expected (i.e., hits plus correct rejections). We also found similar results for the match between the recipient's expectations and perception. In 70% of the cases, the recipient reported perceiving the support they expected to receive and did not report perceiving it when they were not expecting it.

The zero-order correlations between relationship quality, the match between the recipient's expected and perceived support receipt, and the match between the provider's expected and recipient's perceived support receipt at all waves are presented in Table A.2. Our findings revealed significant positive associations between all variables across waves. This indicates that relationship quality, the match between the recipient's expected and perceived support receipt, and the match between the provider's expected and recipient's perceived support receipt are concurrently and longitudinally associated.

4.2 Projection of Support Expectations

Our initial aim was to test whether individuals tend to provide the support they expect to receive more than what their partner expects to receive. The multilevel logistic regression analysis revealed that both the recipient's and the provider's support expectations are positively associated with the recipient's perceived support. The odds of recipients perceiving a particular support behavior when they expected it was 2.791 (95% CI [2.644, 2.945], $p < .001$), whereas the same odds when the providers expected it was 1.410 (95% CI [1.336, 1.489], $p < .001$). These findings indicate that perceiving a support behavior depended on both the provider's and the recipient's expectations of that support behavior. The recipient's expectation led to greater odds of perceiving the support behavior than the provider's expectation, as indicated by the larger odds ratio associated with the recipient's expectation in comparison to the provider's expectation. Importantly, when the recipient's expectation was accounted for in the model, the provider's expectation was still significantly associated with the recipient's perceived support, providing evidence for the projection of support expectations.

4.3 Projection of Support Expectations Over Time

Multilevel models revealed no significant change in the match between the provider's expected and the recipient's perceived support receipt across the study waves ($B = .352$, $p = .156$, 95% CI [-.135, .838]). However, the match between the recipient's expected and perceived support receipt significantly increased over time ($B = .823$, $p = .003$, 95% CI [.358, 1.288]) as depicted in Table A.3, Model 1 and 2. These findings demonstrate that providers do not seem to experience a significant change in relying on their own support expectations when supporting their partners. However, over time, they become better at providing support matching their partner's support expectations.

4.4 Better Relationship Quality Through Better Support Provision

In terms of relationship quality, there was a significant decline over time ($B = -.047$, $p = .001$, 95% CI [-.077, -.016]). However, the match between the recipient's

expected and perceived support receipt buffered the decline in relationship quality ($B = .005$, $p = .002$, 95% CI [.002, .008]). Recipients who had a match below 0.31 standard deviation experienced a decline in relationship quality. However, for those who had a match above 0.31 standard deviation, the decline in relationship quality became insignificant, as depicted in Figure A.1. This suggests that providing support above the sample average (i.e., 0.31 standard deviations) that aligns with the recipient's support expectations becomes effective and can help protect the quality of the relationship from declining (see Table A.3 Model 3).



5. DISCUSSION

Support in intimate relationships confers benefits both for individuals and the relationship. However, this is only true when the provided support matches the recipient's needs, raising important questions about whether providers are good at detecting their partner's needs or biased by their own needs. This dyadic longitudinal study provides new insights into the projection of support expectations and its association with relationship quality over time.

5.1 Projection of Support Expectations

In line with our first prediction, we found that individuals not only considered their partner's (i.e., the recipient's) support expectations but also relied on their own support expectations when providing support. However, contrary to our assumption that support provision would be primarily influenced by the provider's support expectations rather than the recipient's, we discovered the opposite to be true: individuals tended to provide support that aligned more closely with their partner's expectations rather than their own.

This finding is plausible, considering that romantic relationships are characterized by strong communal bonds, where partners prioritize each other's well-being and are responsive to each other's needs (Mills and Clark 2001). Consequently, individuals may be highly motivated to accurately understand and guide their behavior toward their partner's support needs and expectations to provide the most effective support. However, despite this strong motivation, our results revealed that individuals still heavily relied on their own support expectations when supporting their partner, even after accounting for the recipient's support expectations. This suggests that people project their own support expectations onto their partners and provide support based on their own expectations.

