

Table S1*Demographic Information of Studies*

Characteristic	Study 1		Study 2 Baseline		Study 2 Baseline + ESM	
	n	%	n	%	n	%
<i>Gender</i>						
Female	133	76%	244	85%	104	84%
Male	41	24%	40	14%	20	16%
Other	0	0%	3	1%	0	0%
<i>Ethnicity</i>						
White/Caucasian	151	87%	249	87%	111	90%
Black/African-American	1	1%	1	0%	0	0%
Hispanic/Latino	0	0%	2	1%	1	1%
Asian	6	3%	13	5%	3	2%
Middle-Eastern	5	3%	7	2%	2	2%
Mixed	8	5%	10	3%	4	3%
Other ethnicity	3	2%	5	2%	3	2%
<i>Marriage status</i>						
Married	12	7%	12	4%	7	6%
Unmarried	162	93%	275	96%	117	94%
<i>Cohabitation</i>						
Yes	66	38%	79	28%	32	26%
No	108	62%	208	72%	92	74%
<i>Children</i>						
Yes	8	5%	11	4%	4	3%
No	166	95%	276	96%	120	97%
<i>Education level</i>						
No formal qualification	1	1%	0	0%	0	0%
Secondary school/High school	94	54%	171	60%	78	63%
Some college, no degree	20	11%	28	10%	12	10%
Undergraduate degree (BA/BSc/other)	42	24%	62	22%	19	15%
Graduate degree (MA/MSc/MPhil/other)	16	9%	24	8%	14	11%
Doctorate degree (PhD/MD/other)	1	1%	2	1%	1	1%

Table S2*Between-Person Correlations of Variables In Study 1 and Study 2 Baseline*

Variable	1	2	3	4	5	6	7	8	9	10	11	12
1 Inter-vs-intrapersonal ER	—	0.84***	-0.85***	-0.13	-0.39***	-0.05	-0.04	0.19*	-0.27***	0.01	-0.10	0.29***
2 Interpersonal ER	0.89***	—	-0.42***	-0.11	-0.42***	-0.07	-0.07	0.20	-0.30***	0.00	-0.05	0.29***
3 Intrapersonal ER	-0.89***	-0.57***	—	0.10	0.24**	0.02	0.00	-0.13	0.15*	-0.03	0.11	-0.20*
4 Attachment anxiety	-0.05	-0.03	0.05	—	0.41***	-0.20**	-0.21**	-0.42***	-0.25**	-0.03	0.26***	0.02
5 Attachment avoidance	-0.42***	-0.44***	0.31***	0.30***	—	0.06	0.07	-0.68***	0.06	-0.07	0.26***	-0.12
6 Age (years)	0.02	0.07	0.04	-0.02	-0.01	—	0.80***	-0.10	0.10	0.07	-0.22**	-0.17*
7 Relationship length (months)	0.05	0.08	-0.01	-0.18**	-0.11	0.65***	—	-0.13	0.06	0.00	-0.17*	-0.08
8 Relationship quality	0.08	0.13*	-0.01	-0.44***	-0.41***	-0.06	0.03	—	0.02	0.05	-0.25**	0.14
9 Neuroticism	-0.08	-0.08	0.06	-0.39***	-0.07	-0.02	0.03	-0.03	—	0.05	-0.11	-0.32***
10 Extraversion	0.14*	0.11	-0.13*	-0.11	-0.11	-0.08	-0.09	0.01	0.12*	—	0.13	0.19*
11 COVID	-0.11	-0.12*	0.07	0.21***	0.16**	-0.04	-0.12*	-0.13*	-0.14*	0.04	—	0.11
12 Female	0.15*	0.10	-0.17**	0.11	0.05	-0.07	0.01	-0.03	-0.22***	-0.07	0.04	—

Note. Study 1 correlations are presented on the top diagonal; Study 2 Baseline correlations are presented on the bottom diagonal.

