

Supplementary File

Factor Loadings (Study 1)

Items by Factor	F1	F2	F3	F4	F5	F6	F7	F8
Factor 1: Social Comparison								
I compare how supportive my partner is to other peoples' partners. (RSCM)	.80	-.02	-.02	-.08	-.05	.08	-.11	.08
I compare how considerate my partner is to how considerate other peoples' partners are. (RSCM)	.74	.06	-.09	.01	-.03	.06	-.13	.08
I think about how well my partner and I communicate with each other compared to how well other couples communicate with each other. (RSCM)	.68	.05	-.09	-.02	.06	-.03	.01	-.07
I think about how dependable my partner is in comparison to other peoples' partners. (RSCM)	.67	.09	.02	.02	-.03	-.08	-.05	.01
I compare how my partner and I treat each other to how other couples treat each other. (RSCM)	.67	.04	.07	-.01	-.13	-.01	.03	.11
I think about how trustworthy my partner is in comparison to other peoples' partners. (RSCM)	.63	.10	-.01	.06	.06	-.02	-.29	.06
I think about how romantic my relationship is compared to how romantic other couples' relationships are. (RSCM)	.61	-.10	-.01	-.03	.02	.05	.28	-.10
I pay a lot of attention to how well my partner and I resolve problems compared to how well other couples solve their problems. (RSCM)	.59	.01	.08	.05	-.02	-.02	-.02	-.02
I think about what types of activities my partner and I participate in together compared to what other couples do together. (RSCM)	.58	-.06	-.03	.08	.08	-.08	.11	.04
I think about how romantic my partner is in comparison to other peoples' partners. (RSCM)	.56	.05	.09	-.05	-.06	-.01	.15	-.01

I compare the things that my partner does for me to what other peoples' partners do for them. (RSCM)	.53	.04	-.04	.06	-.06	-.04	.18	.12
I think about how successful my partner is in comparison to other peoples' partners. (RSCM)	.53	-.03	.05	-.01	.08	.02	-.07	.04
I observe the relationships of couples who are not as successful as mine. (RES)	.52	-.05	.00	.00	.05	.09	.18	-.17
I think about couples who argue more than me and my partner. (New)	.52	-.08	.00	-.02	-.01	.05	.28	-.18
I compare how much time my partner and I spend together to how much time other couples spend together. (RSCM)	.43	.01	.03	.03	.00	-.10	.15	.12
Factor 2: Past Comparison								
I compare my relationship with unhappy relationships I have had in the past. (RES)	-.06	.80	-.07	.01	-.01	-.03	.08	.06
I compare how my current partner treats me to how my previous partner(s) treated me. (New)	-.04	.77	.10	-.02	-.05	.12	-.06	.02
I compare my current relationship to worse relationships I've had in the past. (New)	-.04	.77	-.07	.04	.08	-.09	.15	-.03
I compare how satisfied I am with my current partner with how satisfied I was with my partner(s) in my previous relationship(s). (New)	-.05	.73	.01	.00	.07	.05	-.03	.03
I compare my current partner to my previous partner(s) from my past relationship(s). (New)	-.08	.72	.01	-.03	-.04	.14	.04	.11
I think about relationships I've had in the past that were less satisfying than my current relationship. (New)	.01	.71	-.02	.02	-.08	-.07	.06	.01
I compare how happy I am in my relationship with how happy I was in my previous relationship(s). (New)	.00	.71	-.03	-.05	-.03	.17	-.06	.04
I think about how much worse my life would be if I had stayed	.06	.68	-.05	.00	.10	-.22	.06	-.09

with my previous partner(s).

(New)

I think about how well my current partner and I communicate compared to how well my previous partner(s) and I communicated. (New)	.10	.68	.03	-.02	.01	.03	-.03	-.13
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I compare how romantic my current partner is to how romantic my previous partner(s) was/were. (New)	.08	.63	-.03	.02	.00	.09	.05	-.02
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I think about how supported I feel in my current relationship compared to how supported I have felt in past relationships. (New)	.21	.57	.09	.04	.02	-.01	-.23	-.02
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Factor 3: Personal Standards