Projection in support expectations can be attributed to egocentrism in people's perception of others. Egocentric attribution refers to the tendency to use oneself as a reference point when making inferences about others (Dunning and Hayes 1996) and often arises because self-related information more readily comes to mind, providing a cognitive shortcut that individuals can easily rely on when making judgments about others (Ross and Sicoly 1979). In the context of close relationships, where the romantic partner becomes integral to one's self-concept (Aron et al. 2004; Schul and Vinokur 2000), individuals often assume that their partner shares the same thoughts, feelings, and expectations. As a result, they do not feel the need to model their partner's perspectives or mental states separately. Instead, it becomes more meaningful and accessible for them to rely on their own experiences and feelings when evaluating their partner's inner state (Marks and Miller 1987). Accordingly, in the instances where individuals must support their partners, they may reflect on the type of support they would want to receive from their partner and readily assume the partner would want the same, adjusting their support provision in line with their own expectations.

Apart from the cognitive mechanisms underlying egocentric attributions, there may also be a motivational basis for them. Previous research investigating the projection of oneself onto others has identified the desire for felt security as one of the primary motivations (Bar-Kalifa et al. 2016; Lemay et al. 2007). In romantic relationships, individuals become vulnerable as they link the fulfillment of their goals, expectations, and needs to the goodwill of their partner (Braiker and Kelly 1979; Drigotas and Rusbult 1992), which makes the non-responsiveness or rejection of the partner highly costly. To establish a sense of security in the face of this vulnerability, individuals seek trust in the stability of their relationship and their partner's commitment and responsiveness to their needs (Reis et al. 2004). Projecting their own responsiveness and supportiveness onto their partner helps to sustain this sense of security and reduces feelings of vulnerability, especially when they are more responsive and committed than their partner.

The desire for felt security can also serve as a motivation for the projection of support expectations. In romantic relationships, conflicts are bound to occur as partners may not be compatible in every aspect and may unintentionally transgress in their relationship (Braiker and Kelley 1979). These conflicts increase the risk of non-responsiveness and rejection from the partner, making it challenging to maintain trust in their consistent responsiveness and care, regardless of the circumstances (Murray 1999). To secure the relationship across time and situations, individuals may become motivated to be perceived as irreplaceable to their partner. By possessing unique qualities that are not easily found in others, they may guarantee

that their partner has a reason to remain committed and responsive, particularly in times of crisis (Gilbert 2005; Murray et al. 2009). Individuals likely project their own support expectations onto their partner to establish the belief that they know the partner well including their needs. This perception of having unique insights into the partner's needs may enhance the feelings of being irreplaceable for the partner as the provided support assumed to be matching the partner's expectations cannot be easily obtained from other sources, reinforcing the partner's commitment to the relationship.

5.2 Projection of Support Expectations Over Time

In line with our prediction, we found that as individuals progressed in their relationship, their ability to provide support improved, aligning more closely with their partner's expectations. It is likely that throughout their relationship, individuals encounter various situations where they need to support their distressed partner, providing them with opportunities to observe and gather valuable information about their partner's feelings and expectations, which they can rely on for future support-related interactions (Kenny and Acitelli 2001). Furthermore, through the rewards (i.e., partner's acts of appreciation, disclosure, and affection) and punishments (i.e., partner's acts of resentment, withdrawal, or conflict) that result from the provision of specific support behaviors, individuals can correct any inaccuracies in their understanding of their partner's support expectations. This feedback process may allow individuals to learn which support approaches are more effective and better meet their partner's needs. Additionally, gaining accuracy in understanding the partner's inner state can also be achieved through their disclosure of expectations. Recipients are active agents in support transactions, and their behaviors shape the support they receive (Forest et al. 2021). When individuals feel comfortable disclosing their innermost feelings to their partner, they may explicitly share their emotions and expectations of the partner. This open and honest communication may allow for a deeper understanding of each other's needs and support preferences, further enhancing the alignment between expected and provided support. Altogether, opportunities for observation, feedback, and disclosure may contribute to a better understanding of the partner's support expectations, leading to improved support provision that aligns with those expectations.

Contrary to our prediction that individuals would decrease their reliance on their own support expectations over time, prioritizing their partner's needs, we did not

find evidence of a significant decrease in this reliance. Despite having numerous opportunities for observation, feedback, and disclosure over a span of six months, individuals' biased views of their partner's support expectations persisted over time. This may be attributed to limitations in the cognitive system, where individuals fail to recognize and correct the biasing effect of their self-perceptions on their judgments (Krueger 1998). Overcoming biases and achieving more accurate perceptions require conscious effort and motivation (Gilbert 1991), which romantic partners may not possess due to felt security concerns that we described previously. Even if they were motivated to correct their biases, this would be challenging because a partner's qualities cannot be directly perceived from their behaviors. Instead, they are subject to interpretations, attributions of motives, and the construction of meaning around those behaviors (Griffin and Ross 1991). Given the inherent ambiguity in the evidence for the partner's qualities, individuals may not be aware that the knowledge they have about their partner is a reflection of their own biases and projections. Thus, may not recognize and correct these biases. This bias correction process may even become more difficult over time. As couples progress in their relationship and become closer and more intimate, the mental representations of the self and the partner become intertwined (Aron et al. 1992). This cognitive fusion may make it challenging for individuals to distinguish their own qualities and expectations from those of their partner, causing them to use their own self as a reference point for evaluating their partner.

