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Dyadic Time Diary and Experience Sampling Method Evidence on Couples' Time

Together from the National Couples' Health and Time Study

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Abstract

We examined couples time together and device use in the National Couples' Health and Time Study. We examined two samples: the main respondent time diary sample that included 1898 main respondents and 16604 activities, and 175 main respondents and 175 partners who completed their time diaries on the same day and were in the same place at the same time and who agree they were together, representing 1198 couple activities. Overall, we found in the main respondent time diary sample, being on a device was associated with less momentary happiness, higher momentary stress, and less momentary engagement. In the dyadic file, when, according to the participant, partners were involved in the activity when the couple was together, participants were happier and more engaged. Further, when the participant was on their device while with their partner, the participant was less happy and less engaged. Finally, there was no association between the partner using their device and the participant's happiness, stress, or engagement.

Dyadic Time Diary and Experience Sampling Method Evidence on Couples' Time Together from the National Couples' Health and Time Study

Research based on assumed heterosexual couples shows that greater time spent with a spouse is related to lower stress and higher well-being and happiness (Sullivan 1996). Finkel et al. (2014) have argued that couples have higher expectations than ever before for their intimate relationships, yet are giving these relationships less time, energy, and attention than ever (Finkel et al. 2014). Yet a paucity of demographic research has focused on how couples feel when they spend time together, and how they feel during various activities. Data from the American Time Use Survey (US Bureau of Labor Statistics 2020) showed that women in same-sex couples spent more time together than men in same-sex couples or individuals in opposite-sex couples (Genadek, Flood and Roman 2020). Further, women in same-sex couples were less stressed with greater time spent together and men in same-sex couples were happier when spending time with their partner (Flood and Genadek 2020). In population representative dyadic data from 232 young adult couples in 1993 to 1995, opposite-gender couples who spent leisure time together without anyone else present had higher relationship quality (Dobson and Ogolsky 2022). Among 1382 newly married, opposite-sex US couples in a longitudinal, population representative sample, when wives reported higher shared leisure, their husbands reported higher marital satisfaction a year later. For husbands, their higher shared leisure predicted higher wives' marital satisfaction a year later, but only in low income couples (Totenhagen et al. 2024).

“Technoference” refers to intrusions and disruptions in relationships due to technology use – popularly termed “phubbing” or phone snubbing (McDaniel and Coyne 2016). A 2025 meta-analysis found that parental technoference is detrimental to child development outcomes (Toledo-Vargas et al. 2025) but much less work has focused on the couple relationship or health

outcomes. Men and women in different-sex couples with higher technofence have lower relationship satisfaction, more depressive symptoms, and lower life satisfaction (Hipp and Carlson 2021, McDaniel and Coyne 2016, McDaniel et al. 2018, McDaniel, Galovan and Drouin 2021) but in dyadic data, daily technofence has shown mixed results with relationship quality (Bröning and Wartberg 2022, Chen, Gong and Xie 2021, McDaniel et al. 2018, McDaniel, Galovan and Drouin 2021). But measures of technofence most often measure perceptions of technology use, rather than estimates of how much time is spent in technology or comparisons of the quality of time with or without technology – and self-reports of perceptions of time are notoriously flawed (Walthery and Gershuny 2019, Yavorsky, Kamp Dush and Schoppe-Sullivan 2015).

We seek to examine how couples spend time together, how they both feel when spending time together, and whether being on an electronic device makes a difference in those feelings.

We use both single-reporter and dyadic data. Our research questions are as follows.

1. How is a partner's presence and involvement during activities associated with momentary happiness, stress, and engagement?
2. How is device use – either as a primary activity or concurrent activity – associated with momentary happiness, stress, and engagement?
3. Does device use moderate the association between partner presence and involvement and momentary happiness, stress, and engagement?
4. During couple activities, is a partner's device use associated with one's own momentary happiness, stress, and engagement accounting for one's own device use?

METHOD

We use data from Wave 1 of the National Couples' Health and Time Study (NCHAT)

data that was fielded from September 2020 to April 2021. NCHAT is a nationally representative sample of 3642 respondents ages 20-60 years old who were married or cohabiting (Kamp Dush and Manning 2022, Kamp Dush et al. 2023). The respondents were primarily members of the Gallup Panel, a probability-based nationally representative panel of over 110,000 individuals. Additional sexual minority respondents were recruited from Gallup recontact samples. Web-based surveys were completed in Spanish and English. At the conclusion of the survey, the respondent was invited to complete a time diary and experience sampling method event-contingent sampling protocol. If they consented, they were assigned a specific day to complete the protocol.

Main respondents were asked to invite their partner to participate by providing their partner's email at the completion of the web-based survey as well. If the main respondent invited their partner, and their partner completed the survey in a timely manner, the main respondent and the partner were assigned the same day to complete their time diary. Both main respondents and partners completed identical surveys and protocols.

For this paper, we examine two samples. The *main respondent sample* were those who completed the time diary ($n = 1932$). The *dyadic sample* were those main respondents who 1) had a partner complete the time diary on the same day, 2) each member of the couple reported being together on the same minute of the day, and 3) each member of the couple reported being in the same place on that minute. There were 175 couples, or 175 main respondents and 175 partners, who qualified for the dyadic sample.

Procedures

Time diary. The day before their assigned diary day, respondents were emailed a reminder that the next day was their assigned day and that they would be emailed a link to

complete the time diary around midnight. They were encouraged to fill out the time diary throughout the day. They were reminded via email, and for those who consented, via text every four hours beginning at 8 am and ending at 8 pm, and again the next morning at 8 am. They had forty-eight hours after the end of their diary day to complete the diary. Respondents reported activities beginning at 4 AM and concluding 24 hours later in 10-minute increments. They reported via a Qualtrics survey either in a browser or in the Gallup app what they were doing, what else they were doing at the same time, who they were with, who was directly involved in the activity(ies), and their location. Respondents could report a primary and secondary activity. After each activity, they were also asked about their device use and if they reported using alcohol, the number of drinks.

Event-contingent experience sampling method assessment. Following an experience sampling method event-contingent sampling schedule (Hektner, Schmidt and Csikszentmihalyi 2007), after each activity in the time diary, with the exception of sleep, respondents were asked how 1) happy, 2) stressed, and 3) engaged they felt.

Dependent Variables

After every activity except sleep, happiness was measured as “From 0 to 6, how happy did you feel while [activity], where 0 means not at all happy and 6 means very happy?” Similarly, stress was measured as “From 0 to 6, how stressed did you feel while [doing activity], where 0 means not stressed at all and 6 means very stressed?” Engagement was measured as “From 0 to 6, how engaged did you feel while [doing activity], where 0 means not at all engaged and 6 means very engaged?” These were coded from 0 to 6 as continuous measures.

Independent Variables

Partner presence and involvement. Spousal presence and involvement was measured by two items. For each activity, respondents were asked “Who was there while you were [activity]?” Response options included: No one/Alone, each household member by their initials which were reported before the first activity of the day, parent(s), step-parent(s), in-law(s), other family member 18 and older, other family member under the age of 18, friend(s), coworker(s), or someone else. Because respondents were asked which household member was their spouse, we were able to capture the presence of a spouse during the activity. The next question asked “Which of these people were directly involved in [activity]?” and the respondents were shown the same response options as well as “None of these people.” Note that those who reported being alone to “Who was there” skipped this item. From these two items, we created a spouse presence and involvement variable with the following mutually exclusive response options: “Alone,” “Partner Present,” “Partner Present and Involved,” “Exclusively Partner Present,” “Exclusively Partner Present and Involved,” and “Other People Present and/or Involved.”

Primary Activities. Beginning at 4 am, respondents were asked “What were you doing” and were shown 43 options including “Don’t know/can’t remember.” Activity Category was coded as “Leisure” (described in more detail below), “On Device” which was coded as on one’s phone or device, “Routine Housework” which was coded as cooking/baking, order/picking up food, cleaning/doing laundry, running errands (banking, grocery shopping, getting gas, etc.), “Household Management” which was coded as paying bills or scheduling appointments, “Non-routine Housework” which was coded as doing home improvement or vehicle maintenance, “Essential Childcare” which was coded as caring for child(ren)/bathing child/putting child to bed/helping with homework/s and

dropping/picking up child(ren) for school, childcare, or activity, “Enrichment Childcare” which was coded as playing/reading/spending time with child(ren) and attending a child(ren)s event, “Eating,” and “Working” which was coded as working, attending a work event, or checking work emails or messages. Thus, primary activities had nine mutually exclusive categories. Note that if the primary activity was drinking alcohol, the secondary activity was coded as an activity as well.

Leisure Activities. We also coded leisure into specific activities. Leisure categories included “Watching a TV show or movie”, “Listening to music, audiobook, podcast, etc.” “Reading”, “Socializing/spending time with someone”, “Playing games or video games”, “Relaxing/thinking/daydreaming”, “Exercising/Other physical activity”, “Making love, having sex, or doing something sex-related (cuddling, kissing).” We also included, in the models examining leisure specifically, “On Device” due to the focus of research questions.

Secondary Device Use. Secondary device used was a dichotomous variable coded from two items. First, for every activity, respondents were asked “What else were you doing at the same time?” and shown the same response options as the activity categories with an additional response option of “Nothing.” Respondents who answered “On your phone or device” to this item were coded as secondary device use. Further, respondents were asked after each activity except for sleep, “Were you using a (another) device such as a smartphone, tablet, or laptop during this activity?” An answer of “yes” was also coded as device use.

