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**Work–Family Conflict and Well-being among** **German Couples: A Longitudinal and Dyadic Approach**

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**Appendix Table A.** Descriptive Statistics for Control Variables, The German Family Panel (Pairfam) Waves 6 and 8 (*N* = 1,001 couples).

|  |  |  |
| --- | --- | --- |
|  | Women | Men |
|  | Range | Mean (SD) | Range | Mean (SD) |
| **Time-invariant control variables**Relationship duration (log)Lower education (reference category)Intermediate educationUpper educationGerman nationality | –2.48–5.660–10–10–10–1 | 3.93(1.62).06\*\*\*.37.57\*\*\*.96 |  0–10–10–10–1 | .13\*\*\* .38 .49\*\*\* .97  |
| **Time-varying control variables**Presence of preschool children in the household (wave 6)Presence of preschool children in the household (wave 8)ΔPresence of preschool children in the householdWork hours (wave 6)Work hours (wave 8)ΔWork hoursIncome (log) (wave 6)Income (log) (wave 8)ΔIncome Couple lives in East Germany (wave 6)Couple lives in East Germany (wave 8)ΔCouple lives in East GermanyMarried | 0–10–1–1–12–751–70–38–404.65–8.704.32–9.10–2.66–2.680–10–1–1–10–1 | .33.24–.09(.39)29.66\*\*\*(12.43)3.41\*\*\*(11.78)1.01\*\*(7.74)6.98\*\*\*(.67)7.08\*\*\*(.66).12(.41).34.33–.01(.07).80 |  1–84 1–85 –57–554.61–9.904.61–9.39–2.48–2.770–1 | 43.41\*\*\*(9.39)  43.35\*\*\*(8.98) –.01\*\*(7.68) 7.65\*\*\*(.52) 7.72\*\*\*(.51) .08(.33) .80 |
| *Note*: Δ = change between waves 6 and 8. We use paired *t*-tests for continuous variables and chi-square tests for categorical variables to test differences in means between women and men within a couple. Given the high correlation, we only use women’s reports for relationship-specific variables, including relationship duration, presence of preschool children in the household, and whether the couple lives in East Germany. Standard deviations (SD) are in parentheses.\* *p* < .05, \*\* *p* < .01, \*\*\* *p* < .001 (two-tailed tests). |

**Appendix Table B.** Best-fitting Models for All Three Outcomes (Including the Estimates for Control Variables), The German Family Panel (Pairfam) Waves 6 and 8 (*N* = 1,001 couples).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Life Satisfaction | Mental Health | Physical Health |
| **Individual-level actor effects**ΔWFCΔFWC**Individual-level partner effects**ΔWFCΔFWC**Control variables** | W: –.13\*\*\*(.02)M:W:–.07\*\*(.03)M:W: .03(.04) M: –.10\*\*\*(.03)W: –.05(.04)M: –.03(.04) |  –.06\*\*\*(.02) –.12\*\*\*(.02) –.05\*\*(.02) –.09\*\*\*(.02)

|  |
| --- |
|  .00(.01) |
| –.04\*\*(.01) |

 | –.20\*\*\*(.03)–.03(.03) |
| Marital statusRelationship duration (log)Women’s intermediate educationWomen’s upper educationMen’s intermediate educationMen’s upper educationWomen’s nationalityMen’s nationalityΔ Presence of preschool children in the householdWomen’s work hours (wave 6)Men’s work hours (wave 6)ΔWomen’s work hours ΔMen’s work hoursWomen’s income (log)Men’s income (log)ΔWomen’s income (log)ΔMen’s income (log)ΔCouple lives in East Germany | W: –.18(.11)M: .03(.11)W: .04(.03)M: –.01(.03)W: .01(.11)M: –.23\*(.11)W: .02(.12)M: –.19(.12)W: –.04(.08)M: .09(.08)W: –.02(.09)M: .06(.09)W: .40\*\*(.13)M: .15(.13)W: –.28(.15)M: .03(.15)W: –.03(.07)M: –.04(.07)W: .01(.04)M: .02(.04)W: –.03(.04)M: –.01(.04)W: .01(.05)M: .09(.05)W: –.04(.05)M: –.01(.05)W: –.01(.08)M: –.04(.08)W: .03(.08)M: .05(.08)W: .33\*\*\*(.09)M: .05(.09)W: –.02(.11)M: –.01(.11)W: –.01(.05)M: .04(.05) |  .06(.06) –.04(.06) .00(.01) .01(.01) .00(.06)  –.02(.05) –.00(.06) –.01(.06) –.04(.04) .04(.04) –.03(.05) .05(.04) .10(.07) .06(.07) .01(.08)–.01(.07)–.00(.03)–.02(.03) .03(.02) .03(.02)–.01(.02)–.01(.02) .02(.02) .03(.02)–.03(.02) .02(.02)–.05(.04)–.05(.04) .02(.04) .03(.04) .05(.05)–.06(.05)–.03(.05) .07(.05) .03(.03)–.02(.03) | –.13(.15)–.08(.14) .02(.04) .03(.04) .15(.15)–.11(.14) .14(.15)–.06(.14)–.02(.11) .10(.10) .02(.12) .13(.11) .03(.18) .31(.16)–.24(.20)–.09(.19) .02(.09)–.13(.08) .01(.05)–.04(.05)–.03(.05) .05(.05) .07(.06)–.08(.06)–.05(.06)–.06(.06) .05(.10) .09(.09) .12(.11)–.16(.10) .11(.12) .17(.12)–.02(.14) .13(.13) .09(.07)–.12(.06) |

*Note*: WFC = work-to-family conflict; FWC = family-to-work conflict; Δ = change between waves 6 and 8; W = women; and M = men. Work hours are measured in a 10-hour unit to better represent the coefficient sizes (i.e., a one-unit increase indicates a 10-hour increase in work hours). Standard errors are in parentheses. \**p* < .05, \*\**p* < .01, \*\*\**p* < .001 (two-tailed tests).