5.3 Better Relationship Quality Through Better Support Provision

In line with earlier studies on marital quality, which have shown declines in the first few years of marriage (Leonard and Roberts 1998; Lindahl et al. 1998; VanLangingham et al. 2001), we also observed a decline in relationship quality over time in our sample. However, as anticipated, this decline was buffered for individuals who were better at providing support that matched their partner's support expectations. This finding aligns with research on social support matching, which has demonstrated that providing effective support that appropriately matches the recipient's needs and expectations leads to greater relationship satisfaction and quality (Bar-Kalifa and Rafaeli 2013; Barden et al. 2016; Cutrona et al. 2007). Furthermore, our findings are consistent with recent research on trajectories of marital quality (Karney and Bradbury 2020; Proulx et al. 2017), highlighting that not all couples experience a decline in relationship satisfaction and that various factors play a role in determining the trajectory of their relationships. Our study contributes by

demonstrating that one such factor that helps maintain relationship quality is the provision of effective support.

5.4 Strengths, Limitations and Future Research

Our study included the dyadic assessments of newlywed spouses' support expectations and perceptions, enabling us to combine both partners' reports and identify whether one partner expected a specific support behavior and whether the other perceived that expected support. This approach enabled us to capture situations where both partners served as the "provider" or "recipient" at different times. The longitudinal data, consisting of three waves over a period of six months, also provided a unique opportunity to investigate the changes in support provision and its association with relationship quality over time.

Despite these strengths, our study also have several limitations. While the time-frame allowed us to observe certain patterns, incorporating additional data covering longer periods would be beneficial in understanding if and when individuals begin to overcome their egocentric bias and if the buffering effect of matching support starts to enhance relationship quality at some point. Furthermore, due to the relatively short time frame of our study, we were unable to establish causal relationships definitively. There is a possibility that higher relationship quality might have resulted in greater projection (Morry 2005). However, studies that experimentally manipulated felt responsiveness towards a partner showed that changes in perceptions of one's own responsiveness were projected onto perceptions of the partner's responsiveness, ultimately influencing relationship promotion (Lemay et al. 2007; Lemay and Clark 2008). Thus, it seems more plausible to suggest that projection led to improved relationship quality rather than vice versa. Nonetheless, future research covering more extended time periods is necessary to investigate the direction of the association between projection of support expectations and relationship quality.

Another methodological limitation is that our estimate of matching support relied on an actor effect, where the recipient reported their expectations and perceptions. In contrast, our estimate of projection relied on a partner effect, where the providers reported their expectations and the recipients reported their perceptions. The shared source inherent in actor effects (Orth 2013), may have led to an inflated influence of the recipient's expectations on support provision compared to the provider's expectations. Future research can address this issue by incorporating objective observers' ratings of the support behaviors provided to the recipient. These observer ratings

can then serve as a benchmark against which providers' and recipients' reports on expected support behaviors can be compared, allowing for a more reliable assessment of projection (e.g., Lemay and Neal 2014).

Additionally, our study relied on self-report measures, which may be susceptible to social-desirability bias. Individuals tend to present themselves, their partners, and their relationships in a more favorable or socially desirable manner when responding to self-report questionnaires. However, considering the abstract nature of the construct we aimed to investigate (i.e., support expectations), it would have been impractical or insufficient to employ methods other than self-reports. This is because expectations are subjective and challenging to observe or objectively measure, making self-report measures the most viable approach for capturing this construct.

It is also important to note that our sample consisted of newlyweds, a stage in which the projection of support expectations may be particularly pronounced. During this period, couples are highly committed and their individual identities intertwine with their partner's (Agnew et al. 1998), leading to a greater tendency for individuals to rely on their own expectations when making inferences about their partner's. Moreover, the consequences of a provider's ability to provide matching support may be particularly critical during the first years of marriage. This period is often characterized by higher levels of stress as couples navigate important transitions such as establishing a division of labor, redefining ties with the family, and learning how to handle conflicts (VanLaningham et al. 2001). Future research could explore both newly initiated dating relationships and couples in later years of marriage to determine the extent to which projection is more or less pronounced in different stages of romantic relationships.

