**Supplementary Material**

**Study 1 Tables**

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| **Table 11.**  Relationship Attachment Support Scale-Activity Short-Form Standardized Factor loadings with 95% credibility intervals in brackets. | | | | |
| Items | Separation Distress | Safe Haven | Proximity Maintenance | Secure Base |
| I become concerned for my wellbeing when I can’t participate in my preferred sport/activity | **.95 [.80,1]** | -.06 [-.21 .08] | -.04 [-.20 .10] | -.01 [-.17 .13] |
| When I’m away from my preferred sport/activity for a while I start to feel more anxious | **.79 [.57,.99]** | .00 [.16 .16] | .06 [.11.22] | .00 [.15 .15] |
| When I haven’t participated in my preferred sport/activity for a while I feel less able to deal with problems in life | **.78 [.56,.99]** | .07 [.10 .23] | -.00 [-.17 .15] | .01 [.14 .17] |
| If I have concerns or worries, I usually seek out my preferred sport/activity for comfort | -.06 [-.21 .07] | **.95 [.88,1]** | -.01 [-.16.13] | -.01 [-.16 .13] |
| When I feel upset, I can rely on my preferred sport/activity to help me feel better | -.01 [-.18 .15] | **.79 [.56,1]** | -.01 [-.18 .15] | .05 [.12 .21] |
| When I am unhappy in life I turn to my preferred sport/activity to help me feel better | .08 [.07 .23] | **.80 [.62,1]** | .03 [.12 .19] | -.02 [-.18 .12] |
| Being close to my sport/activity domain is very important to me | -.07 [-.23 .07] | -.03 [-.19 .12] | **.95 [.87,1]** | -.00 [-.16.15] |
| I feel more comfortable in myself when I have access to my preferred sport/activity | .09 [-.09 .27] | .08 [-.10 .26] | **.59 [.31,.89]** | .06 [-.11 .24] |
| Having close access to my preferred sport/activity is very important to me | .03 [-.14 .20] | -.00 [-.18 .16] | **.76 [.50,1]** | -.00 [-.18 .15] |
| I find it comforting knowing that my preferred sport/activity will always be there for me | -.02 [.18.14] | -.02 [.18 .12] | -.01 [.17 .14] | **.93 [.86,1]** |
| I can count on my preferred sport/activity to be there no matter what | -.016 [.18 .15] | -.01 [.19.15] | -.06 [.24 .11] | **.74 [.45,.98]** |
| I feel a sense of comfort knowing that my preferred sport/activity will be there for me when I need it | .0 [.15.16] | .01 [.16 .17] | .06 [.11.23] | **.73 [.48,.95]** |
| Note: Loadings and 95% Cis on intended factors in bold text. |  |  |  |  |

