

## 8.1. Appendix A. Additional Information on the Instruments

Table A 1. *Item Characteristics of the Interpersonal Conflict and Convergence Questionnaire*

Goal Pair <sup>(a)</sup>	1 never/very rarely	2 seldom	3 occasionally	4 often	5 very often	P <sub>con</sub> <sup>(b)</sup>	M	Md	SD	r <sub>con</sub> <sup>(c)</sup>
Time-based convergence										
P-P	2 (2.4 %)	4 (4.8 %)	12 (14.5 %)	29 (34.9 %)	36 (43.4 %)	82.8	4.12	4	.99	.16
P-C	21 (28.4 %)	18 (24.3 %)	16 (21.6 %)	15 (20.3 %)	4 (5.4 %)	71.6	2.48	2	1.29	.48
P-PD	40 (52.6 %)	19 (25.0 %)	12 (15.8 %)	5 (6.6 %)	0 (0.0 %)	22.4	1.76	1	.95	.53
P-CP	36 (47.4 %)	21 (27.6 %)	11 (14.5 %)	6 (7.9 %)	2 (2.6 %)	25.0	1.91	2	1.09	.42
C-P	20 (28.6 %)	19 (27.1 %)	16 (22.9 %)	10 (14.3 %)	5 (7.1 %)	44.3	2.44	2	1.25	.44
C-C	5 (6.9 %)	10 (13.9 %)	15 (20.8 %)	27 (37.5 %)	15 (20.8 %)	79.2	3.51	4	1.18	.39
C-PD	17 (24.3 %)	15 (21.4 %)	25 (35.7 %)	10 (14.3 %)	3 (4.3 %)	54.3	2.53	3	1.14	.09
C-CP	10 (15.4 %)	21 (32.3 %)	20 (30.8 %)	12 (18.5 %)	2 (3.1 %)	52.3	2.62	3	1.06	.24
PD-P	36 (52.9 %)	18 (26.5 %)	10 (14.7 %)	4 (5.9 %)	0 (0.0 %)	20.6	1.74	1	.92	.54
PD-C	10 (14.9 %)	12 (17.9 %)	17 (25.4 %)	23 (34.3 %)	5 (7.5 %)	67.2	3.01	3	1.20	.31
PD-PD	36 (52.2 %)	12 (17.4 %)	18 (26.1 %)	3 (4.3 %)	0 (0.0 %)	20.4	1.83	1	.97	.61
PD-CP	37 (52.1 %)	15 (21.1 %)	15 (21.1 %)	2 (2.8 %)	2 (2.8 %)	22.8	1.83	1	1.04	.63
CP-P	31 (44.9 %)	20 (29.0 %)	14 (20.3 %)	3 (4.3 %)	1 (1.4 %)	26.1	1.88	2	.98	.46
CP-C	11 (16.4 %)	15 (22.4 %)	20 (29.9 %)	14 (20.9 %)	7 (10.4 %)	61.2	2.87	3	1.23	.18
CP-PD	27 (39.7 %)	15 (22.1 %)	22 (32.4 %)	4 (5.9 %)	0 (0.0 %)	38.2	2.04	2	.98	.53
CP-CP	28 (36.8 %)	16 (21.1 %)	18 (23.7 %)	8 (10.5 %)	6 (7.9 %)	63.2	2.3	2	1.30	.22

*(table continues)*

Table A 1. (continued)