I compare my current relationship to my own ideas about what makes an ideal relationship. (New)	-.02	.05	.75	-.05	.00	-.07	.09	.03
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I think about my own goals for what a relationship should be like. (New)	.00	-.03	.70	.05	-.01	.00	-.05	.06
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I compare my own relationship to my own personal standards of what my relationship should be like. (RES)	-.01	-.03	.70	-.02	-.08	-.06	.06	.06
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I think about my idea of what defines a worthwhile relationship. (RES)	-.02	.01	.68	.03	-.13	.09	-.11	.14
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I reflect on my own standards of what makes a good relationship. (RES)	.03	.00	.67	-.07	-.01	.05	-.01	-.13
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I think about what I want from a relationship. (New)	.02	-.05	.62	.02	.05	.02	-.12	.05
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I think about how I would like my relationship to be in the future. (RES)	-.09	-.04	.60	.06	.09	-.17	.03	.10
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I envision my ideal relationship. (RES)	-.05	-.09	.53	.07	.12	.16	.05	.02
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I compare my current partner to what I'm looking for in an ideal partner. (New)	.01	.04	.53	-.06	.02	.03	.11	-.01
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I think about how well my current relationship matches my ideal relationship. (New)	.22	.01	.53	-.09	.02	.01	-.04	-.23
I compare images of what my relationship is like, now to how I hope my relationship will be in the future. (RES)	-.03	.07	.49	.03	.14	-.12	.16	-.02
Factor 4: Feedback								
I ask my friends what they think of my relationship. (New)	-.03	-.01	-.02	.85	-.02	.08	.00	-.05
I ask for input from my peers. (RES)	-.09	.02	-.02	.84	-.12	-.03	.09	.01
I find it useful to hear other peoples' opinions about my relationship. (New)	.08	-.03	.03	.76	-.02	-.03	-.05	.00
When I am unsure about how my relationship is going, I ask for others' opinions. (New)	-.04	.08	-.08	.74	.06	.01	-.02	.04
I think about feedback from others I have received about my relationship. (RES)	.09	-.05	.05	.68	.03	.06	-.02	-.04
I remember what others have told me about the strengths and weaknesses of my relationship. (RES)	.11	.00	-.01	.55	.09	-.08	.06	.04
Factor 5: Feared Future								
I envision my 'worst fears' about what my relationship could be like in the future. (RES)	-.04	-.05	.10	.02	.76	.09	-.05	-.05
I think about the "worst case scenario" for the future of my relationship. (New)	.04	.02	.06	.02	.75	-.05	-.04	.01
I think about what I fear the relationship could become in the future. (RES)	.06	-.09	-.06	.03	.72	.10	-.08	.07
I think about my partner leaving me. (New)	-.12	.10	-.05	-.06	.65	-.06	.12	.04
I compare my current relationship to what I fear my relationship could become. (RES)	.04	.01	-.02	.01	.64	.12	.02	-.03
I think about what will happen if my current relationship ends. (New)	.00	.09	.05	-.07	.63	-.07	.04	.10
Factor 6: Upward Past Comparison								

I think about relationships I've had in the past that were more satisfying than my current relationship. (New)	-.01	-.03	-.08	-.06	-.01	.75	.12	.10
I compare my current relationship to better relationships I've had in the past. (New)	.02	.01	-.05	-.02	.10	.73	.03	.00
I reflect on happy relationships I have had in the past. (RES)	-.07	.11	.08	.10	-.06	.72	-.01	-.09
I compare my relationship now to my own previous happy relationships. (RES)	-.02	.17	.08	.00	.01	.68	.02	-.04
I think about positive experiences in my past relationships. (RES)	.01	.10	.09	.04	-.03	.61	-.02	-.04
I think about how much better my life would be if I had stayed with my previous partner(s). (New)	.05	-.07	-.17	.00	.10	.61	.04	.13
Factor 7: Upward Social Comparison								
I compare my relationship with other couples whose relationships are better than mine. (RSCM)	.12	.01	.00	-.03	-.03	.08	.74	.03
I think about relationships that are more successful than mine. (New)	.05	.09	-.01	.00	.02	.03	.73	.00
I compare my relationship with other relationships that seem to be more successful than mine. (RES)	.10	-.02	.00	-.02	-.02	.08	.72	.02
I think about couples who are happier than me and my partner. (New)	.05	.00	-.02	.02	.01	.07	.69	.10
I observe couples who are happier in their relationships than I am. (RES)	.08	-.10	-.03	-.04	.05	.09	.65	.15
I think about couples that have been together longer than me and my partner. (New)	.09	.08	.06	.05	.03	-.14	.57	-.09
I learn from experiences of people who have happier relationships than I do. (RES)	-.04	-.01	.09	.21	-.02	.11	.46	-.05
Factor 8: Negative Behavior								
I think about how frequently my partner upsets me. (New)	.05	-.02	.01	-.04	.13	-.01	-.06	.80
I think about how frequently my partner lets me down. (New)	-.07	.08	.04	-.01	.03	-.01	.13	.71

I think about how frequently my partner annoys me. (New)	.04	-.06	.02	-.01	.02	.09	.05	.67
I think about how frequently we disagree or argue with each other. (RES)	.08	-.03	.07	.05	.00	.03	.01	.66

Note. Source of item is indicated in parentheses. RSCM = Relationship Social Comparison Measure (Smith LeBeau & Buckingham, 2008), RES = Relationship Evaluation Scale (Wayment & Campbell, 2000), New = New item developed for this study.