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| **Table 12.** Relationship Exploration Support Scale-Activity Short-Form Standardized Factor loadings with 95% credibility intervals in brackets. | | | | | | |
| Item | Security in Exploration | Emotion Regulation | Personal Reflection | Development | Self-Expression | Self Esteem |
| My preferred sport/activity has helped me to become more adventurous in other areas of life | **.95 [.87,1]** | -.04 [-.22 .12] | -.03 [-.20 .14] | -.03 [-.20 .13] | -.03 [-.20 .14] | -.07 [-.24 .09] |
| Knowing that I have my preferred sport/activity to fall back on helps me to take on other challenges in life | **.55 [.17,.93]** | .06 [-.12 .25] | .08 [-.08 .25] | -.01 [-.19 .16] | .08 [-.10 .27] | .03 [-.15 .22] |
| My involvement in my preferred sport/activity has helped me strive to achieve personal goals | **.68 [.32,1** | -.00 [-.19 .18] | -.04 [-.21 .12] | .04 [-.13 .22] | -.03 [-.21 .15] | .06 [-.13 .25] |
| I feel better able to deal with difficult emotions in everyday life thanks to my experiences in my preferred sport/activity | .00 [-.16 .17] | **.95 [.88,1]** | -.05 [-.21 .10] | -.02 [-.19 .14] | -.04 [-.21 .12] | -.03 [-.20 .12] |
| My experiences in my preferred sport/activity help me to persist when the going gets tough in life | .01 [-.16 .18] | **.72 [.40,1]** | .00 [-.18 .17] | .01 [-.15 .18] | .01 [-.16 .18] | .03 [-.14 .21] |
| My preferred sport/activity makes me feel as though I could overcome difficult emotions | -.03 [-.20.14] | **.77 [.47,1]** | .07 [-.12 .24] | -.00 [-.17 .16] | .02 [-.14 .19] | -.00 [-.18 .17] |
| My preferred sport/activity helps me to think about how I am feeling | -.03 [-.19 .13] | -.01 [-.17 .13] | **.95 [.88,1]** | -.01 [-.17 .14] | -.07 [.23 .08] | -.00 [-.17 .15] |
| My preferred sport/activity helps me to explore my feelings | -.02 [-.18 .13] | -.01 [-.19 .15] | **.87 [.68,1]** | -.01 [-.16 .14] | .02 [-.13 .18] | -.02 [-.19 .13] |
| My preferred sport/activity makes me feel more able to explore my feelings | .05 [-.10 .22] | .01 [-.16 .19] | **.76 [.57,.98]** | .01 [-.13 .17] | .02 [-.13 .18] | .00 [-.19 .17] |
| My life wouldn’t look much different without my preferred sport/activity | -.07 [.24.09] | -.06 [-.23 .11] | -.04 [-.22 .12] | **.96 [.88,1]** | -.04 [-.22 .12] | -.07 [-.24 .09] |
| My preferred sport/activity has helped me develop as a person | .07 [-.11 .25] | .06 [-.11 .23] | .06 [-.09 .22] | **.56 [.28,.86]** | .03 [-.13 .20] | .09 [-.10 .27] |
| My preferred sport/activity has helped me to shape who I am | .05 [-.13 .23] | .02[ -.15 .20] | .00 [-.16 .17] | **.67 [.37,.96]** | .04 [-.13 .22] | .04 [-.14 .23] |
| I feel comfortable exploring ways I can express myself when participating in my preferred sport/activity | .01 [-.15 .18] | -.05 [-.22 .11] | -.06 [-.22 .10] | -.03 [-.20 .13] | **.95 [.88,1]** | -.03 [-.20 .12] |
| I feel able to express myself when I am participating in my preferred sport/activity | -.00 [-.18 .17] | .01 [-.16 .19] | .03 [-.13 .20] | .01 [-.15 .18] | **.72 [.42,1]** | .01 [-.16 .19] |
| I feel I am free to be myself when I am participating in my preferred sport/activity | -.02 [-.21.16] | .04 [-.14 .23] | .02 [-.15 .20] | .04 [-.13 .22] | **.61 [.25,.95]** | .03 [-.16 .21] |
| My preferred sport/activity makes me feel more confident in myself | -.04 [-.21 .12] | -.07 [-.25 .08] | -.03 [-.20 .13] | -.05 [-.22 .11] | -.01 [-.18 .15] | **.96 [.88,1]** |
| The confidence I have gained from my preferred sport/activity helps me in other areas in life | .04 [-.13 .21] | .06 [-.12 .24] | -.00 [-.16 .14] | .06 [-.10 .23] | -.02 [-.18 .13] | **.74 [.45,1]** |
| My preferred sport/activity makes me feel more able to succeed in life | .02 [-.15 .20] | .05 [-.14 .23] | .05 [-.10 .21] | .03 [-.15 .20] | .05 [-.12 .22] | **.65 [.31,.99]** |
| Note: Loadings and 95% Cis on intended factors in bold text. | | | | | | |