Goal Pair <sup>(a)</sup>	1 never/very rarely	2 seldom	3 occasionally	4 often	5 very often	P <sub>con</sub> <sup>(b)</sup>	M	Md	SD	r <sub>con</sub> <sup>(c)</sup>
Strategy-based convergence										
P-P	1 (1.1 %)	1 (1.1 %)	11(12.6 %)	23 (26.4 %)	51 (58.6 %)	97.7	4.40	5	.84	.15
P-C	13 (18.6 %)	14 (20.0 %)	17 (24.3 %)	17 (24.3 %)	9 (12.9 %)	61.4	2.93	3	1.31	.47
P-PD	34 (48.6 %)	18 (25.7 %)	13 (18.6 %)	4 (5.7 %)	1 (1.4 %)	25.7	1.86	2	1.01	.54
P-CP	29 (41.4 %)	17 (24.3 %)	13 (18.6 %)	8 (11.4 %)	3 (4.3 %)	34.3	2.13	2	1.20	.65
C-P	13 (19.7 %)	14 (21.2 %)	21 (31.8 %)	13 (19.7 %)	5 (7.6 %)	59.1	2.74	3	1.21	.40
C-C	5 (6.4 %)	7 (9.0 %)	14 (17.9 %)	30 (38.5 %)	22 (28.2 %)	84.6	3.73	4	1.16	.31
C-PD	14 (27.5 %)	10 (19.6 %)	17 (33.3 %)	8 (15.7 %)	2 (3.9 %)	52.9	2.49	3	1.17	.24
C-CP	17 (32.1 %)	10 (18.9 %)	21 (39.6 %)	3 (5.7 %)	2 (3.8 %)	49.1	2.30	2	1.10	.38
PD-P	26 (43.3 %)	17 (28.3 %)	14 (23.3 %)	2 (3.3 %)	1 (1.7 %)	28.3	1.92	2	.98	.61
PD-C	12 (23.5 %)	11 (21.6 %)	16 (31.4 %)	9 (17.6 %)	3 (5.9 %)	54.9	2.61	3	1.20	.44
PD-PD	25 (43.1 %)	10 (17.2 %)	16 (27.6 %)	6 (10.3 %)	1 (1.7 %)	39.7	2.10	2	1.14	.71
PD-CP	21 (38.2 %)	19 (34.5 %)	9 (16.4 %)	4 (7.3 %)	2 (3.6 %)	27.3	2.04	2	1.09	.69
CP-P	27 (41.5 %)	19 (29.2 %)	13 (20.0 %)	4 (6.2 %)	2 (3.1 %)	29.2	2.00	2	1.08	.40
CP-C	14 (25.6 %)	11 (20.0 %)	20 (36.4 %)	6 (10.9 %)	4 (7.3 %)	54.5	2.52	3	1.24	.35
CP-PD	28 (45.2 %)	13 (21.0 %)	15 (24.2 %)	3 (4.8 %)	3 (4.8 %)	43.9	2.03	2	1.16	.52
CP-CP	24 (39.3 %)	15 (24.6 %)	11 (18.0 %)	4 (6.6 %)	6 (9.8 %)	36.1	2.26	2	1.41	.60
Time-based conflict										
P-P	67 (79.8 %)	12 (14.3 %)	4 (4.8 %)	1 (1.2 %)	0 (0.0 %)	6.0	1.27	1	.61	.03
P-C	22 (29.3 %)	25 (33.3 %)	19 (25.3 %)	5 (6.7 %)	3 (4.0 %)	37.3	2.26	2	1.14	.54
P-PD	7 (9.1 %)	20 (26.0 %)	27 (35.1 %)	10 (13.0 %)	13 (16.9 %)	74.9	3.03	3	1.20	.60
P-CP	9 (11.7 %)	25 (32.5 %)	25 (32.5 %)	7 (9.1 %)	11 (14.3 %)	65.8	2.82	3	1.20	.71
C-P	29 (40.8 %)	23 (32.4 %)	11 (15.5 %)	3 (4.2 %)	5 (7.0 %)	26.8	2.04	2	1.18	.53
C-C	45 (61.6 %)	18 (24.7 %)	9 (12.3 %)	1 (1.4 %)	0 (0.0 %)	23.7	1.53	1	.77	.04
C-PD	24 (33.8 %)	22 (31.0 %)	20 (28.2 %)	3 (4.2 %)	2 (2.8 %)	35.2	2.11	2	1.02	.24
C-CP	23 (34.8 %)	17 (25.8 %)	17 (25.8 %)	7 (10.6 %)	2 (3.0 %)	39.4	2.19	2	1.16	.31
PD-P	21 (30.4 %)	19 (27.5 %)	14 (20.3 %)	10 (14.5 %)	5 (7.2 %)	42.0	2.41	2	1.26	.65
PD-C	35 (51.5 %)	20 (29.4 %)	10 (14.7 %)	2 (2.9 %)	1 (1.5 %)	19.1	1.74	1	.92	.24
PD-PD	8 (11.4 %)	27 (38.6 %)	20 (28.6 %)	8 (11.4 %)	7 (10.0 %)	50.0	2.70	2.5	1.13	.71
PD-CP	13 (18.1 %)	24 (33.3 %)	22 (30.6 %)	7 (9.7 %)	6 (8.3 %)	48.6	2.55	2	1.18	.72
CP-P	17 (24.3 %)	24 (34.3 %)	16 (22.9 %)	8 (11.4 %)	5 (7.1 %)	41.4	2.41	2	1.21	.64
CP-C	31 (45.6 %)	19 (27.9 %)	13 (19.1 %)	4 (5.9 %)	1 (1.5 %)	26.5	1.90	2	1.01	.18
CP-PD	13 (18.8 %)	19 (27.5 %)	24 (34.8 %)	5 (7.2 %)	7 (10.1 %)	53.6	2.67	3	1.24	.69
CP-CP	24 (31.2 %)	22 (28.6 %)	18 (23.4 %)	10 (13.0 %)	3 (3.9 %)	40.3	2.30	2	1.16	.50