Control Variables

Respondent level. Gender was a categorical variable coded as cis-man, cis-woman, and transgender/non-binary based on sex assigned at birth and gender identity. Married was

a dichotomous indicator of legal marriage. Age was coded in years. Children in the household was coded as “No children,” “One child under 18,” and “Two plus children under 18” based on the household roster. Race and ethnicity was combined into a single indicator and coded as Non-Hispanic/Latine white, Non-Hispanic/Latine Black, Non-Hispanic/Latine Asian/Pacific Islander, Non-Hispanic/Latine Multirace, Hispanic/Latine, and Other race. Education was coded as less than high school, high school/GED, some college, and bachelor’s degree or higher, referred to as college plus. Employment status was coded as unemployed, part-time, and full-time.

Activity level. Alcohol use was coded as reporting, as primary or secondary activity, “drinking alcohol.” The presence of children was coded as “Child under 4 present,” “Child and 5 to 9 present,” and “Child 10 to 17 present.” Biological, non-biological, and adopted children were included, as well as “my spouse/partner’s child.” We did not include children who could have been siblings, grandchildren, foster children, or other family members under the age of 18. Weekend was a dichotomous indicator coded from the date where weekend was defined as Saturday or Sunday. The time of day was coded into four categories based on when the activity ended as “4 to 8:59 am,” “9 am to 1:59 pm,” “2 to 4:59 pm,” “5 to 8:59 pm,” and “After 9 pm.”

DATA PREPARATION AND ANALYTIC PLAN

Main respondent sample. The time diary data are in the long form with a line for each activity. The person-level variables were merged into the long dataset. Multilevel linear regression models with random intercepts at the person level, using person-level survey weights, were conducted. The person-level survey weights were created specifically for the time diary sample. Data were weighted to the National Health Interview Survey to

account for the oversample of persons who were bisexual in different-gender relationships, and to the American Community Survey to account for the oversample of same-gender couples.

Dyadic sample. Both the main respondent and partner time diary datasets were expanded by activity length such that each line represented one minute in the day. The datasets were then merged by couple id, date, and minute of the day, creating a couple by minute datafile. Only couples who completed on the same day were retained ($n = 205$). Next, minutes where both partners agreed they were together and in the same place were retained for a final sample size of 175 couples. Data were then collapsed by couple activity whereby an activity required that the rows (i.e. minutes) surrounding it matched in terms of primary and secondary activities for both partners. Finally, data were expanded such that each activity had two rows, and each row represented one partner. On the main respondent's row, actor variables represented their reports, and partner variables represented their partner's report, and vice versa on the partner's row.

Using this dataset, several dyadic variables were created that were extensions of the variables described above. Because the dyadic analyses required to both members of the couple to report being together, we only examined "partner involved" and "partner exclusive" as described above. These were both reported by the actor. Device use was coded for the actor as primary and secondary device use. For the partner, any device, either primary or secondary, was counted as device use in a single variable. Both the main respondent and the partner's alcohol use were included as controls. Child presence was collapsed into any child under 18 present. The remainder of the variables remained coded as described above with a few exceptions to account for the dyadic nature of the data.¹ Couple-

level variables included married, children in the household, and same-gender. We then conducted Multilevel Actor-Partner Interdependence Models (APIM) which are linear regression models with random intercepts at the couple level and person level using weights specifically constructed for the couple time diary sample. Given that forty percent of the couples in the dyadic sample were same-gender couples and therefore indistinguishable dyads, and further given that each couple may have multiple couple activities, the Multilevel APIM model is uniquely suited to these data (Kenny, Kashy and Cook 2006).

RESULTS

Descriptive Results

First, we examine how people spend time on a wide array of activities by gender and weekday versus weekend. Table 2a shows that, on weekdays, men spent approximately 214 minutes on leisure activities on average, compared to 198 minutes for women, which represents a 16-minute gap. The primary contributors to this gap were watching TV and playing games: men spent approximately 16 more minutes on each of these activities than women. For both men and women, the majority of leisure time was spent with a partner present rather than alone, at between 62 to 65 percent. In addition, when a partner was present, the partner was also actively involved in the leisure activity between 82 to 84 percent of the time.

Table 2b shows that, on weekends, leisure time increased for both men and women to 317 minutes and 270 minutes, respectively. However, the gender gap in leisure time observed on weekdays widened, as men's time increased by roughly 103 minutes while women's time increased by 72 minutes. Breaking it down into specific categories, socializing partially offsets this pattern. Women spent approximately 7 more minutes on socializing than men on weekdays; in comparison, the gap widened to roughly 27 minutes on weekends. Even so, this was not

sufficient to counteract the wide gender gap in watching tv and playing games, ultimately resulting in a larger overall leisure gap on weekends than on weekdays. Moving onto with whom the activities were done, women were substantially less likely to engage in leisure activities alone on weekends than men. This may partly reflect their greater time spent socializing. Lastly, device using during leisure declined for both men and women on weekends, albeit it remained prevalent at around 45 percent.

Several striking patterns emerged with respect to routine housework. First, on weekdays, women spent nearly double the amount of time on housework compared to men (126 minutes versus 67 minutes), which is consistent with prior research showing that the gender gap remained in the early periods of the pandemic. On weekends, both men and women spent more time on housework, at approximately 102 and 161 minutes, respectively. Because the increase in housework time was similar in size for both groups, the gender gap remained at around 60 minutes. Second, men were more likely to perform housework alone than women on weekdays (43 percent versus 35 percent), but the difference was trivial on weekends. Third, on weekdays, while the shares of housework done with a partner present were comparable across genders, partners were less likely to be involved for women compared to men when partners were co-present. On weekends, women were less likely than men to perform housework with their partners present.

Several broader patterns were applicable to most activities, regardless of gender or weekdays versus weekends. First, device use was prevalent across most activities, with leisure and paid work showing the highest rates. Second, an overwhelming share of activities occurred with the partner present. This pattern could have been driven by the timing of NCHAT's Wave 1 data collection, which took place between September 2020 to April 2021 within the earlier

period of the COVID-19 pandemic when remote work was widespread among those whose jobs could transition to working from home. Under these conditions, it is plausible that respondents spent most of their time at home, and, in turn, with their partners present in the same space. Finally, when partners were present during an activity, they were also involved in the activity most of the time, with playing games and being on device the exceptions.

Next, we examined device use patterns throughout the time diary day. Comparing the tempograms of device use on weekdays and weekends reveals several distinct patterns. First, the distribution of device use on weekdays was more skewed to the right, or shifted to the earlier period of the day, compared to on weekends. In addition, device use was consistently high from around 9 am to 4 pm, which matches standard work hours. Work often involves the use of laptops, which were captured within the device use measure. Second, the distribution of device use was more spread out on weekends than weekdays, due to the less rigid structure of non-workdays.

Given that activities were often performed with a partner present, as shown in Table 1, and that device use was prevalent, we next turn to Figure 2 to examine how device use and partner co-presence were jointly distributed across the weekday. The distributions of co-presence time with and without device use were remarkably similar in shape. Both distributions also followed a unimodal pattern with a single peak between 7 and 8 pm. Another noteworthy pattern is that across nearly all hours of the day, the share of partner co-presence time involving a device was 10 to 15 percent higher than co-presence without device use.

On weekends, the distributions of partner co-presence with and without device use continued to resemble one another in shape, as shown in Figure 3. Similar to the pattern on weekdays, the share of partner co-presence with device use was consistently higher than device-

free co-presence. However, unlike on weekdays, instead of having a single peak at between 7 and 8 pm, the distributions were bimodal, peaking first around 12 pm and again at between 8 and 9 pm. This departure likely represents the less structured schedules of weekends compared to weekdays. Note we also display these results in Figures 3 and 4 for a visual presentation.

Main Respondent Time Diary Results

Next, we examine how happiness, stress, and engagement varied by gender and partner presence using mixed effects regression models, as shown in Table 3. For each outcome, we estimated a model without interaction terms and another model with two interaction terms: one between partner presence and involvement and being on a device as a primary activity and another between partner presence and involvement and concurrent device use.

Focusing first on the models without interactions, several key patterns emerged. First, partner involvement in an activity was associated with higher average happiness and engagement relative to performing it alone. Specifically, partner involvement and other people's presence was associated with a 0.33-point increase in average happiness relative to performing an activity alone ($p < 0.001$) and a 0.43-point increase in average engagement relative to performing an activity alone ($p < 0.001$). A substantial empirical distinction emerged between partner involvement and mere partner presence. For both happiness and engagement, the coefficient for exclusive partner presence was smaller in magnitude and, in some instance, also not statistically insignificant. These patterns suggest that partner's involvement is a more significant driver of happiness and engagement rather than partner co-presence. For stress, partner's involvement mattered little, and, conversely, exclusive partner presence was associated with a slightly higher stress level at 0.14 ($p < 0.10$).

Second, while partner involvement was often beneficial for well-being, device use was associated with worse outcomes uniformly across the three well-being measures. The coefficients for device use were -0.12 ($p < 0.001$), 0.14 ($p < 0.001$), and -0.22 ($p < 0.001$) for happiness, stress, and engagement, respectively, providing support to the argument that device use was detrimental to well-being.

To examine whether the two different forms of device use moderated the association between partner presence and well-being, we estimated models with two sets of interaction terms: one between partner presence and involvement and being on a device use as a primary activity, and another between partner presence and involvement and concurrent device use. Regardless of which form of device use was considered, both generally reduced the benefits associated with co-presence with well-being. For example, when a partner was involved and no device was used concurrently, the association with happiness relative to performing an activity alone was positive at 0.51. When a device was used concurrently, this association decreased to 0.26 ($0.51 + 0.11 - 0.36$), which was roughly half the magnitude. Similarly, when device use was the primary activity, the association with happiness dropped to 0.15 ($0.51 + 0.11 - 0.47$) relative to performing an activity alone with leisure as the primary activity.