For instance, although we found evidence of projection in support expectations, we also observed that newlyweds prioritized their partner's support expectations when providing support. However, in the early stages of dating relationships, where partners have limited information about each other and are in the process of getting to know each other, they may prioritize and heavily rely on their own support expectations when providing support. This is because egocentric attributions tend to be more pronounced when there is ambiguity and lack of information about others (Heider 1958). Moreover, our finding that individuals gradually became better at providing support matching their partner's support expectations may indicate that the initial years of marriage may be a learning process during which partners adjust to each other and seek ways to maintain a satisfying life for both themselves and their partners. However, this learning process might be completed or less significant for couples in their middle or later years of marriage. As individuals become more

familiar with all aspects of their partner's support expectations, they are likely to offer more effective support. Nonetheless, it is important to acknowledge that personalities and behaviors are subject to constant change (Lavner et al. 2018; Zube 1982). Consequently, this learning process may never truly end, and even in later years of marriage, individuals may need to update their understanding of their partner's expectations and adapt to new ones.

Finally, we need to acknowledge that our findings may be subject to several alternative explanations. For instance, we observed that perceiving a support behavior depended more on the recipient's expectations rather than the provider's. From this, we inferred that individuals tended to provide support that aligned more closely with their partner's expectations rather than their own. However, it is also possible that recipients have biased perceptions and may be motivated to interpret their partner's support provision in line with their expectations, as they tend to idealize their partner, assuming that their partner is fulfilling their support expectations. Additionally, as the match between the recipient's perceived and expected support increased over time, we inferred that individuals became better at providing support that matched their partner's support expectations. However, it is important to consider that if recipients observed that their partner was unable to provide support that matched their expectations, they may have adjusted their expectations to align with their partner's support provision in an effort to make the most of their partner's support attempt. Also, our focus was solely on interpreting the increase in matching support, as we were interested in observing whether providing effective support would impact relationship quality. However, it is essential to also consider the implications of mismatched support, as it can offer valuable insights. Past research has demonstrated that not perceiving the expected support (i.e., underprovision of support) compared to perceiving unexpected support (i.e., overprovision of support) or expected support (i.e., matching support) has a more significant impact on relationship satisfaction and quality (Bar-Kalifa and Rafaeli 2013). Since improving at providing matching support does not eliminate the possibility of occasional mismatched support, it becomes crucial to observe whether instances of mismatched support outweigh the instances of matched support and how it affects overall relationship quality. Considering both matched and mismatched support may be critical for a comprehensive understanding of their impact on relationship outcomes.

6. CONCLUSION

Romantic partners hold extensive information on each other's inner states. Yet, our findings suggest that they not only consider their partner's expectations but also rely on their own support expectations, egocentrically assuming that their partner shares the same support expectations as themselves. Over the course of the relationship, individuals become more skilled at providing support that aligns with their partner's expectations, which helps to buffer the decline in relationship quality. It is noteworthy that even as individuals become more skilled at meeting their partner's needs, they still rely on their own support expectations. This suggests that egocentric biases persist and are difficult to correct over time.

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APPENDIX A

A.1 INFORMED CONSENT FORM & ONAM FORMU

Yakın ilişkileri konu alan bu projede katılımcı olarak yer almaya davetlisiniz. Katılımcı olmayı kabul etmeden önce, sizden bu formu dikkatlice okumanızı ve sonrasında sorularınız olursa araştırmayı yürüten kişiye yöneltmenizi rica ediyoruz. Çalışmada katılımcı olabilmek için 18 yaşını doldurmuş (19 yaşından gün almış) ve en fazla iki yıldır evli olmanız gerekmektedir.

Çalışmamız ne hakkında?

Bu çalışmanın amacı, yakın ilişkilerle ilgili süreçleri ve onların zaman içinde nasıl değiştiğini anlamaktır.