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| **Table 13.** Relationship Attachment Support Scale-Interpersonal Short-Form Standardized Factor loadings with 95% credibility intervals in brackets. | | | | |
| Item | Separation Distress | Safe Haven | Proximity Maintenance | Secure Base |
| I become concerned for my wellbeing when I can’t see this person | **.95 [.87,1]** | -.03 [-.19 .12] | -.03 [-.19 .11] | -.01 [-.17 .14] |
| When I’m away from this person for a while I start to feel more anxious | **.86 [.67,1]** | -.01 [-.17 .15] | .01 [-.16 .18] | -.03 [-.19 .12] |
| When I haven’t seen this person for a while, I feel less able to deal with problems in life | **.80 [.57,1]** | .02[ -.15 .18] | -.00 [-.18 .17] | .00[ -.16 .16] |
| If I have concerns or worries, I usually seek out this person for comfort | -.01 [-.17 .13] | **.96 [.88,1]** | -.02 [-.18 .12] | -.05 [-.20 .09] |
| When I feel upset, I can rely on this person to help me feel better | -.05 [-.21 .11] | **.78 [.51,1]** | .03 [-.16 .21] | .04 [-.15 .23] |
| When I am unhappy in life I turn to this person to help me feel better | .06 [-.09 .21] | **.78 [.56,1]** | .02[ -.15 .19] | .04 [-.14 .21] |
| Being close to this person is very important to me | -.08 [-.23 .06] | .00 [-.15 .15] | **.96 [.89,1]** | -.02 [-.18 .12] |
| I feel more comfortable in myself when I have access to this person | .10 [-.10 .28] | .02 [-.16 .21] | **.67 [.35,1]** | .05 [-.14 .24] |
| Having close access to this person is very important to me | .05 [-.12 .21] | .00 [-.17 .17] | **.79 [.54,1]** | .01 [-.16 .18] |
| I find it comforting knowing that this person will always be there for me | -.05 [-.21 .10] | -.00 [-.15.14] | -.05 [-.20 .10] | **.96 [.88,1]** |
| I can count on this person to be there no matter what | .01 [-.15 .17] | -.03 [-.21 .15] | -.00 [-.19 .17] | **.77 [.48,1]** |
| I feel a sense of comfort knowing that this person will be there for me when I need them | .04[ -.11 .19] | .04 [-.15 .23] | .08 [-.11 .26] | **.72 [.47,1]** |
| Note: Loadings and 95% Cis on intended factors in bold text. | | | | |