Table S3*Analysis of Attachment Influencing Emotion Regulation Across Studies*

Variable	Study 1 Baseline				Study 2 Baseline				Study 2 Baseline + ESM				
	<i>b</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>b</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>b</i>	<i>SE</i>	<i>DF</i>	<i>t</i>	<i>p</i>
Outcome: Interpersonal ER													
(Intercept)	3.19	0.16	19.89	<.001	3.39	0.16	21.44	<.001	2.07	0.35	2492	5.96	<.001
Attachment anxiety	-0.06	0.10	-0.61	0.542	0.07	0.07	1.06	0.290	0.12	0.16	113	0.73	0.469
Attachment avoidance	-0.61	0.12	-5.04	<.001	-0.62	0.08	-7.72	<.001	-0.66	0.20	113	-3.35	0.001
Attachment anxiety: Attachment avoidance	-0.05	0.09	-0.56	0.577	0.09	0.06	1.44	0.151	0.15	0.15	113	1.02	0.311
Relationship length	0.00	0.00	-0.71	0.477	0.00	0.00	0.77	0.445	-0.01	0.00	113	-2.03	0.045
Female	0.51	0.19	2.73	0.007	0.27	0.17	1.58	0.116	0.28	0.36	113	0.79	0.432
Others					-0.22	0.58	-0.37	0.711					
Relationship quality	-0.25	0.13	-1.93	0.056	-0.05	0.09	-0.54	0.591	0.04	0.23	113	0.17	0.869
Neuroticism	-0.15	0.05	-2.78	0.006	-0.07	0.05	-1.50	0.134	0.19	0.10	113	1.89	0.061
Extraversion	-0.03	0.04	-0.80	0.426	0.07	0.04	1.69	0.092	0.06	0.09	113	0.65	0.518
COVID	0.00	0.00	-0.13	0.897	0.00	0.00	-1.56	0.119	0.01	0.01	113	1.55	0.123
Stressfulness of event									0.19	0.04	2492	5.05	<.001
Partner availability									3.98	0.23	2492	17.33	<.001
Others availability									0.09	0.14	2492	0.62	0.533
Time									0.00	0.00	2492	-0.50	0.617
Outcome: Intrapersonal ER													
(Intercept)	3.88	0.19	20.65	<.001	3.80	0.16	23.13	<.001	7.79	0.34	2473	22.91	<.001
Attachment anxiety	0.07	0.12	0.59	0.559	0.06	0.07	0.78	0.438	0.12	0.16	113	0.73	0.465
Attachment avoidance	0.33	0.14	2.30	0.023	0.48	0.08	5.75	<.001	0.17	0.20	113	0.83	0.408
Attachment anxiety: Attachment avoidance	-0.03	0.11	-0.29	0.774	-0.06	0.07	-0.97	0.331	-0.31	0.15	113	-2.14	0.035
Relationship length	0.00	0.00	-0.09	0.927	0.00	0.00	0.46	0.649	0.00	0.00	113	0.14	0.890
Female	-0.42	0.22	-1.91	0.058	-0.47	0.18	-2.64	0.009	-0.21	0.37	113	-0.57	0.568
Others					0.65	0.60	1.07	0.284					
Relationship quality	0.14	0.15	0.93	0.353	0.22	0.09	2.38	0.018	0.05	0.24	113	0.21	0.834
Neuroticism	0.08	0.06	1.35	0.179	0.07	0.05	1.49	0.138	-0.09	0.10	113	-0.89	0.373
Extraversion	0.00	0.05	-0.02	0.986	-0.08	0.04	-1.97	0.050	-0.09	0.09	113	-1.05	0.295
COVID	0.00	0.00	1.08	0.283	0.00	0.00	0.83	0.407	-0.01	0.01	113	-1.17	0.246
Stressfulness of event									0.04	0.03	2473	1.28	0.202
Partner availability									-1.89	0.18	2473	-10.72	<.001
Others availability									-1.01	0.15	2473	-6.97	<.001
Time									0.01	0.00	2473	2.00	0.046

Note. All continuous predictors are centered. The significant values are presented in bold.

