R code

For all analyses, age was grand-mean centered while gender, dyad type, and step count source were dichotomous variables. Participation start date was centered to the study start date (range 0-366). All day-level variables were separated into within-person effects (person-centered) and between-person effects (grand-mean centered person means). Models were analyzed using the R package lme4 (Bates et al., 2015).

Below is the R code for *Table 3: Support for Fruit and Vegetable intake (N= 137, n=1204)*

Model3 <- lmer(Servings\_of\_Fruit\_&\_Vegetables ~ 1+ Age\_Actor + Age\_Partner + Gender\_Actor + Gender\_Partner + EmotionalSupport\_Daily + EmotionalSuppport\_Overall + TangibleSupport\_Daily+ TangibleSupport\_Overall + Dyad\_Type + Day\_of\_study + Start\_day +(1 + EmotionalSupport\_Withinperson + TangibleSupport\_Withinperson + Day\_of\_study |id), data = oadata, REML = TRUE, control=lmerControl(optimizer="bobyqa", optCtrl=list(maxfun=2e5)))

summary(Model3)

Below is the R code for *Table 5*: Dyad type Moderation for Fruit and Vegetable intake (N = 137, n= 1204)

Model5 <- lmer (Servings\_of\_Fruit\_&\_Vegetables ~ 1+ Age\_Actor + Age\_Partner + Gender\_Actor + Gender\_Partner + EmotionalSupport\_Daily + EmotionalSuppport\_Overall + TangibleSupport\_Daily + TangibleSupport\_Overall + Dyad\_Type + Day\_of\_study + Start\_day + EmotionalSupport\_Daily\*Dyad\_Type + EmotionalSuppport\_Overall\*Dyad\_Type + TangibleSupport\_Daily\*Dyad\_Type + TangibleSupport\_Overall\*Dyad\_Type + (1 + EmotionalSupport\_Daily + TangibleSupport\_Daily + Day\_of\_study |id), data = oadata, REML = TRUE, control=lmerControl(optimizer="bobyqa", optCtrl=list(maxfun=2e5)))

Summary(Model5)

References

Bates, D., Mächler, M., Bolker, B., & Walker, S. (2015). Fitting Linear Mixed-Effects Models Using lme4. *Journal of Statistical Software*, *67*, 1–48. <https://doi.org/10.18637/jss.v067.i01>

**Tables**

**Table 1S.** Average support per dyad type

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Fruit and vegetable consumption | | Steps | |
|  |  | Emotional | Instrumental | Emotional | Instrumental |
| Dyad type | N | M | M | M | M |
| Type of relationship |  |  |  |  |  |
| Spouse | 81 | 33.31 | 32.42 | 31.92 | 27.73 |
| Non-spouse | 55 | 16.07 | 11.60 | 18.93 | 14.31 |
| Friend | 18 | 14.19 | 7.16 | 17.15 | 15.59 |
| Sibling | 7 | 11.66 | 6.91 | 22.51 | 8.16 |
| Parent/Child | 11 | 20.93 | 16.16 | 17.21 | 13.84 |
| Grandparent/Grandchild | 4 | 13.96 | 10.60 | 12.51 | 9.60 |
| Other family member | 14 | 12.21 | 14.47 | 20.05 | 16.29 |
| Other | 1 | 57.12 | 43.75 | 54.01 | 28.87 |
| By gender and relationship |  |  |  |  |  |
| Actor Man/Non-spouse | 11 | 24.42 | 13.96 | 25.72 | 18.91 |
| Actor Man/Spouse | 54 | 30.55 | 33.93 | 31.28 | 26.81 |
| Actor Woman/Non-spouse | 44 | 14.75 | 11.01 | 17.21 | 13.15 |
| Actor Woman/Spouse | 27 | 39.26 | 20.14 | 33.28 | 29.71 |
| Partner Man/Non-spouse | 10 | 27.34 | 16.03 | 24.48 | 14.16 |
| Partner Man/Spouse | 28 | 38.63 | 28.47 | 32.06 | 28.61 |
| Partner Woman/Non-spouse | 45 | 14.32 | 10.60 | 17.69 | 14.34 |
| Partner Woman/Spouse | 53 | 30.71 | 34.34 | 31.85 | 27.29 |

*Note*. N= number of dyads, M= average