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| **Table 14.** Relationship Exploration Support Scale-Interpersonal Short-Form Standardized Factor loadings with 95% credibility intervals in brackets. | | | | | | |
| Item | Security in Exploration | Emotion Regulation | Personal Reflection | Development | Self-Expression | Self Esteem |
| This person has helped me to become more adventurous in other areas of life | **.97 [.88,1]** | -.08 [-.26,.09] | -.07 [-.24,.10] | -.06 [-.24,.11] | -.04 [-.22,.13] | -.07 [-.25,.09 |
| Knowing that I have this person to fall back on helps me to take on other challenges in life | **.56 [.13,1]** | .09 [-.12,.29] | .03 [-.15,.21] | .03 [-.14,.22] | .06 [-.13,.25] | .05 [-.15,.25] |
| My involvement with this person has helped me strive to achieve personal goals | .**64 [.28,1]** | .03 [-.15,.23] | .06 [-.12,.23] | .04 [-.13,.22] | .00 [-.18,.18] | .05 [-.14,.25] |
| I feel better able to deal with difficult emotions in everyday life thanks to my experiences with this person | .02 [-.15,.18] | **.96 [.89,1]** | -.02 [-.19,.13] | -.02 [-.19,.13] | -.03 [-.20,.12] | -.03 [-.20,.13] |
| My experiences with this person help me to persist when the going gets tough in life | -.01 [-.19,.17] | **.74 [.37,1]** | -.03 [-.21,.15] | .04 [-.14,.22] | .01 [-.17,.19] | .01 [-.18,.20] |
| This person makes me feel as though I could overcome difficult emotions | -.02 [-.20,.15] | **.83 [.48,1]** | .04 [-.15,.22] | -.02 [-.19,.14] | .01 [-.17,.19] | .00 [-.19,.18] |
| This person helps me to think about how I am feeling | -.02 [-.19,.14] | -.01 [-.18,.14] | **.97 [.89,1]** | .00 [-.15,.16] | -.07 [-.23,.09] | -.02 [-.19,.13] |
| This person helps me to explore my feelings | -.01 [ -.17,.14] | .01 [-.17,.19] | **.87 [.63,1]** | -.01 [-.17,.14] | .05 [-.12,.21] | -.03 [-.20,.14] |
| This person makes me feel more able to explore my feelings | .04 [-.13,.20] | .00 [-.18,.18] | **.76 [.48,1]** | .00 [-.16,.16] | .02 [-.15,.19] | .05 [-.12,.23] |
| My life wouldn’t look much different without this person | -.07[-.25,.10] | -.07 [-.25,.09] | -.07 [-.25,.09] | **.97 [.89,1]** | -.06 [-.24,.11] | -.08 [-.26,.09] |
| This person has helped me develop as a person | .07 [-.10,.25] | .06 [-.11,.25] | .08 [-.09,.26] | **.51 [.21,.84]** | .10 [-.07,.28] | .09 [-.09,.27] |
| This person has helped me to shape who I am | .03 [-.15,.21] | .03 [-.16,.21] | .02 [-.16,.21] | **.68 [.33,1]** | .00 [-.18,.18] | .02 [-.16,.21] |
| I feel comfortable exploring ways I can express myself when I am with this person | .00 [-.17,.17] | -.04 [-.22,.12] | -.05 [-.22,.11] | -.07 [-.24,.10] | **.96 [.88,1]** | -.03 [-.21,.13] |
| I feel able to express myself when I am with this person | -.01 [-.19,.16] | .01 [-.17,.19] | .04 [-.13,.21] | .05 [-.11,.21] | **.75 [.45,1]** | .00 [-.18,.18] |
| I feel I am free to be myself when I am with this person | -.00 [-.18,.18] | .02 [-.16,.21] | -.00 [-.18,.17] | .03 [-.14,.20] | **.72 [.37,1]** | .03 [-.17,.22] |
| This person makes me feel more confident in myself | -.04 [-.20,.11] | -.03 [-.20,.12] | .00 [-.16,.15] | -.07 [-.23,.08] | .04 [-.11,.20] | **.97 [.90,1]** |
| The confidence I have gained from this person helps me in other areas in life | .03 [-.15,.20] | .02 [-.15,.20] | .00 [-.17,.16] | .05 [-.11,.20] | -.00 [-.19,.16] | **.80 [.49,1]** |
| This person makes me feel more able to succeed in life | .05 [-.13,.22] | .0 [-.17,.19] | -.00 [-.17,.16] | .05 [-.11 .20] | -.04 [-.21,.13] | **.80 [.49,1]** |
| Note: Loadings and 95% Cis on intended factors in bold text. | | | | | | |

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| **Table 15.** Means, SDs, McDonald’s omega (ω), Latent factor inter-correlations, and the 95% confidence intervals [in brackets] for the RASS Short-Form activity. | | | | | | | |
|  | *M* | *SD* | ω | Separation distress | Safe haven | Proximity maintenance | Secure base |
| Separation distress | 15.40 | 4.09 | .84 |  |  |  |  |
| Safe haven | 16.88 | 3.33 | .86 | .62[.44,.75]\* |  |  |  |
| Proximity maintenance | 18.25 | 2.41 | .78 | .63[.43,.76]\* | .61[.41,.75]\* |  |  |
| Secure base | 16.55 | 3.22 | .78 | .48[.26,.65]\* | .60[.41,.73]\* | .59[.38,.74]\* |  |