Table S4*Between-Person and Within-Person Correlations of Variables in Study 2 Baseline + ESM*

Between-person correlations																
Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<i>Baseline measures</i>																
1.Inter-vs-intrapersonal ER																
2.Interpersonal ER	0.92															
3.Intrapersonal ER	-0.92	-0.68														
4.Attachment anxiety	-0.08	-0.06	0.09													
5.Attachment avoidance	-0.52	-0.52	0.42	0.30												
6.Relationship length (months)	0.08	0.15	0.00	-0.21	-0.17											
7.Relationship quality	0.12	0.16	-0.06	-0.36	-0.48	0.00										
8.Neuroticism	-0.06	-0.09	0.02	-0.37	-0.11	0.12	0.02									
9.Extraversion	0.15	0.10	-0.19	-0.18	-0.07	-0.13	0.02	0.15								
10.COVID	-0.24	-0.27	0.16	0.11	0.26	-0.15	-0.08	-0.09	-0.03							
11.female	0.15	0.13	-0.13	0.07	0.01	0.00	0.01	-0.27	-0.09	-0.04						
<i>ESM measures</i>																
12.Inter-vs-intrapersonal ER	0.31	0.22	-0.35	-0.09	-0.29	-0.11	0.19	0.06	0.10	0.05	0.03					
13.Interpersonal ER	0.29	0.26	-0.27	-0.02	-0.35	-0.15	0.22	0.04	0.06	0.02	0.02	0.87				
14.Intrapersonal ER	-0.23	-0.10	0.31	0.15	0.12	0.04	-0.10	-0.06	-0.10	-0.07	-0.03	-0.82	-0.43			
15.Stressfulness of event	-0.11	-0.05	0.15	0.06	0.01	-0.14	0.08	-0.16	-0.05	0.00	0.19	0.13	0.26	0.06		
16.Partner availability	0.17	0.14	-0.18	-0.02	-0.22	-0.05	0.16	-0.22	-0.04	-0.01	0.07	0.55	0.56	-0.36	0.13	
17.Others availability	0.11	0.08	-0.12	0.02	0.01	0.13	-0.14	0.13	0.07	-0.15	-0.06	0.13	0.04	-0.18	0.00	-0.18
Within-person correlations																
Variable	1	2	3	4	5	6										
1.Inter-vs-intrapersonal ER																
2.Interpersonal ER	0.88															
3.Intrapersonal ER	-0.81	-0.44														
4.Stressfulness of event	0.10	0.19	0.05													
5.Partner availability	0.46	0.49	-0.26	0.06												
6.Others availability	0.07	0.00	-0.14	0.00	-0.12											
7.Time	-0.01	0.01	0.03	0.01	0.05	-0.02										

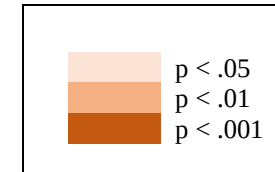


Table S5*Comparing Variable Scores Between Studies*

		Study 1 versus Study 2 Baseline					Study 2 Baseline versus Study 2 Baseline + ESM				
		t-test			Non parametric Wilcoxon test		t-test			Non parametric Wilcoxon test	
Variable		t	df	p	w	p	t	df	p	w	p
1	Inter-vs-intrapersonal ER	1.37	372.57	.172	26662	.217	1.03	447.93	.302	33636	.363
2	Interpersonal ER	0.76	365.38	.447	25859	.503	0.12	468.9	.902	32455	.846
3	Intrapersonal ER	-1.59	353.06	.114	22858	.115	-0.24	462.62	.807	32211	.967
4	Attachment anxiety	0.78	416.64	.439	25437	.736	-1.19	498.54	.236	30836	.429
5	Attachment avoidance	2.12	352.92	.035	28532	.010	0.53	484.80	.596	33281	.492
6	Age (years)	-2.56	265.84	.011	20667	.002	0.90	415.3	.370	31788	.882
7	Relationship length (months)	-1.94	202.78	.053	22990	.531	1.22	412.87	.225	32416	.550
8	Relationship quality	2.08	363.08	.038	28317	.016	1.30	508.02	.200	32877	.658
9	Neuroticism	0.93	346.85	.353	26480	.274	0.60	476.4	.547	33362	.459
10	Extraversion	1.20	320.75	.231	26197	.374	-0.80	473.47	.426	30876	.442
11	COVID	2.86	374.85	.005	29134	.003	0.60	472.64	.547	32995	.607
12	Female	2.23	317.53	.027	27112	.021	-0.74	464.61	.463	31364	.459