Sizden neler yapmanızı isteyeceğiz? Eğer bu araştırmada katılımcı olmayı kabul ederseniz, sizden yakın ilişkilerdeki duygu ve düşüncelerinizi ölçen anketler doldurmanızı isteyeceğiz. Ayrıca çalışmamızın sosyal medya kısmı için sizden araştırma ekibimize ait bir sosyal medya hesabını çalışma süresince takip etmenizi isteyebiliriz. Çalışmanın iki aşaması bulunmakta. Birinci aşama iki oturumdan (Online görüşme ve birinci online anket) oluşacak, ikinci aşama ise üçer ay arayla yapılacak beş oturumdan (online anketler) oluşacak. Her bir oturumun bir saat içerisinde tamamlanacağı tahmin edilmektedir. Tüm oturumları tamamladığımız takdirde, katılımınız karşılığında 60 TL'lik Migros Dijital Alışveriş Çeki ve 150 TL nakit para ödemesi alacaksınız.

Riskler ve Faydalar:

Bazı katılımcılar ilişkileriyle ilgili düşüncelerini ve başlarına gelen olumsuz deneyimleri paylaşmaktan rahatsızlık hissedebilirler. Katılımcı kendisine rahatsızlık hissettiren sorular olursa bunları cevaplandırmayı reddetme ve çalışmadan çekilme hakkına sahiptir. Bunun dışında çalışmamızın günlük hayatımızda karşılaştığımız risklerden öte risklere yol açması beklenmemektedir. Araştırmaya katılmamanın size direkt bir kişisel faydası bulunmamakla beraber, araştırma sonuçlarımızın gelecekte topluma ve bilime faydalarının olacağı umulmaktadır.

Cevaplarınız gizli tutulacaktır:

Arařtırma süresince elde edilen tüm bilgiler ve kişisel detaylar gizli kalacaktır. Kimliđinizin ortaya ıkmasına yol aabilecek hiçbir bilgi üçüncü şahıslarla paylaşılmayacak, katılımcılardan elde edilen veriler ve kişisel bilgiler gizli tutulacaktır. Verileriniz yalnızca arařtırma ekibinin ulaşabileceđi şifreyle korunan harici disklerde, bilgisayarlarda ve sunucularda saklanacaktır. Verileri saklarken ve analiz ederken cevaplarınız ile isminiz hiçbir şekilde eşleřtirilmeyecektir. Arařtırmadan elde edilecek sonuçlar ileride bilimsel amaçlı olarak rapor edilebilir, yayımlanabilir ve bu yayınlara konu olan veriler başka arařtırmacılarla sayısal olarak paylaşılabilir; fakat bu durumlarda katılımcıların kimlikleri kesinlikle gizli tutulacaktır.

Sorularınız için:

Bu alıřma Sabancı Üniversitesi Sanat ve Sosyal Bilimler Fakültesi Psikoloji Programı'ndan Do. Dr. Emre Seluk tarafından yürütölmektedir. Sorularınız için emre.selcuk@sabanciuniv.edu adresinden yürütöcöye ulaşabilirsiniz. Eđer haklarınıza zarar verildiđini düşünörseniz, lütfen Sabancı Üniversitesi Arařtırma Etik Kurul Başkanı Prof. Dr. Mehmet Yıldız ile telefonla (216) 483 9010 ya da e-mail ile mehmet.yildiz@sabanciuniv.edu iletiřime geçiniz.

Onam Beyanı:

Yukarıdaki tüm bilgileri okudum ve sorduđum tüm sorulara cevap buldum. Ařađıda “Kabul ediyorum” seeneđini seip “İleri” tuřuna basarak alıřmaya katılmayı kabul ettiđimi beyan ederim.

A.2 THE SUPPORT INVENTORY/ DESTEK DAVRANIŞLARI ÖLÇEĞİ

"Lütfen son üç ay içerisinde sizi üzen, strese sokan veya kötü hissetmenize sebep olan; eşiniz veya ilişkinizle ilgili OLMAYAN olayları hatırlayın. Bu olaylarla başa çıkmanızda eşinizin size nasıl destek olmasını isterdiniz? Lütfen soruları cevaplarken sadece bir olaya odaklanmayın, genel olarak son üç ayda yaşadığınız stresli olayları düşünün.

İnsanların eşlerinden görmek istedikleri davranışlarla, eşlerin gerçekte gösterdikleri davranışlar bazen birbirine uyar, bazen birbirinden farklı olabilir; bu son derece normaldir. Anketin bu bölümünde eşinizin gerçekte gösterdiği davranışları değil sizin hangi davranışları görmek istediğinizi belirtmenizi istiyoruz. Cevaplarınız kesinlikle gizli tutulacak ve eşiniz de dahil olmak üzere kimseyle paylaşılmayacaktır.

Kendinizi hazır hissettiğinizde aşağıdaki kutucuğa tıklayıp başlayabilirsiniz."