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| **Table 16.** Means, SDs, McDonald’s omega (ω), Latent factor inter-correlations, and the 95% credibility intervals [in brackets] for the RESS Short-Form activity. | | | | | | | | | |
|  | *M* | *SD* | ω | Security in exploration | Emotion regulation | Personal reflection | Development | Self-expression | Self-efficacy |
| Security in exploration | 17.13 | 2.82 | .67 |  |  |  |  |  |  |
| Emotion regulation | 16.63 | 2.98 | .79 | .66[.44,.79]\* |  |  |  |  |  |
| Personal reflection | 15.22 | 3.67 | .86 | .49[.23,.68]\* | .70[.51,.82]\* |  |  |  |  |
| Development | 17.83 | 2.64 | .69 | .58[.33,.74]\* | .56[.31,.73]\* | .35[.08,.57]\* |  |  |  |
| Self-expression | 17.27 | 2.60 | .73 | .61[.39,.76]\* | .60[.39,.75]\* | .54[.32,.70]\* | .49[.22,.68]\* |  |  |
| Self-esteem | 17.58 | 2.53 | .81 | .70[.49,.82]\* | .71[.51,.83]\* | .49[.51.83]\* | .65[.41,.80]\* | .62[.40,.76]\* |  |

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| **Table 17.** Means, SDs, McDonald’s omega (ω), Latent factor inter-correlations, and the 95% confidence intervals [in brackets] for the RASS Short-Form interpersonal. | | | | | | | |
|  | *M* | *SD* | ω | Separation distress | Safe haven | Proximity maintenance | Secure base |
| Separation distress | 14.33 | 4.01 | .86 |  |  |  |  |
| Safe haven | 17.51 | 2.78 | .86 | .56[.35,.71]\* |  |  |  |
| Proximity maintenance | 17.77 | 3.04 | .83 | .69[.52,.82]\* | .74[.65,.87]\* |  |  |
| Secure base | 18.12 | 2.76 | .81 | .51[.30,.68]\* | .78[,65,.87]\* | .75[,60,.86]\* |  |

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| **Table 18.** Means, SDs, McDonald’s omega (ω), Latent factor inter-correlations, and the 95% credibility intervals [in brackets] for the RESS Short-Form interpersonal. | | | | | | | | | |
|  | *M* | *SD* | ω | Security in exploration | Emotion regulation | Personal reflection | Development | Self-expression | Self-efficacy |
| Security in exploration | 16.40 | 2.97 | .70 |  |  |  |  |  |  |
| Emotion regulation | 16.98 | 2.86 | .82 | .72[.47,.85]\* |  |  |  |  |  |
| Personal reflection | 16.15 | 3.22 | .87 | .63[.39,.78]\* | .77[.63,.86]\* |  |  |  |  |
| Development | 17.65 | 2.79 | .68 | .56[.25,.76]\* | .66[.40,.80]\* | .58[.32,.76]\* |  |  |  |
| Self-expression | 17.22 | 2.81 | .79 | .66[.43,.80]\* | .74[.56,.85]\* | .69[.51,.81]\* | .55[.27,.74]\* |  |  |
| Self-esteem | 16.91 | 3.02 | .88 | .76[.54,.88]\* | .80[.67,.88]\* | .72[.57,.83]\* | .65[.38,.81]\* | 76[.60,.86]\* |  |