Similar patterns emerged for engagement. When a partner was present and leisure was the primary activity, the association with engagement relative to performing an activity alone was 0.51. When the primary activity became being on a device, the association became negative at -0.69 ($0.51 - 0.35 - 0.85$). This suggests that being on a device reversed the benefit associated with partner presence for engagement. For stress, device use generally increased the magnitude of the partner presence coefficients, but they were smaller in comparison to happiness and engagement. Furthermore, most of these coefficients were statistically insignificant.

Across models with and without an interaction models, distinct patterns were observed for the three well-being measures. For happiness, gender differences were minimal in both magnitude and statistical significance. For stress, there was essentially no substantial difference in average levels between men and women whether or not an interaction term was included. However, respondents of other gender identity reported substantially higher average stress than men, at approximately 0.92 ($p < 0.001$). Lastly, women reported higher average engagement than men by 0.19 ($p < 0.01$).

Next, we examined the role of partner presence and device use on the three well-being measures within leisure activities by estimating mixed effects regression models with a leisure activity-only subsample, as shown in Table 4. Consistent with the full sample results, partner involvement was associated with higher levels of happiness and engagement relative to performing a leisure activity alone. For stress, partner presence was associated with a 0.26 point increase relative to performing leisure alone ($p < 0.10$). Interestingly, presence of others besides partner was associated with a similar 0.27-point higher level of stress compared to performing alone ($p < 0.01$).

When the interaction terms were added to all three models, the offsetting effect of device use became clear. Partner involvement was associated with 0.41-point increase in average happiness relative to performing leisure alone when no device was used. When a device was used concurrently, however, the positive effect associated with partner involvement was essentially eliminated at 0.04 ($0.41 - 0.03 - 0.34$). For engagement, partner involvement and being with others in the absence of partner were both associated with 0.63 and 0.62 increase relative to performing a leisure activity alone without a device. These benefits were reduced substantially when a device was used concurrently. These two associations decreased to 0.21

(0.63 - 0.04 - 0.42) and 0.19 (0.62 - 0.04 - 0.47). These patterns highlight how device use, whether it was done as a primary activity or concurrently, offset the positive association between partner presence and involvement and well-being.

Dyadic Couple-Activity Actor-Partner Results

Next we conducted weighted Multilevel Actor-Partner Interdependence Models predicting the three well-being measures in the couple-activity dyadic data. We found that when partners were involved in the couple activities with the actor, as reported by the actor, actors reported higher happiness and engagement. For exclusive partner time, we found, in the full model, that actors were actually less engaged when with only their partner. We found no significant association between the actors' concurrent device use and happiness, stress, or engagement. Rather, we found that when actors reported being on their device as their primary activity, they were significantly less happy and less engaged in comparison to when they were primarily engaged in leisure. We also found that when couples reported routine or non-routine housework or working during a couple activity, they were significantly less happy. For stress, working during couple time was associated with increased actor stress.

Surprisingly, we did not find any partner effects for device use such that there was no significant association between partner device use and actor happiness, stress, or engagement.

Robustness and Further Analyses

We conducted the Multilevel Actor-Partner Interdependence Models unweighted and found few differences. We found no gender differences in the weighted dyadic models.

DISCUSSION AND CONCLUSIONS

Overall, we found that own device use was more consequential for happiness, stress, and engagement than partner device use. In models examining the full sample, when respondents

were on their devices, they were less happy, more stressed, and less engaged in comparison to when they were engaged in leisure. Concurrent device use was also associated with lower happiness, elevated stress, and lower engagement. When partners were present and on their device as either primary or secondary activity, or present and engaged and on their device as primary or secondary activity, happiness declined even further. Device use was associated with elevated stress and the partner presence did not exacerbate or minimize the effects. For engagement, when partners were present and the main respondent was on their device, they were less engaged.

Surprisingly, we did not find any evidence of partner effects for device use when couples spent time together. The main driver of the results was one's own device use.

For partner presence and involvement, when partners were present, main respondents were happier and more engaged, but when they were present and involved, they were even happier and more engaged, compared to being alone. Particularly when the partners were together as a couple – with no one else present – the main respondents only enjoyed higher happiness and engagement when their partner was also present and involved. There was no benefit of exclusive couple time when the partner was not involved with the main respondents' activities.

We are still working on tabling and presenting all the models we examined, but overall, we certainly believe that we have evidence that couples are happier when they perceive that their partner is engaged during their time together, and less stressed, happier, and more engaged when they are not on a device. Technoference, at least in this sample did appear to be interfering with wellbeing – but mainly their own wellbeing. Couples were absolutely spending time together, but the quality of that time may be suffering due to devices.

This most significant limitation of these data is the pandemic era data collection. It is possible that device use was inflated as people used devices to connect with others outside of their house, and that couple time together was also inflated as couples sought to avoid the virus. We have collected time diaries in 2025/2026 and are in the process of cleaning those time diaries, and we hope to replicate these findings in a non-pandemic era.

NOTES

¹ Like all dyadic data, the main respondent and partner did not always agree. For example, some main respondents and partners reported a different gender for the other partner than that person reported for themselves ($n = 7$ couples who disagreed). We used each partners' own report of their gender identity to create the same-gender indicator. If either partner reported they were not married, we coded the couple as unmarried ($n = 4$ couples who disagreed). For children in the household, we use the higher number of the two partners ($n = 15$ couples who disagreed).

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No children			53.8%**		67.4%		61.0%		55.4%
1 Child Under 18			18.7%		11.7%		17.6%		18.5%
2+ Children Under 18			27.5%**		20.9%		21.8%		26.1%
Any children in household					58.1%		58.1% ¹		
Same-Gender/Non-Binary			2.0%**		4.9%***		3.7% ¹		2.3%
Time Diary Specific Indicators									
Happiness	4.28	1.27		4.57	1.16		4.68	1.24	
Stress	1.30	1.46		1.27	1.35		0.64	1.14	
Engagement	4.40	1.36		4.45	1.39		4.54	1.34	
Partner Presence/Involvement									
Alone			30.2%		0.0%		0.0%		
Partner Present			5.5%		100.0%		100.0%		
Partner Involved			11.3%		63.7%		71.9%		
Exclusive Partner			7.2%		65.0%		68.7%		
Involved			15.6%		48.9%		48.1%		
Other Person(s) Present			31.3%		35.0%		31.3%		
Secondary Device Use			30.5%		37.9%		34.0%		
Primary Activity									
Leisure			29.3%		33.6%		27.9%		
Watching TV			32.5%		16.2%		13.9%		
On Device			20.7%		28.1%		20.6%		
Listening to Music, Audiobook, or Podcast			2.5%		0.1%		0.1%		
Reading			7.6%		15.3%		0.0%		
Socializing			13.8%		17.2%		30.2%		
Playing Games or Video Games			6.4%		5.0%		0.0%		
Relaxing			4.7%		0.1%		0.0%		
Exercising			7.7%		17.1%		23.1%		
Cuddling, Sex, or Sex-Related			4.0%		1.0%		12.2% ²		

Routine Housework	19.2%	12.9%	16.9%
Household Management	1.0%	0.1%	0.0%
Non-routine Housework	1.6%	0.1%	3.2%
Essential Childcare	6.5%	0.1%	5.6%
Enrichment Childcare	3.4%	1.9%	9.1%
Eating	17.9%	32.0%	25.8%
Working	13.4%	6.3%	4.5%
Alcohol Use	1.1%	0.2%	1.1%
Any Child Present		25.1%	25.1%
Child under 4 Present	8.9%	14.3%	9.9%
Child 5 to 9 Present	9.0%	9.5%	10.2%
Child 10 to 17 Present	9.7%	6.6%	7.7%
Weekend	25.6%	28.9%	28.9%
Time of Day			
4 to 8:59 am	18.5%	29.0%	29.0%
9 am - 1:59 pm	21.6%	28.7%	28.7%
2 - 4:59 pm	12.8%	19.2%	19.2%
5 - 8:59 pm	23.9%	19.7%	19.7%
N individuals	1932	177	3642
N activities	27184	1198	

Source: National Couples' Health and Time Study. * $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$. ¹ Some main respondents and partners reported a different gender for the other partner than that person reported for themselves ($n = 7$ couples who disagreed). We used each partners' own report of their gender identity to create the same-gender indicator for the dyadic data. If either partner reported they were not married, we coded the couple as unmarried ($n = 4$ couples who disagreed). For children in the household, we use the higher number of the two partners ($n = 15$ couples who disagreed). ²The weighting is moving these proportions; I will be running unweighted as well. The raw numbers are 6% for each.