Son üç ayda yaşadığım stresli olaylar sırasında eşimin genelde... (Evet, Hayır)

1. sıkıntıyla iyi başa çıktığımı söylemesini bekledim.
2. sıkıntımın altından kalkabileceğime dair inancımı dile getirmesini bekledim.
3. her şeyin yoluna gireceğini söylemesini bekledim.
4. içinde bulunduğum durumun kontrolüm altında olduğunu hissettirmesini bekledim.
5. içinde bulunduğum durum hakkında kendimden emin hissetmemi sağlamasını bekledim.
6. bana yanımda olduğunu hissettirmesini bekledim.
7. sorunu birlikte çözeceğimiz konusunda bana güven vermesini bekledim.
8. nasıl hissettiğimi anladığını söylemesini bekledim.
9. beni neşelendirmeye çalışmasını bekledim.
10. zihnimi dağıtmak için benimle ortak bir aktivite yapmasını bekledim.
11. zihnimi dağıtmak için benimle başka bir konuda sohbet etmesini bekledim.
12. bana şefkatini sözlü olarak gösterip beni rahatlatmasını bekledim.
13. bana şefkatini dokunarak (örn., sarılarak, elimi tutarak) gösterip beni rahatlatmasını bekledim.
14. benim için üzüldüğünü ifade etmesini bekledim.
15. benim için endişeli görünmesini bekledim.
16. içinde bulunduğum durumla ilgili bana sorular sormasını bekledim.
17. sıkıntımı atlatmak için kendime bir hedef belirlememde bana yardımcı olmasını bekledim.
18. sıkıntımın nasıl çözüleceği konusunda bana fikir vermesini bekledim.
19. sorunun çözümü için benimle birlikte çaba göstermesini bekledim.
20. sıkıntım konusunda neyi iyi yapamadığımı anlamamda yardımcı olmasını bekledim.
21. benim durumuma benzer bir durumda kendisinin nasıl hissettiğini anlatmasını bekledim.
22. benzer bir durumda kendisinin ne yaptığını anlatmasını bekledim.
23. benzer bir durumda tanıdığı bir kişinin ne yaptığını

anlatmasını bekledim. 24. içinde bulunduğum durumda insanların benden ne beklediğini anlatmasını bekledim. 25. içinde bulunduğum durumdan neler beklemem gerektiğini söylemesini bekledim. 26. sıkıntımın üstesinden gelmek için bulduğum çözümü onaylamasını bekledim. 27. içinde bulunduğum durumu daha iyi anlamamı sağlayacak şeyler söylemesini bekledim. 28. içinde bulunduğum durumu farklı bir açıdan değerlendirmesini bekledim. 29. içinde bulunduğum durumun olumlu yanlarını söylemesini bekledim. 30. sorunumun küçük ve önemsiz olduğunu anlamamı sağlamasını bekledim. 31. paylaşmak istediğimden fazlasını sormadan beni dinlemesini bekledim. 32. sıkıntımı kendisine açtıktan sonra kendimi toparlamam için bana zaman vermesini bekledim. 33. bana durumumu kendi kendime değerlendirecek vakti tanınmasını bekledim.



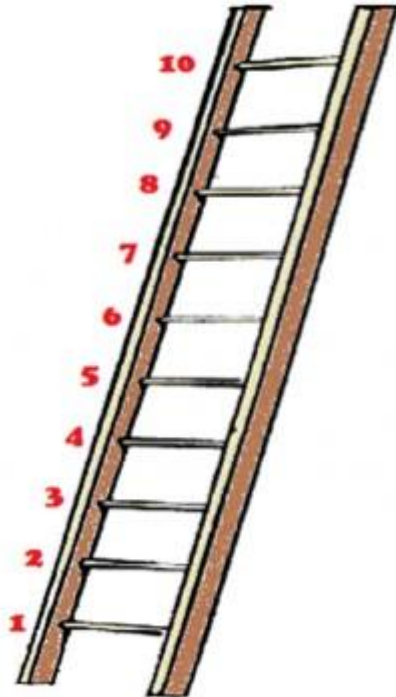
A.3 THE PERCEIVED RELATIONSHIP QUALITY COMPONENT (PRQC) INVENTORY/ ALGILANAN ROMANTİK İLİŞKİ KALİTESİ ÖLÇEĞİ (ARİKÖ)

"İlerleyen ekranlarda göreceğiniz soruları evliliğinizi düşünerek cevap verin."