**Study 2 Tables**

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| **Table 19.** Models testing the hypothesized interaction between insecure attachment (anxiety/avoidance) and activity attachment (RESS support) on wellbeing. | | | |
|  | *b* (*SE*) | *t* | *p* |
| Intercept | 53.96 (1.11) | 48.61 | <.001 |
| Anxiety | -1.50 (.28) | -5.20 | <.001 |
| Activity emotion regulation support | .75 (.38) | 1.95 | .051 |
| Anxiety x Activity emotion regulation support | .18 (.09) | 1.93 | .053 |
| R2 = .10 |  |  |  |
| Intercept | 53.74(1.11) | 48.28 | <.001 |
| Anxiety | -1.53(.29) | -5.25 | <.001 |
| Activity personal reflection support | 0.41(.31) | 1.31 | .18 |
| Anxiety x activity personal reflection support | 0.23(.07) | 3.09 | <.01 |
| R2 = .11 |  |  |  |
| Intercept | 53.98(1.11) | 48.50 | <.001 |
| Anxiety | -1.48(.28) | -5.16 | <.001 |
| Activity exploration total | 0.10(.08) | 1.29 | .19 |
| Anxiety x activity exploration total | 0.04(.02) | 2.11 | .03 |
| R2 = .09 |  |  |  |
| Intercept | 54.10(1.13) | 47.48 | <.001 |
| Avoidance | -.48(.20) | -2.40 | .01 |
| Activity emotion regulation support | .70(.39) | 1.77 | .07 |
| Avoidance x activity emotion regulation support | .14(.06) | 2.23 | .01 |
| R2 = .04 |  |  |  |
| Intercept | 54.32(1.14) | 47.43 | <.001 |
| Avoidance | -.45(.20) | -2.22 | .02 |
| Activity self-esteem support | .11(.44) | .26 | .79 |
| Avoidance x activity self-esteem support | .18(.07) | 2.45 | .01 |
| R2 = .03 |  |  |  |
| Intercept | 53.96(1.15) | 46.76 | <.001 |
| Avoidance | -.52(.21) | -2.44 | .01 |
| Activity personal reflection support | .31(.34) | .90 | .36 |
| Avoidance x activity personal reflection support | .11(.06) | 1.81 | .07 |
| R2 = .03 |  |  |  |
| Intercept | 54.13(1.13) | 47.51 | <.001 |
| Avoidance | -.46(.20) | -2.25 | .02 |
| Activity exploration total | .09(.08) | 1.15 | .24 |
| Avoidance x activity exploration total | .02(01) | 1.84 | .06 |
| R2 = .03 |  |  |  |
|  |  |  |  |
| Johnson Neyman significance regions for interaction effects between activity exploratory support and insecure attachment (anxiety/avoidance) on wellbeing. | | | |
|  | SDs +/- mean | *b* (*SE*) | *p* |
| Activity exploration support x avoidance on wellbeing | Avoidance >.62 *SD*s | .18(.09) | .05 |
|  |  |  |  |
| Activity exploration support x anxiety on wellbeing | Anxiety >.33 *SD*s | .16(.08) | .05 |
| Activity emotion regulation support x avoidance on wellbeing | Avoidance >.09 *SD*s | .78(.39) | .05 |
| Activity emotion regulation support x anxiety on wellbeing | Anxiety >.005 *SD*s | .76(.38) | .05 |

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| **Table 20.** Pairwise t-test comparing attachment and exploratory support (short form scales) across activity and interpersonal relationships. | | | | | |
|  | Activity mean (*SE*) | Interpersonal mean (*SE*) | *t* | *p* | Cohen’s *d* |
| Separation distress | 15.40 (.24) | 14.33 (.23) | 4.15 | <.001 | .24 |
| Proximity maintenance | 18.25 (.14) | 17.77 (.18) | 2.16 | .03 | .12 |
| Security in exploration | 17.14 (.16) | 16.40 (.17) | 3.63 | <.001 | .21 |
| Secure base | 16.55 (.19) | 18.12 (.16) | 6.79 | <.001 | .40 |
| Personal reflection | 15.22 (.21) | 16.15 (.19) | 3.85 | <.001 | .22 |
| Development | 17.83 (.15) | 17.65 (.16) | 1.03 | .30 | .06 |
|  | | | | | |