(table continues)

Table A 1. (continued)

Goal Pair <sup>(a)</sup>	1 never/very rarely	2 seldom	3 occasionally	4 often	5 very often	P <sub>con</sub> <sup>(b)</sup>	M	Md	SD	r <sub>con</sub> <sup>(c)</sup>
Strategy-based conflict										
P-P	66 (75.0 %)	16 (18.2 %)	6 (6.8 %)	0 (0.0 %)	0 (0.0 %)	6.8	1.32	1	.60	.26
P-C	26 (36.6 %)	24 (33.8 %)	10 (14.1 %)	7 (9.9 %)	4 (5.6 %)	29.6	2.14	2	1.19	.69
P-PD	10 (14.1 %)	22 (31.0 %)	24 (33.8 %)	9 (12.7 %)	6 (8.5 %)	54.9	2.70	3	1.13	.69
P-CP	12 (16.9 %)	24 (33.8 %)	22 (31.0 %)	6 (8.5 %)	7 (9.9 %)	49.3	2.61	2	1.17	.68
C-P	31 (46.3 %)	21 (31.3 %)	6 (9.0 %)	4 (6.0 %)	5 (7.5 %)	22.4	1.97	2	1.22	.62
C-C	45 (57.0 %)	25 (31.6 %)	9 (11.4 %)	0 (0.0 %)	0 (0.0 %)	21.4	1.54	1	.69	.11
C-PD	15 (28.8 %)	22 (42.3 %)	13 (25.0 %)	1 (1.9 %)	1 (1.9 %)	28.8	2.06	2	.90	.34
C-CP	14 (25.9 %)	21 (38.9 %)	14 (25.9 %)	5 (9.3 %)	0 (0.0 %)	35.2	2.19	2	.93	.40
PD-P	14 (23.0 %)	21 (34.4 %)	14 (23.0 %)	7 (11.5 %)	5 (8.2 %)	42.6	2.48	2	1.21	.83
PD-C	20 (38.5 %)	14 (26.9 %)	14 (26.9 %)	3 (5.8 %)	1 (1.9 %)	34.6	2.06	2	1.04	.62
PD-PD	9 (15.3 %)	17 (28.8 %)	23 (39.0 %)	5 (8.5 %)	5 (8.5 %)	55.9	2.66	3	1.11	.61
PD-CP	1 (1.8 %)	13 (23.2 %)	16 (28.6 %)	18 (32.1 %)	5 (8.9 %)	46.4	2.38	2	1.19	.78
CP-P	12 (18.2 %)	26 (39.4 %)	17 (25.8 %)	6 (9.1 %)	5 (7.6 %)	42.4	2.48	2	1.13	.69
CP-C	23 (41.1 %)	14 (25.0 %)	13 (23.2 %)	4 (7.1 %)	2 (3.6 %)	33.9	2.07	2	1.13	.51
CP-PD	14 (22.2 %)	20 (31.7 %)	20 (31.7 %)	6 (9.5 %)	3 (4.8 %)	46.0	2.40	2	1.14	.72
CP-CP	16 (25.8 %)	15 (24.2 %)	19 (30.6 %)	8 (12.9 %)	4 (6.5 %)	50.0	2.50	2.5	1.19	.60