1. Evliliğinizden ne kadar memnunsunuz? (1- Hiç memnun değilim, 2- Memnun değilim, 3- Pek memnun değilim, 4- Ne memnunum/ne memnun değilim, 5- Biraz memnunum, 6- Memnunum, 7- Çok memnunum)
2. Evliliğinize ne kadar bağlısınız? (1- Hiç bağlı değilim, 2- Bağlı değilim, 3- Pek bağlı değilim, 4- Ne bağlıyım/ne bağlı değilim, 5- Biraz bağlıyım, 6- Bağlıyım, 7- Çok bağlıyım)
3. Eşinize ne kadar yakınsınız? (1- Hiç yakın değilim, 2- Yakın değilim, 3- Pek yakın değilim, 4- Ne yakınım/ne yakın değilim, 5- Biraz yakınım, 6- Yakınım, 7- Çok yakınım)
4. Eşinize ne kadar güveniyorsunuz? (1- Hiç güvenmiyorum, 2- Güvenmiyorum, 3- Pek güvenmiyorum, 4- Ne güveniyorum/ne güvenmiyorum, 5- Biraz güveniyorum, 6- Güveniyorum, 7- Çok güveniyorum)
5. Evliliğiniz ne kadar tutkulu? (1- Hiç tutkulu değil, 2- Tutkulu değil, 3- Pek tutkulu değil, 4- Ne tutkulu/ne tutkulu değil, 5- Biraz tutkulu, 6- Tutkulu, 7- Çok tutkulu)
6. Eşinizi ne kadar seviyorsunuz? (1- Hiç sevmiyorum, 2- Sevmiyorum, 3- Pek sevmiyorum, 4- Ne seviyorum/ne sevmiyorum, 5- Biraz seviyorum, 6- Seviyorum, 7- Çok seviyorum)

A.4 DEMOGRAPHICS/DEMOGRAFIKLER

1. Cinsiyetiniz: (*Kadın, Erkek*)
2. Lütfen doğum yılınızı seçiniz.
3. Eşinizle evlendiğiniz tarihi gün, ay ve yıl olarak belirtin.
4. Eşinizle hangi yıldan beri romantik bir ilişki içindesiniz?
5. Eşinizi hangi yıldan beri tanıyorsunuz?
6. En son mezun olduğunuz okulu belirtiniz: (*İlköğretim, Ortaokul, Lise, Lisans, Yüksek Lisans, Doktora*)
7. Lütfen ortalama aylık hane gelirinizi belirtin. (*2.000 TL'den az, 2.000 TL - 4.000 TL, 4.000 TL - 6.000 TL, 6.000 TL - 8.000 TL, 8.000 TL - 10.000 TL, 10.000 TL - 12.000 TL, 12.000 TL - 14.000 TL, 14.000 TL - 16.000 TL, 16.000 TL - 18.000 TL, 18.000 TL - 20.000 TL, 20.000 TL - 22.000 TL, 22.000 TL - 24.000 TL, 24.000 TL - 26.000 TL, 26.000 TL - 28.000 TL, 28.000 TL - 30.000 TL, 30.000 TL - 32.000 TL, 32.000 TL - 34.000 TL, 34.000 TL - 36.000 TL, 36.000 TL - 38.000 TL, 38.000 TL - 40.000 TL, 40.000 TL - 42.000 TL, 42.000 TL - 44.000 TL, 44.000 TL - 46.000 TL, 46.000 TL - 48.000 TL, 48.000 TL - 50.000 TL, 50.000 TL'den fazla*)



En üst basamak (10) toplumdaki en varlıklı grubu temsil ediyor. Bu gruptaki insanlar en çok paraya, en yüksek eğitim seviyesine ve en saygın mesleklere sahipler.

En alt basamak (1) toplumdaki en yoksul grubu temsil ediyor. Bu gruptaki insanlar en az paraya, en düşük eğitim seviyesine ve kimsenin çalışmak istemediği mesleklere sahipler.

8. Resimdeki merdivenin kişilerin toplumdaki yerini yansıttığını düşünün. Şimdi lütfen kendinizi ve ailenizi düşünün. Siz ve aileniz, bu 10 basamak arasında nerede olurdunuz? Merdivenin üzerindeki sayılardan size en uygun geleni işaretleyiniz.
9. Lütfen yaşadığımız şehri belirtin.

10. Őimdiye kadar ka kez baŐka bir yere taŐındınız? (Eęer hi taŐınmadıysanız 0 seeneęini sein, ltfen ka kere taŐındıęınızı hesaplarken seyahatleri dahil etmeyin.)