Table 2a. Weighted Average Minutes and Social Context of Activities on Weekdays

	Men							Women						
	Minutes	% alone	% spouse present	of which, spouse involved	% only spouse present	of which, spouse involved	% on device	Minutes	% alone	% spouse present	of which, spouse involved	% only spouse present	of which, spouse involved	% on device
Leisure	213.7	25.1	62.1	83.7	45.1	86.5	52.2	197.5	23.0	64.5	81.9	45.6	83.8	52.1
Watching TV	116.2	20.6	75.1	88.3	55.7	92.0	57.4	99.9	19.8	73.6	88.8	55.2	91.2	55.8
Socializing	25.3	—	62.2	97.4	37.4	99.3	39.6	31.5	3.8	67.6	97.1	33.5	99.8	35.1
Playing games	25.9	38.8	40.9	57.9	29.8	56.8	59.3	9.5	26.8	40.0	77.2	20.6	63.6	73.2
Exercising	15.1	49.3	24.4	73.4	17.2	77.1	47.6	16.8	48.1	29.1	68.0	24.0	71.0	44.8
Reading	10.7	64.2	32.1	29.1	28.0	33.3	40.2	18.0	36.1	62.0	29.6	42.8	39.0	50.7
Listening to music or a podcast	6.6	42.4	55.2	—	19.4	—	70.7	7.4	57.6	29.1	53.5	29.1	53.6	91.0
Making love or cuddling	4.5	4.1	76.0	100.0	75.9	100.0	3.6	4.4	—	99.2	100.0	96.5	100.0	—
On a device	23.5	40.6	47.8	28.5	39.5	28.5	100.0	43.7	46.9	38.7	40.2	28.0	49.6	100.0
Routine housework	67.2	43.1	45.9	77.8	27.2	83.1	34.0	125.8	35.3	44.1	63.6	24.3	71.1	38.1
Household management	2.4	60.3	37.6	—	11.5	—	85.7	4.2	46.9	41.7	—	28.1	—	82.5
Non-routine housework	13.8	44.0	46.0	59.9	30.3	58.9	22.3	6.7	65.2	24.8	96.2	18.0	97.6	33.3
Essential childcare	25.8	—	52.8	87.2	—	—	34.6	61.1	5.2	34.0	42.2	2.6	—	38.5
Enrichment childcare	16.0	—	51.0	54.0	—	—	40.8	30.9	—	29.4	67.5	—	—	31.3
Eating	73.2	19.8	72.1	88.9	35.0	90.5	37.3	68.1	17.0	67.7	87.9	36.6	88.5	37.1
Shopping	4.9	48.0	38.3	94.9	34.0	—	28.7	8.8	29.1	55.0	86.0	36.3	95.5	43.2
Working	383.4	43.1	14.2	36.8	7.1	12.4	70.8	243.6	36.3	18.3	30.0	13.5	30.3	75.7
Drinking alcohol	18.1	28.2	62.8	80.3	40.6	94.6	48.4	9.2	9.2	62.3	94.3	30.4	96.5	15.1
Using marijuana	8.3	41.4	58.6	55.1	57.0	54.2	66.2	4.9	30.2	66.5	83.8	65.4	83.5	61.0

Notes: Em dashes (—) indicate cells with fewer than 12 respondents (NCHAT suppression threshold). The 'of which, spouse involved' columns show the share of spouse-present (or only-spouse-present) time in which the spouse was directly involved in the activity (Q8). Minutes and percentages are survey-weighted means.

Table 2b. Weighted Average Minutes and Social Context of Activities on Weekends

	Men							Women						
	Minutes	% alone	% spouse present	of which, spouse involved	% only spouse present	of which, spouse involved	% on device	Minutes	% alone	% spouse present	of which, spouse involved	% only spouse present	of which, spouse involved	% on device
Leisure	316.8	27.9	59.5	85.3	31.4	85.2	46.6	270.2	15.8	62.4	83.9	34.4	83.0	42.2
Watching TV	142.2	28.8	62.5	90.6	40.1	92.5	55.0	114.4	17.8	68.6	90.2	46.7	92.5	44.8
Socializing	54.0	—	82.9	99.6	22.1	98.4	32.9	81.4	—	56.8	99.1	17.1	100.0	38.6
Playing games	48.0	46.5	38.5	47.6	13.5	—	52.0	9.1	—	76.6	—	—	—	79.0
Exercising	23.1	19.7	44.6	82.8	20.5	87.5	35.4	20.5	25.7	49.5	93.4	18.5	90.9	18.2
Reading	21.0	58.0	36.0	—	25.5	—	44.7	16.0	29.7	64.9	—	43.3	—	36.2
Listening to music or a podcast	7.9	63.6	—	—	—	—	54.5	11.0	40.0	—	—	—	—	65.2
Making love or cuddling	9.6	—	99.6	99.3	99.3	99.3	—	7.5	—	81.0	100.0	77.1	100.0	—
On a device	50.1	51.5	43.0	43.6	32.0	43.9	100.0	37.2	46.5	43.8	38.5	28.9	37.8	100.0
Routine housework	101.7	29.9	62.2	71.4	32.8	77.3	36.2	161.1	28.4	56.0	64.5	27.3	78.5	37.2
Household management	7.7	—	—	—	—	—	96.4	4.6	—	—	—	—	—	59.2
Non-routine housework	47.4	33.0	55.0	90.4	40.1	86.9	30.3	12.5	—	58.8	83.7	37.7	—	—
Essential childcare	27.9	—	71.5	89.7	—	—	51.7	22.9	—	56.1	62.1	—	—	27.8
Enrichment childcare	31.6	—	78.8	93.7	—	—	31.9	32.2	—	56.9	90.2	—	—	37.4
Eating	87.1	13.1	76.9	92.9	31.6	91.1	35.2	88.2	13.0	75.9	90.6	29.3	87.2	34.0
Shopping	13.9	—	75.1	99.5	53.2	100.0	55.0	26.6	20.5	53.3	99.2	42.5	99.9	21.4
Working	99.1	42.1	7.4	—	3.6	—	65.1	71.0	28.9	12.5	—	8.7	—	52.1
Drinking alcohol	22.8	18.8	57.3	67.6	34.1	49.8	42.5	15.8	—	60.2	90.0	—	—	—
Using marijuana	4.1	—	—	—	—	—	—	2.5	—	—	—	—	—	95.8

Notes: Em dashes (—) indicate cells with fewer than 12 respondents (NCHAT suppression threshold). The 'of which, spouse involved' columns show the share of spouse-present (or only-spouse-present) time in which the spouse was directly involved in the activity (Q8). Minutes and percentages are survey-weighted means.

Table 3. Weighted Mixed Effects Regression Models Estimating Happiness, Stress, and Engagement - Full Sample

	Happiness				Stress				Engagement			
	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE
<i>Gender (ref. = Man)</i>												
Woman	0.06	(0.06)	0.06	(0.06)	0.03	(0.07)	0.03	(0.07)	0.19**	(0.06)	0.19**	(0.06)
Non-Binary or Another Identity	-0.31	(0.27)	-0.31	(0.27)	0.91***	(0.22)	0.91***	(0.22)	-0.24	(0.21)	-0.22	(0.21)
<i>Partner Presence/Involvement (ref. = Alone)</i>												
Partner Present	0.06	(0.06)	0.28***	(0.07)	0.14	(0.08)	0.09	(0.09)	0.25***	(0.07)	0.51***	(0.09)
Partner Involved	0.33***	(0.05)	0.51***	(0.06)	0.09	(0.06)	0.01	(0.07)	0.43***	(0.06)	0.67***	(0.07)
Exclusive Partner	-0.07	(0.05)	0.02	(0.08)	0.03	(0.06)	0.02	(0.08)	-0.01	(0.06)	-0.03	(0.09)
Exclusive Partner Involved	0.26***	(0.04)	0.44***	(0.05)	-0.04	(0.04)	-0.09	(0.05)	0.28***	(0.04)	0.45***	(0.06)
With Others, No Partner	0.18***	(0.04)	0.32***	(0.06)	0.17**	(0.05)	0.11	(0.07)	0.31***	(0.05)	0.51***	(0.06)
Concurrent Device Use	-0.12***	(0.03)	0.11*	(0.05)	0.14***	(0.03)	0.05	(0.05)	-0.22***	(0.03)	0.04	(0.06)
<i>Primary Activity (ref. = Leisure)</i>												
On a Device	-0.62***	(0.05)	-0.43***	(0.07)	0.33***	(0.06)	0.32***	(0.08)	-0.56***	(0.07)	-0.35***	(0.08)
Routine Housework	-0.56***	(0.04)	-0.56***	(0.04)	0.35***	(0.04)	0.35***	(0.04)	-0.24***	(0.04)	-0.23***	(0.04)
Household Management	-1.50***	(0.15)	-1.51***	(0.15)	1.30***	(0.17)	1.31***	(0.17)	-0.08	(0.13)	-0.10	(0.13)
Non-routine Housework	-0.51***	(0.10)	-0.49***	(0.10)	0.58***	(0.10)	0.57***	(0.10)	0.14	(0.08)	0.16	(0.08)
Essential Childcare	-0.42***	(0.07)	-0.44***	(0.07)	0.58***	(0.07)	0.58***	(0.08)	0.10	(0.06)	0.07	(0.06)
Enrichment Childcare	0.31***	(0.06)	0.29***	(0.06)	0.03	(0.08)	0.04	(0.08)	0.30***	(0.08)	0.28***	(0.08)
Eating	-0.21***	(0.03)	-0.22***	(0.03)	0.10**	(0.03)	0.10**	(0.03)	-0.20***	(0.04)	-0.22***	(0.04)
Working	-0.91***	(0.05)	-0.93***	(0.05)	1.14***	(0.06)	1.15***	(0.06)	0.03	(0.06)	0.00	(0.06)
Interactions												
Partner Present x On a Device			-0.66**	(0.21)			0.25	(0.25)			-0.85***	(0.25)
Partner Involved x On a Device			-0.47*	(0.22)			0.74*	(0.35)			-0.39	(0.28)
Exclusive Partner x On a Device			-0.19	(0.14)			-0.15	(0.14)			-0.05	(0.19)