Note. The significant values are presented in bold.

Table S6*Analysis of Attachment Influencing Within-Strategy Variability*

Variable	Interpersonal ER				Intrapersonal ER			
	<i>b</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>b</i>	<i>SE</i>	<i>t</i>	<i>p</i>
(Intercept)	2.96	0.38	7.87	<.001	1.96	0.35	5.68	<.001
Attachment anxiety	-0.13	0.11	-1.23	0.222	-0.23	0.10	-2.32	0.022
Attachment avoidance	0.04	0.14	0.31	0.756	0.07	0.13	0.51	0.613
Attachment anxiety: Attachment avoidance	0.04	0.10	0.36	0.718	0.24	0.09	2.55	0.012
Relationship length	-0.00	0.00	-0.75	0.453	-0.00	0.00	-1.55	0.125
Relationship quality	0.11	0.16	0.69	0.490	0.02	0.15	0.12	0.907
Neuroticism	0.01	0.07	0.13	0.899	-0.04	0.06	-0.67	0.504
COVID	0.00	0.00	0.26	0.792	0.01	0.00	1.89	0.061
Participant level mean stressfulness of events	-0.04	0.06	-0.75	0.453	-0.00	0.05	-0.08	0.934
Participant level mean partner availability	1.00	0.42	2.40	0.018	0.81	0.38	2.11	0.037
Participant level mean others availability	0.17	0.44	0.38	0.706	0.50	0.40	1.23	0.220

Note. The significant values are presented in bold.

Table S7

Moderation Effect of Attachment on the Association Between Partner Availability and Inter-Vs-Intrapersonal ER

Variable	<i>b</i>	<i>SE</i>	<i>DF</i>	<i>t</i>	<i>p</i>
Outcome: Interpersonal ER					
(Intercept)	2.05	0.35	2494	5.81	<.001
Attachment anxiety	0.33	0.19	113	1.70	0.092
Attachment avoidance	-0.77	0.24	113	-3.23	0.002
Partner availability	4.04	0.23	2494	17.41	<.001
Attachment anxiety: Attachment avoidance	0.23	0.18	113	1.28	0.204
Attachment anxiety: Partner availability	-0.50	0.23	2494	-2.17	0.030
Attachment avoidance: Partner availability	0.23	0.29	2494	0.78	0.436
Attachment anxiety: Attachment avoidance: Partner availability	-0.24	0.26	2494	-0.96	0.335
Relationship length	-0.01	0.00	113	-2.03	0.045
Female	0.28	0.35	113	0.91	0.367
Relationship quality	0.04	0.23	113	0.15	0.884
Neuroticism	0.18	0.10	113	1.81	0.074
Extraversion	0.06	0.09	113	0.69	0.491
COVID	0.01	0.01	113	1.54	0.125
Stressfulness of event	0.19	0.04	2494	5.14	<.001
Others availability	0.09	0.14	2494	0.66	0.507
Time	-0.00	0.00	2494	-0.46	0.648
Outcome: Intrapersonal ER					
(Intercept)	7.80	0.34	2485	22.98	<.001
Attachment anxiety	0.11	0.16	113	0.66	0.508
Attachment avoidance	0.17	0.20	113	0.82	0.413
Partner availability	-1.92	0.18	2485	-10.56	<.001
Attachment anxiety: Attachment avoidance	-0.32	0.15	113	-2.18	0.031
Attachment anxiety: Partner availability	0.10	0.18	2485	0.56	0.573
Attachment avoidance: Partner availability	0.02	0.23	2485	0.07	0.943
Attachment anxiety: Attachment avoidance: Partner availability	0.14	0.21	2485	0.68	0.494
Relationship length	0.00	0.00	113	0.13	0.899
Female	-0.22	0.37	113	-0.59	0.558
Relationship quality	0.05	0.23	113	0.21	0.831
Neuroticism	-0.09	0.10	113	-0.89	0.373
Extraversion	-0.10	0.09	113	-1.07	0.287
COVID	-0.01	0.01	113	-1.16	0.250
Stressfulness of event	0.04	0.03	2485	1.18	0.239
Others availability	-1.02	0.14	2485	-7.05	<.001
Time	0.01	0.00	2485	2.10	0.035