A.5 TABLES

Table A.1 Descriptives and Occurrence of Hits, Misses, False Alarms, and Correct Rejections Across Study Waves

Recipient's Perception vs. Partner's Expectation												
Measurement waves	Hits			Misses			False Alarms			Correct Rejections		
	M	SD	%	M	SD	%	M	SD	%	M	SD	%
Time 1	18.24	8.25	55.41	7.05	6.43	21.42	4.64	5.63	14.09	2.99	4.17	9.08
Time 2	20	9.62	60.72	6.18	7.36	18.76	4.17	5.23	12.66	2.59	3.93	7.86
Time 3	19.21	9.82	58.25	6.57	7.93	19.92	4.7	6.16	14.25	2.5	3.91	7.58
Recipient's Perception vs. Recipient's Expectation												
Measurement waves	Hits			Misses			False Alarms			Correct Rejections		
	M	SD	%	M	SD	%	M	SD	%	M	SD	%
Time 1	18.33	8.53	55.56	4.56	5.46	13.82	5.62	6.11	17.04	4.48	4.07	13.58
Time 2	20.4	10	61.99	3.83	5.42	11.64	5.74	7.75	17.44	2.94	3.94	8.93
Time 3	20.01	10.21	60.65	4.05	5.78	12.28	5.64	7.56	17.1	3.29	4.94	9.97

Table A.2 Correlations among Relationship Quality, Match Between the Provider's Expected and the Recipient's Perceived Support, and Match Between the Recipient's Expected and Perceived Support Across Study Waves

Variables	1	2	3	4	5	6	7	8	9
1. Time 1 Relationship Quality	-	.293***	.239***	.491***	.198**	.277***	.505***	.222**	.181*
2. Time 1 Match between the Provider's Expected and the Recipient's Perceived Support	.247***	-	.254***	.200**	.530***	.390***	.225**	.504***	.282***
3. Time 1 Match Between the Recipient's Expected and Perceived Support	.543***	.287***	-	0.125	.227**	.383***	.239**	.326***	.386***
4. Time 2 Relationship Quality	.244***	.229**	.179*	.289***	.313***	.378***	.547***	.303***	.242***
5. Time 2 Match between the Provider's Expected and the Recipient's Perceived Support	.207**	.415***	.237**	.194**	-	.446***	.206**	.671***	.309***
6. Time 2 Match Between the Recipient's Expected and Perceived Support	.579***	.330***	.194**	.827***	.243**	.214**	.247***	.344***	.582***
7. Time 3 Relationship Quality	.156*	.431***	.322***	.284***	.539***	.364***	-	.253***	.372***
8. Time 3 Match between the Provider's Expected and the Recipient's Perceived Support	.170*	.278***	.501***	.274***	.207**	.628***	.364***	.462***	.440***
9. Time 3 Match Between the Recipient's Expected and Perceived Support									-

*** Note. Correlations among wives' (husbands') variables are presented above (below) the diagonal. ***p < .001, **p < .01, *p < .05

Table A.3 Multilevel Model: Changes in Match Between the Provider's Expected and the Recipient's Perceived Support, and Match Between the Recipient's Expected and Perceived Support and The Effect of the Recipient's Perceived Support, and Match Between the Recipient's Expected and Perceived Support on Relationship Quality

	Model 1		
	B	p	%95 CI
Outcome Variable: The match between the provider's expected and recipient's perceived support receipt			
Intercept	17.032	<.001	(15.981, 18.082)
Time	0.352	0.156	(-.135, .838)
Gender	3.199	<.001	(2.109, 4.289)
	Model 2		
	B	p	%95 CI
Outcome Variable: The match between the recipient's expected and perceived support receipt			
Intercept	19.018	<.001	(18.004, 20.033)
Time	0.823	0.001	(.358, 1.288)
Gender	-0.709	0.267	(-1.965, .547)
	Model 3		
	B	p	%95 CI
Outcome Variable: Relationship Quality			
Intercept	6.478	<.001	(6.406, 6.550)
The match between the recipient's expected and perceived support receipt	0.004	0.073	(-.000, .009)
The match between the recipient's expected and perceived support receipt x Time	0.005	0.002	(.002, .008)
Time	-0.047	0.003	(-.077, -.016)
Gender	0.077	0.046	(.002, .152)

A.6 FIGURES

Figure A.1 Regions of Significance Plot for The Association Between The Match of Recipient's Expected and Perceived Support Receipt and Relationship Quality Over Time