1 Child Under 18	-0.02	(0.08)	-0.02	(0.08)	0.11	(0.09)	0.11	(0.09)	0.05	(0.08)	0.05	(0.08)
2+ Children Under 18	-0.08	(0.08)	-0.08	(0.08)	0.12	(0.09)	0.12	(0.09)	-0.10	(0.08)	-0.10	(0.08)
Same-Gender/Non-Binary	-0.06	(0.11)	-0.06	(0.11)	0.09	(0.09)	0.09	(0.09)	0.03	(0.14)	0.03	(0.14)
<i>Race/Ethnicity</i> (ref. = Non-Hispanic white)												
Non-Hispanic Black	0.08	(0.10)	0.08	(0.10)	-0.25*	(0.11)	-0.25*	(0.11)	0.25**	(0.09)	0.25**	(0.09)
Non-Hispanic Asian/Pacific Islander	0.04	(0.11)	0.04	(0.10)	-0.09	(0.12)	-0.09	(0.12)	0.13	(0.11)	0.13	(0.11)
Hispanic	0.28***	(0.08)	0.29***	(0.08)	-0.10	(0.09)	-0.10	(0.09)	0.29***	(0.08)	0.29***	(0.08)
Non-Hispanic Multirace	0.05	(0.12)	0.06	(0.12)	-0.09	(0.12)	-0.09	(0.12)	0.15	(0.13)	0.16	(0.12)
Other Race	-0.22	(0.13)	-0.22	(0.13)	0.39*	(0.18)	0.38*	(0.18)	-0.21	(0.13)	-0.21	(0.13)
<i>Education</i> (ref. = High School Graduate/GED)												
Less than HS	0.10	(0.21)	0.10	(0.21)	-0.11	(0.20)	-0.10	(0.20)	-0.16	(0.25)	-0.16	(0.25)
Some college	-0.04	(0.08)	-0.05	(0.08)	-0.03	(0.09)	-0.03	(0.09)	-0.06	(0.09)	-0.06	(0.09)
College+	-0.15	(0.08)	-0.16	(0.08)	0.29**	(0.09)	0.30**	(0.09)	-0.08	(0.08)	-0.09	(0.08)
<i>Employment Status</i> (ref. = Unemployed)												
Part-Time	0.15	(0.11)	0.15	(0.11)	-0.06	(0.13)	-0.07	(0.13)	-0.09	(0.10)	-0.09	(0.10)
Full-Time	0.14	(0.07)	0.13	(0.07)	-0.13	(0.08)	-0.13	(0.08)	0.01	(0.08)	0.00	(0.08)
Between-person SD	0.77		0.77		0.90		0.90		0.76		0.76	
Within-person SD	0.87		0.87		1.00		1.00		1.00		1.00	
Intraclass correlation (ICC)	0.44		0.44		0.44		0.44		0.37		0.37	
N individuals	1898		1898		1898		1898		1898		1898	
N activities	16604		16604		16601		16601		16610		16610	

Source: National Couples' Health and Time Study. *p < 0.05; **p < 0.01; ***p < 0.001

Table 4. Weighted Linear Regression Models Estimating Happiness, Stress, and Engagement - Only Leisure Activities

	Happiness				Stress				Engagement			
	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE
Gender (ref. = Man)												
Woman	0.16*	(0.07)	0.15*	(0.07)	-0.13	(0.08)	-0.13	(0.08)	0.29***	(0.07)	0.29***	(0.07)
Non-Binary or Another Identity	-0.44	(0.25)	-0.43	(0.25)	0.78***	(0.22)	0.79***	(0.22)	-0.22	(0.24)	-0.20	(0.24)
Partner Presence/Involvement (ref. = Alone)												
Partner Present	-0.03	(0.11)	0.12	(0.15)	0.26	(0.14)	0.37	(0.21)	0.06	(0.13)	0.32	(0.19)
Partner Involved	0.24**	(0.09)	0.41***	(0.12)	0.15	(0.09)	0.04	(0.12)	0.39***	(0.11)	0.63***	(0.12)
Exclusive Partner	-0.12	(0.08)	-0.05	(0.14)	0.09	(0.09)	0.09	(0.16)	0.05	(0.09)	-0.02	(0.15)
Exclusive Partner Involved	0.15*	(0.06)	0.23**	(0.09)	-0.05	(0.06)	-0.18	(0.09)	0.29***	(0.07)	0.43***	(0.08)
With Others, No Partner	0.14	(0.09)	0.31**	(0.12)	0.27**	(0.09)	0.18	(0.15)	0.33***	(0.09)	0.62***	(0.10)
Primary Activity (ref. = Watching TV)												
On Device	-0.41***	(0.07)	-0.30**	(0.10)	0.26***	(0.07)	0.23*	(0.11)	-0.14	(0.08)	0.05	(0.10)
Listening to Music, Audiobook, or Podcast	0.33***	(0.10)	0.29**	(0.10)	-0.09	(0.08)	-0.06	(0.08)	0.26*	(0.11)	0.23*	(0.11)
Reading	0.38***	(0.08)	0.38***	(0.08)	-0.21*	(0.09)	-0.24**	(0.09)	0.78***	(0.08)	0.79***	(0.08)
Socializing	0.48***	(0.07)	0.46***	(0.07)	0.02	(0.07)	0.03	(0.07)	0.78***	(0.07)	0.75***	(0.07)
Playing Games or Video Games	0.25***	(0.07)	0.24**	(0.07)	-0.15	(0.08)	-0.17*	(0.08)	0.74***	(0.12)	0.74***	(0.12)
Relaxing	0.15	(0.10)	0.16	(0.10)	0.01	(0.10)	-0.01	(0.10)	-0.09	(0.12)	-0.06	(0.12)
Exercising	0.50***	(0.08)	0.49***	(0.08)	-0.15	(0.10)	-0.15	(0.10)	1.14***	(0.07)	1.13***	(0.07)
Cuddling, Sex, or Sex-Related	1.11***	(0.09)	1.12***	(0.09)	-0.52***	(0.09)	-0.48***	(0.10)	1.29***	(0.10)	1.28***	(0.10)
Concurrent Device Use	-0.18***	(0.05)	-0.03	(0.09)	0.12*	(0.05)	-0.07	(0.09)	-0.23***	(0.05)	-0.04	(0.09)
Interactions												
Partner Present x On Device			-0.42	(0.22)			0.07	(0.29)			-0.60*	(0.26)
Partner Involved x On Device			-0.30	(0.25)			0.62	(0.34)			-0.29	(0.30)
Exclusive Partner x On Device			-0.12	(0.18)			-0.22	(0.20)			-0.03	(0.21)
Exclusive Partner Involved x On Device			0.13	(0.18)			-0.01	(0.18)			-0.03	(0.18)
With Others, No Partner x On Device			-0.27	(0.19)			-0.10	(0.18)			-0.54**	(0.20)

Partner Present x Concurrent Device Use		-0.07	(0.24)		-0.28	(0.22)		-0.19	(0.28)
Partner Involved x Concurrent Device Use		-0.34**	(0.12)		0.18	(0.14)		-0.42**	(0.15)
Exclusive Partner x Concurrent Device Use		-0.09	(0.17)		0.28	(0.19)		0.19	(0.22)
Exclusive Partner Involved x Concurrent Device Use		-0.18	(0.10)		0.33**	(0.11)		-0.25*	(0.13)
With Others, No Partner x Concurrent Device Use		-0.28	(0.16)		0.29	(0.18)		-0.47**	(0.16)
Between-person SD	0.73	0.73	0.85	0.85	0.71	0.71			
Within-person SD	0.84	0.83	0.91	0.90	0.96	0.95			
Intraclass correlation (ICC)	0.43	0.43	0.47	0.47	0.35	0.36			
N individuals	1794	1794	1793	1793	1794	1794			
N activities	6230	6230	6231	6231	6232	6232			

Source: National Couples' Health and Time Study. * $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$. All models adjust for activity level factors including: alcohol use, child presence, time of day; and person level factors: age, weekend/weekday, marital status, education, race, employment status, household children, same-gender couple.

Table 5. Weighted Multilevel Actor-Partner Interdependence Models Estimating Happiness, Stress, and Engagement

	Happiness				Stress				Engagement			
	Unadjusted		Adjusted		Unadjusted		Adjusted		Unadjusted		Adjusted	
	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE	Coef.	SE
<i>Spouse Presence/Involvement</i> (ref. = alone)												
Spouse Involved	0.57***	(0.17)	0.46***	(0.11)	-0.07	(0.15)	-0.01	(0.12)	0.48**	(0.17)	0.41**	(0.16)
Just Spouse Present	-0.13	(0.10)	-0.16	(0.12)	-0.29	(0.18)	-0.09	(0.13)	-0.19	(0.13)	-0.27*	(0.13)
Actor Secondary Device Use	-0.07	(0.13)	-0.08	(0.10)	0.15	(0.13)	0.19	(0.12)	-0.24	(0.13)	-0.19	(0.13)
Partner Any Device Use	-0.03	(0.11)	0.02	(0.10)	-0.17	(0.12)	-0.18	(0.10)	-0.05	(0.10)	-0.02	(0.10)
<i>Actor Primary Activity</i> (ref. = leisure)												
Primary Device Use	-1.09***	(0.19)	-0.79***	(0.17)	-0.20	(0.23)	-0.35	(0.26)	-0.98***	(0.27)	-0.72**	(0.26)
Routine Housework	-0.43*	(0.20)	-0.36*	(0.17)	0.39	(0.20)	0.39	(0.20)	-0.25	(0.19)	-0.13	(0.16)
Household Management	-0.41	(0.32)	-0.25	(0.31)	0.07	(0.35)	0.39	(0.38)	-0.03	(0.19)	0.12	(0.19)
Non-routine Housework	-0.40**	(0.14)	-0.71***	(0.22)	0.47	(0.25)	0.60*	(0.24)	0.61*	(0.25)	0.39	(0.24)
Essential Childcare	-0.06	(0.11)	0.14	(0.09)	-0.16	(0.54)	-0.29	(0.47)	0.11	(0.19)	0.27	(0.20)
Enrichment Childcare	0.17	(0.20)	0.17	(0.18)	-0.41	(0.28)	-0.43	(0.26)	0.17	(0.27)	0.22	(0.24)
Eating	-0.19	(0.11)	-0.09	(0.10)	-0.04	(0.12)	-0.03	(0.11)	-0.21	(0.14)	-0.11	(0.13)
Working	-1.45***	(0.36)	-1.46***	(0.31)	1.52***	(0.44)	1.62***	(0.39)	-0.55	(0.35)	-0.49	(0.35)
Activity Level Factors												
Actor Alcohol Use			-0.31	(0.19)			-0.06	(0.19)			-0.51**	(0.17)
Partner Alcohol Use			0.13	(0.28)			-0.23*	(0.10)			0.67***	(0.17)
Child Present			-0.23	(0.15)			0.55*	(0.25)			-0.34	(0.22)
<i>Time of Day</i> (ref. = 4 am – 8:59 am)												
9 am - 1:59 pm			0.25	(0.21)			-0.32	(0.18)			0.26	(0.26)
2 - 4:59 pm			0.50*	(0.21)			-0.20	(0.18)			0.30	(0.27)
5 - 8:59 pm			0.44*	(0.18)			-0.20	(0.19)			0.38	(0.25)
After 9 pm			0.36	(0.22)			-0.12	(0.18)			0.33	(0.28)
Actor Level Factors												
<i>Actor Gender</i> (ref. = Man)												
Woman			-0.36**	(0.12)			0.02	(0.16)			-0.25	(0.16)
Other gender			-0.53**	(0.20)			0.36	(0.23)			-0.48*	(0.23)
Actor Age			-0.00	(0.01)			-0.02*	(0.01)			0.01	(0.01)