Note. The significant values are presented in bold.

Table S8

Exploratory Correlations between Study Variables and Other Related Variables Measured During Data Collection of Study 2

Variable	2	3	4	5	6	7	8	9	10
<i>Baseline measures</i>									
1. Attachment anxiety	0.30***	-0.06	-0.05	-0.06	0.04	< 0.001	-0.07	0.21*	0.15
2. Attachment avoidance	—	-0.53***	-0.34***	0.15	-0.46***	-0.38***	0.01	0.21*	0.21*
3. Interpersonal ER		—	0.45***	-0.36***	0.66***	0.46***	-0.06	-0.09	-0.11
4. Interpersonal ER efficacy			—	-0.20*	0.29**	0.35***	-0.04	-0.10	-0.13
5. Intrapersonal ER efficacy				—	-0.31***	-0.27**	0.07	0.09	0.10
6. IRQ tendency					—	0.66***	-0.01	0.03	0.03
7. IRQ efficacy						—	-0.14	-0.04	-0.09
<i>ESM measures</i>									
8. Compliance rate							—	-0.10	0.34***
9. Rate of reported stressful events								—	0.89***
10. Sum of reported stressful events									—

Note. IRQ is Interpersonal Regulation Questionnaire [74]. For a complete list of variables, see <https://osf.io/et5a2>

Table S9*Deviations of the Studies From Pre-Registration*

Pre-registration link	Study ID	Pre-registered	Deviation of the study from pre-registration	Explanation
https://osf.io/m2t9g	1	Analysis: Correlation	Analysis: Correlation and Linear Regression	Regression analysis was added in order to have a more comprehensive analysis, including both attachment orientations, their interaction effect, and control variables. Notably, the results of correlation and regression analyses did not significantly differ from one another in the significance and direction of the effect.
https://osf.io/et5a2	2	Inclusion criteria: currently involved in a romantic relationship longer than 6 months	Inclusion criteria: currently involved in a romantic relationship longer than 3 months	In spite of indicating inclusion criteria during participant recruitment, few participants completed ESM part while having relationships less than 6 months. Since ESM data collection is valuable, we decided to make this criteria less conservative and reduced it to 3 months. Several studies have considered 3 months enough for similar analysis; thus, our decision is well-informed.
https://osf.io/et5a2	2	Hypothesis: H1.1. and H1.2	Beyond Hypotheses H1.1 and H1.2 that were included in the pre-registration, we included Hypotheses (H2.1, H2.2, H3.1, H3.2, H3.3). Furthermore, we did not investigate the hypotheses H3, H4, and H5 of the pre-registration in the current manuscript.	After reading literature, we decided to also look at other aspects of ER variability and flexibility, thus new hypotheses. Given the expanded focus on ER variability and flexibility, we chose not to investigate the pre-registered hypotheses H3, H4, and H5 in the current manuscript. The decision to exclude these hypotheses was driven by a desire to concentrate on the analysis of interpersonal versus intrapersonal ER. Specifically, the exploration of emotional experiences and specific ER strategies (such as rumination) fell outside the scope of this manuscript.