(a) Self-reported goals -goals attributed to respective partner; Abbreviations of content categories: P- partnership-related goal, C- child-related goal, P- goal, that is related to the professional development, CP- goal that refers to current projects and tasks

(b) Item difficulty: Percentage of endorsement of response options = 3 (“occasionally”, “often”, “very often”)

(c) Item discriminability: Corrected item-total correlation (total= respective subscale)

Table A 2. *Descriptives of Interpersonal Goal Relations Subscales*

	Transformations	Min	Max	M	SD	Skew (SE)	Kurt (SE)
Time-based convergence	Yes: square- root	1.00	2.05	1.54	.23	-.17 (.25)	-.01 (.50)
Strategy-based convergence	Yes: square- root	1.12	2.12	1.61	.24	.17 (.25)	-.15 (.50)
Time-based conflict	No	1.00	3.44	2.15	.61	.29 (.25)	-.41 (.49)
Strategy-based conflict	Yes: square- root	1.00	1.97	1.38	.27	.05 (.25)	-.74 (.50)

Table A 3. *Correlations of the Conflict and Convergence Raw Subscales and Subscales with Estimated Missings and Square Root Transformations*

Subscale	With estimated missings	With estimated missings and square root transformed
Time-based convergence	.96 **	.95 **
Strategy-based convergence	.92 **	.92 **
Time-based conflict	.88 **	-
Strategy-based conflict	.98 **	.97 **

\*\* p&lt;.01

Table A 4. *Correlations of Conflict and Convergence with personality and self-regulatory measures*

Subscale	Conflict	Convergence
Neuroticism (Costa & McCrae, 1985)	.01	.00
Conscientiousness (Costa & McCrae, 1985)	.08	.00
Primary control with respect to work goals (J. Heckhausen, 1999)	.19	.26 *
Secondary control with respect to work goals (J. Heckhausen, 1999)	.28 **	.03
Primary control with respect to family goals (J. Heckhausen, 1999)	.25 *	-.12
Secondary control with respect to family goals (J. Heckhausen, 1999)	.14	-.03

\*\* p&lt;.01; \* p&lt;.05

Table A 5. *Descriptives of Time -Related Goal Characteristics*

	Transformations	Min	Max	M	SD	Skew (SE)	Kurt (SE)
Time-intensity of personal goals	Yes: logarithm	.14	3.21	1.98	.77	-.23 (.24)	-.48 (.47)
Temporal flexibility of personal goals	Yes: square- root	.27	1.06	.65	.21	.36 (.24)	-.79 (.48)

Table A 6. *Descriptives of Everyday Goal Pursuit and Affect Subscales*

	Transformations	Min	Max	M	SD	Skew (SE)	Kurt (SE)
Positive-Negative Mood	No	1	5	4.05	.78	-1.02 (.04)	.87 (.08)
Ease-Restlessness	No	1	5	3.65	1.00	-.57 (.04)	-.39 (.08)
Alertness-Fatigue	No	1	5	3.68	.89	-.69 (.04)	.03 (.08)
Mean Goal Relevance	No	-2.25	1.79	.09	.26	.11 (.04)	13.94 (.08)