<i>Actor Race/Ethnicity (ref. = Non-Hispanic white)</i>							
Non-Hispanic Black		0.31	(0.43)		-0.29	(0.18)	-0.06 (0.23)
Non-Hispanic Asian/Pacific Islander		1.21***	(0.32)		-0.41	(0.23)	0.50 (0.26)
Hispanic		0.42**	(0.16)		-0.58*	(0.23)	-0.13 (0.27)
Non-Hispanic Multirace/Other		0.19	(0.36)		-0.59**	(0.20)	-0.56 (0.43)
<i>Actor Education (ref. = HS graduate/GED)</i>							
Less than HS		-0.76***	(0.23)		-0.65	(0.50)	-1.13*** (0.32)
Some college		-0.36**	(0.12)		0.44*	(0.18)	-0.16 (0.19)
College+		-0.59***	(0.16)		0.81***	(0.22)	-0.28 (0.24)
Couple Level Factors							
Weekend		0.11	(0.17)		-0.16	(0.16)	-0.05 (0.17)
Same-Gender Couple		0.03	(0.17)		0.24	(0.21)	0.02 (0.17)
Married		0.18	(0.15)		-0.08	(0.22)	0.18 (0.20)
<i>Children Under 18 in Household (ref. = No children)</i>							
1 Child		0.06	(0.17)		-0.29	(0.29)	0.13 (0.25)
2+ Children		0.10	(0.21)		-0.37	(0.23)	0.13 (0.22)
Couple-level SD	0.62	0.55	0.67	0.60	0.55	0.50	
Episode-level SD	0.37	0.37	0.34	0.35	0.44	0.43	
Residual SD	0.72	0.66	0.85	0.79	0.76	0.73	
ICC (couple)	0.37	0.35	0.35	0.33	0.28	0.26	
ICC (couple + episode)	0.51	0.51	0.44	0.44	0.46	0.45	
N couples	175	175	175	175	175	175	
N episodes	1110	1110	1110	1110	1110	1110	
N observations	2025	2013	2025	2013	2025	2013	

Source: National Couples' Health and Time Study. *p < 0.05; **p < 0.01; ***p < 0.001.

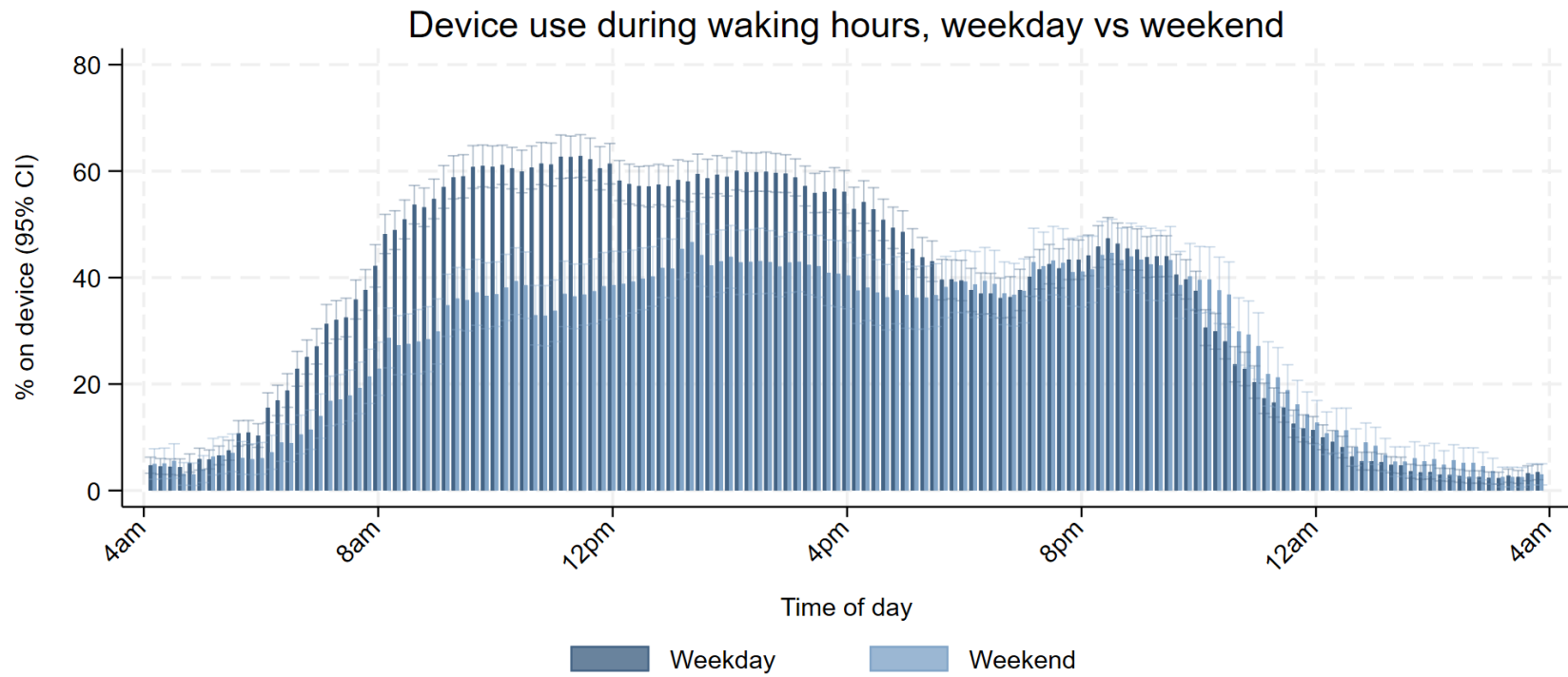


Figure 1. Device Use During Working Hours, Weekday vs Weekend

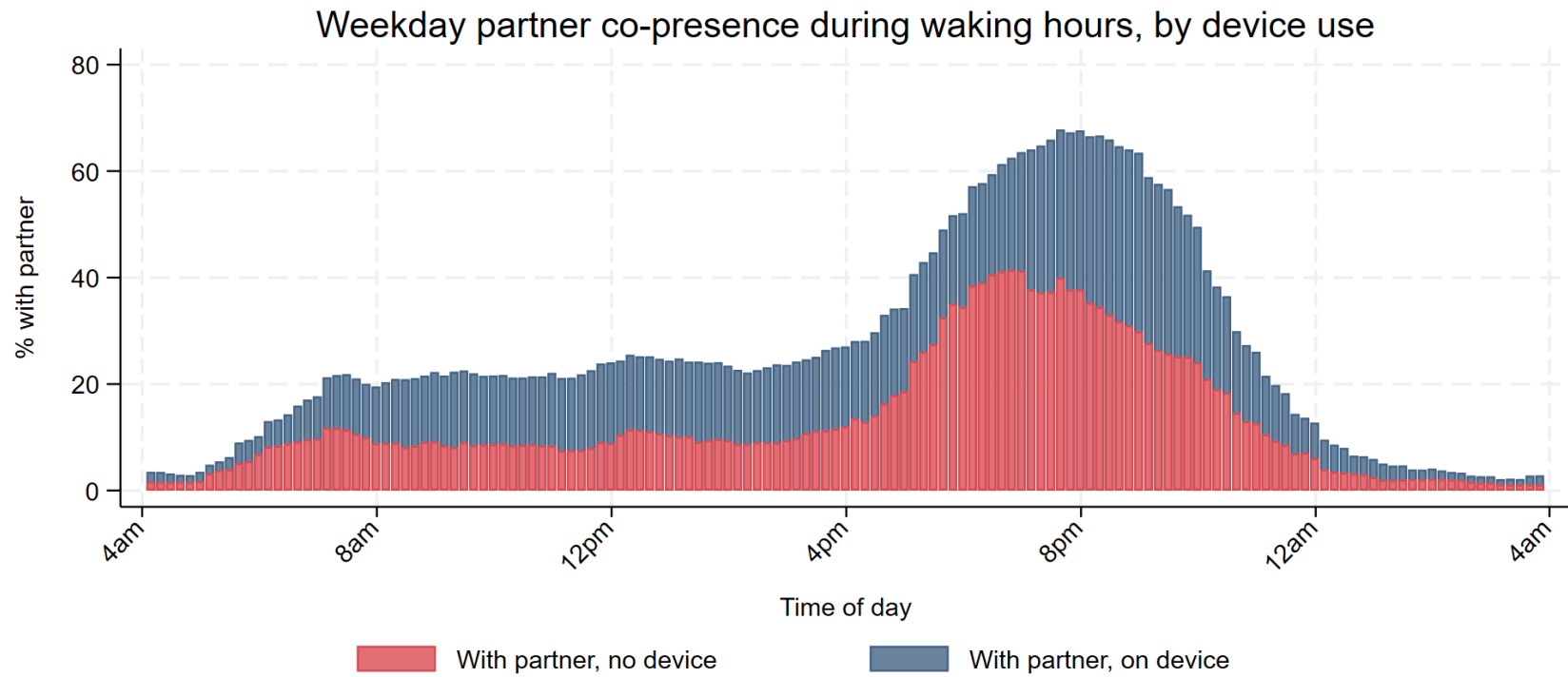


Figure 2a. Weekday Partner Co-Presence During Waking Hours, by Device Use.

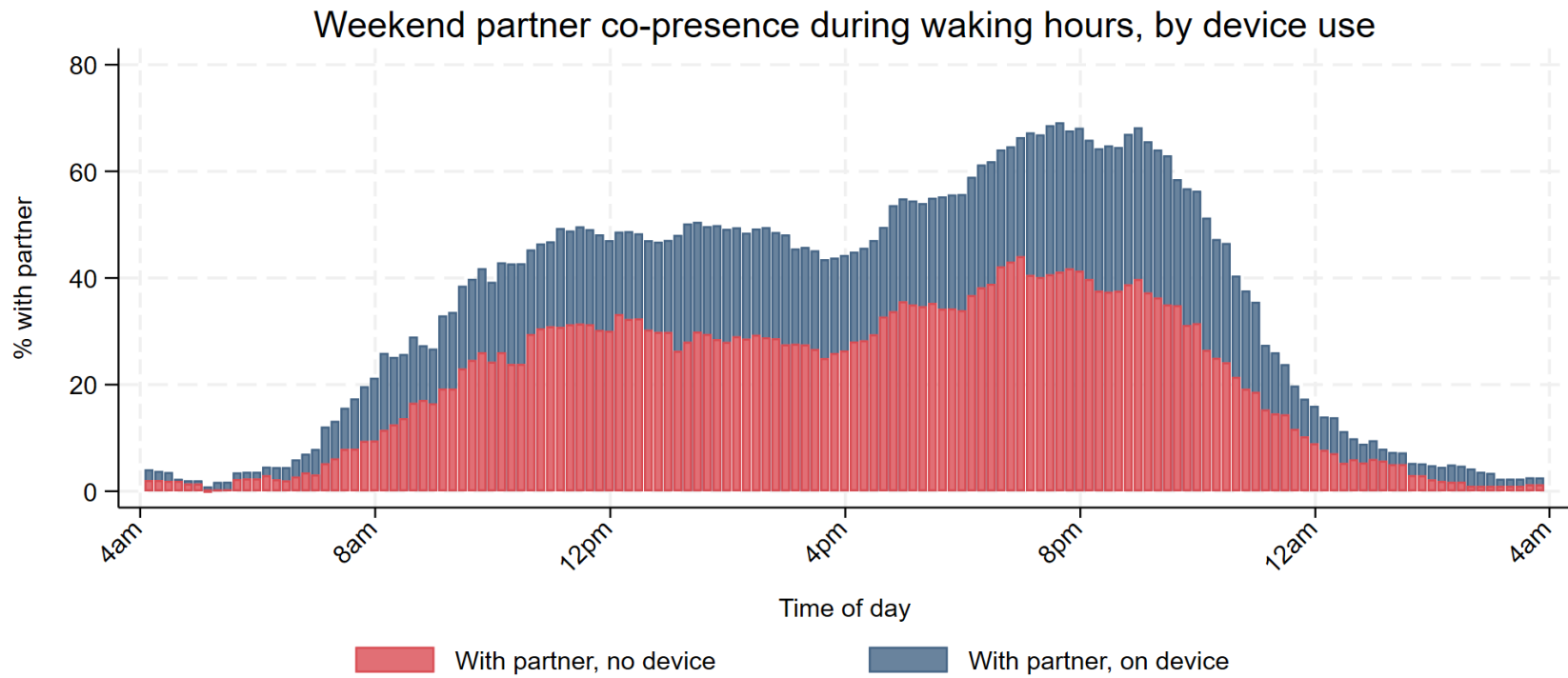


Figure 2b. Weekend Partner Co-Presence During Waking Hours, by Device Use

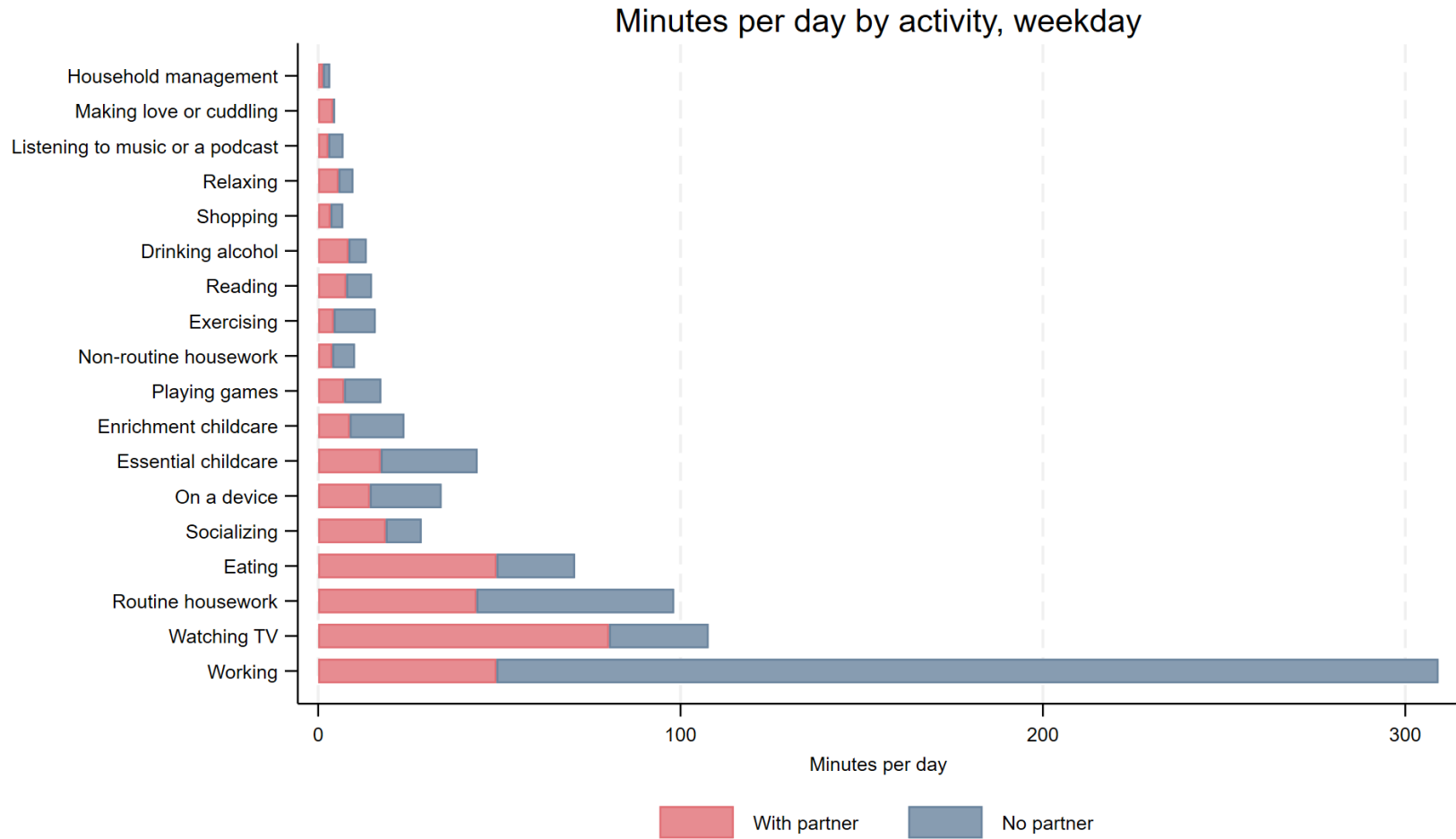


Figure 3a. Weekday Activities by Partner Presence.