Table A 7. *Descriptives of Outcome Measures*

	Transformations	Min	Max	M	SD	Skew (SE)	Kurt (SE)
<b>Multidimensional Affect Scale</b>							
Positive-negative mood	No	2.25	5.00	3.78	.68	-.48 (.26)	-.43 (.52)
Alertness-fatigue	No	1.75	4.75	3.29	.75	-.39 (.26)	-.54 (.52)
Ease-restlessness	No	1.63	4.63	3.15	.78	-.24 (.26)	-.86 (.52)
<b>Positive Psychological Functioning</b>							
Ryff: Autonomy	No	2.44	4.78	3.55	.56	-.01 (.26)	-.20 (.52)
Ryff: Environmental mastery	No	2.56	4.88	3.85	.52	-.49 (.26)	-.06 (.52)
Ryff: Personal growth	No	3.00	4.78	3.96	.44	-.20 (.26)	-.37 (.52)
Ryff: Positive relations	No	3.00	4.89	3.91	.46	-.02 (.26)	-.30 (.52)
Ryff: Purpose in life	No	2.89	4.89	4.06	.47	-.54 (.26)	-.58 (.52)
Ryff: Self-acceptance	No	3.33	5.00	4.08	.42	-.11 (.26)	-.64 (.52)
Ryff: Total	No	3.07	4.60	3.89	.35	-.37 (.26)	-.08 (.52)
Goal progress		3.25	6.50	4.95	.73	-.04 (.26)	-.46 (.52)
Goal specific satisfaction	No	2.25	7.00	4.59	.85	.22 (.26)	.39 (.52)

Table A 8. *Intercorrelations between Study Variables*

	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1. Time-intensity of personal goals <sup>(a)</sup>	.39**	.28*	-.10	.26*	.25*	-.13	-.05	-.02	-.18	-.18	-.09	-.07	-.08	-.01	-.08	-.04
2. Temporal flexibility of personal goals <sup>(b)</sup>		.25*	.03	.02	-.09	.04	.05	.06	-.11	-.01	.02	.11	.08	.16	.10	.13
3. Interpersonal goal conflict <sup>(b)</sup>			-.30	.12	.29**	-.14	-.06	-.21	.02	-.11	-.12	-.36**	-.18	-.32**	-.11	-.23*
4. Interpersonal goal convergence				.21	.02	.10	.08	.16	.02	.12	.22*	.24*	.00	.19	.18	.14
5. Daily goal pursuit					.18	.14	.16	.14	.01	-.11	.15	.00	.04	.04	-.06	.13
6. Variability in daily goal pursuit						.00	.10	-.10	-.03	-.16	-.10	-.10	.05	-.16	.05	-.21
7. Daily positive-negative mood							.78**	.66**	-.22*	-.36*	.24*	.63**	.57**	.59**	.45**	.26*
8. Daily alertness-fatigue								.54**	-.19	-.34**	.26*	.50**	.61**	.52**	.43**	.29**
9. Daily ease-restlessness									-.28*	-.39**	.21	.56**	.48**	.71**	.49**	.26*
10. Cortisol levels										.74**	.07	-.14	.01	-.06	.04	-.12
11. Area under the curve											.09	-.18	-.14	-.14	-.05	-.07
12. Overall goal progress												.25*	.18	.17	.42*	.64**
13. Positive-negative mood													.60**	.80**	.54**	.33**
14. Alertness-fatigue														.68**	.43**	.18
15. Ease-restlessness															.53**	.26*
16. Psychological well-being																.33**
17. Goal specific satisfaction																

<sup>(a)</sup> Logarithm transformed; <sup>(b)</sup> Square root transformed; \*\* p<.01; \* p<.05