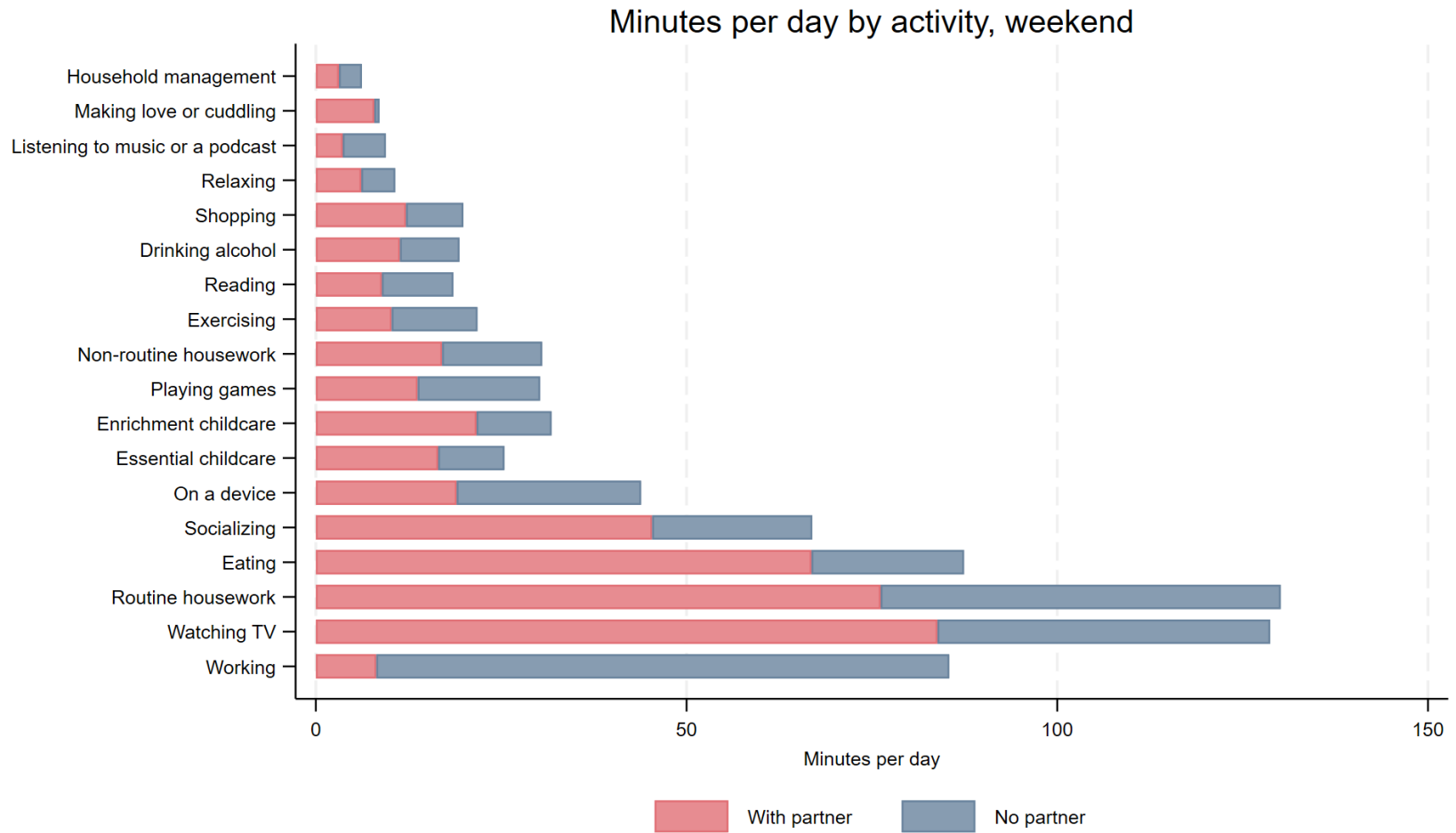


Figure 3c. Weekend Activities by Partner Presence.

Partner togetherness during activities, weekday

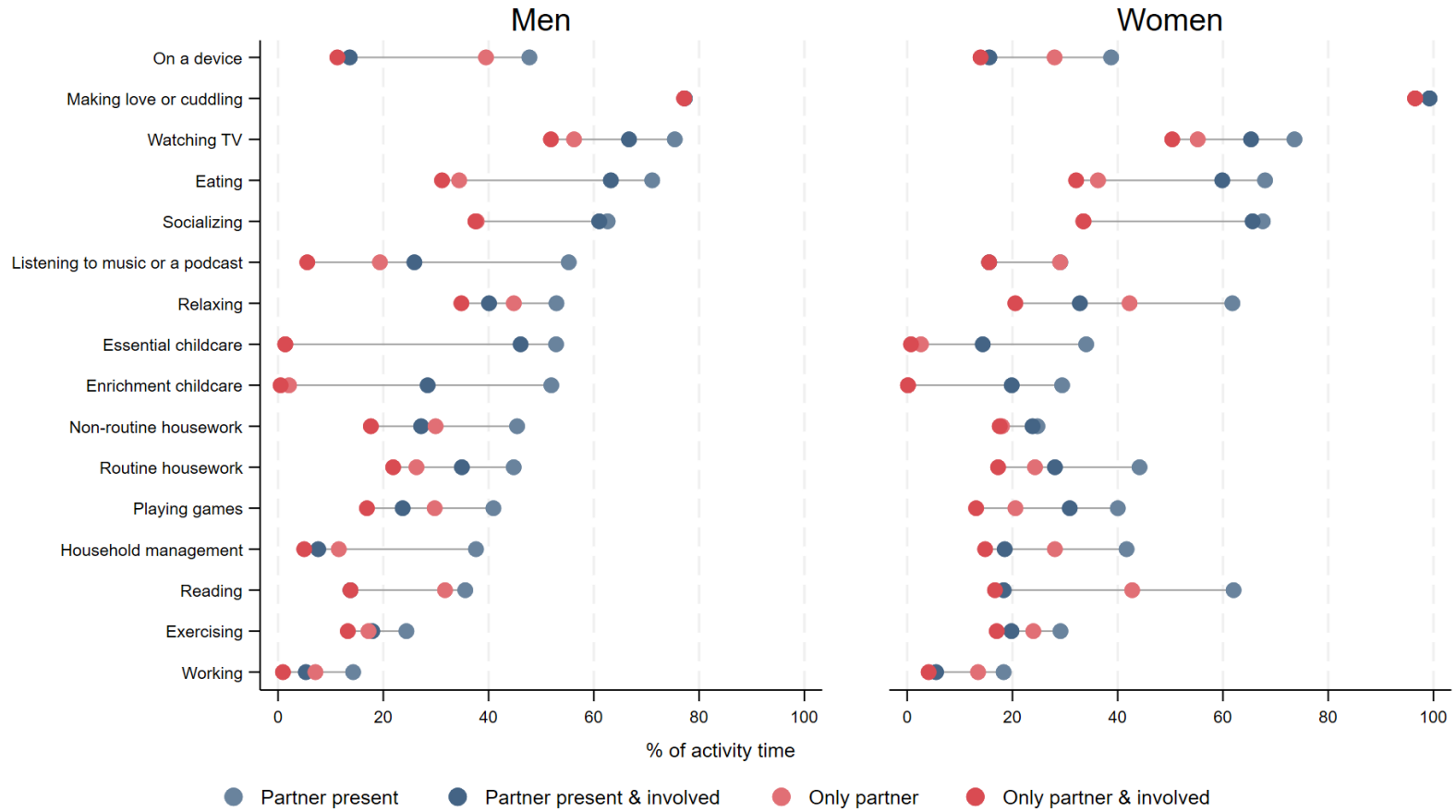


Figure 4a. Weekday Partner Presence and Involvement by Activity Type.

Partner togetherness during activities, weekend

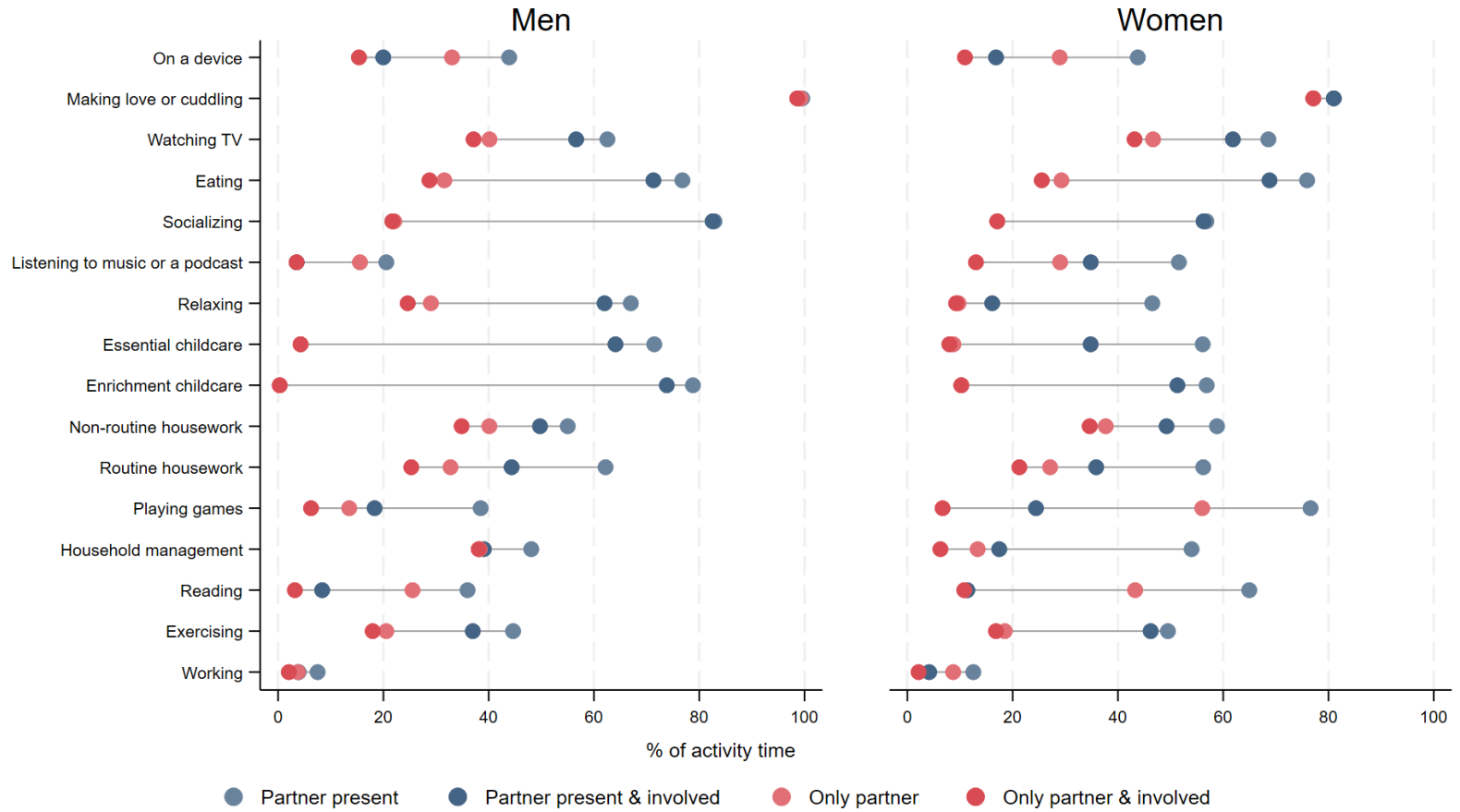


Figure 4b. Weekend Partner Presence and Involvement by Activity Type.