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## Introduction and research objective

Well-being in romantic couples has been associated with higher life satisfaction, mental health, and quality of life (Apostolou et al., 2023). Evidence shows that not only individual characteristics influence, but also similarity between romantic couples, especially in how they think about and plan for the future (Luo, 2017).

The CFC measure how individuals consider the immediate vs. future results of their actions (Joireman et al., 2012; Strathman et al., 1994). Traditionally viewed as stable, recent research shows that CFC may fluctuate over time (Nigro et al., 2016; Vásquez-Echeverría et al., 2018).

**Aims:** a) Explore daily fluctuations in CFC and their links with happiness and couple satisfaction. B) Examine associations between individual CFC, partner similarity, and well-being. c) Analyze whether similarity moderates the link between individual CFC and couple well-being

## Design and participants

- Non-experimental descriptive study using a daily diary design (5 days).
- Sample: 60 heterosexual romantic couples from Spain ( $N = 120$ ). Mean age: men = 42.6 (SD = 9.81); women = 40.6 (SD = 10.01).
- Most participants worked in the service sector.
- Participants completed the study online. The study was approved by the Ethics Committee of the UCM.

## Instruments:

**Sociodemographic questionnaire (ad-hoc):** age, gender, education, No. of children, current job and their characteristics

**CFC Scale – Daily version:** 14-item Spanish version with two subscales: CFC-Immediate and CFC-Future. Rated on a 7-point Likert scale (Álvarez-Nuñez & Vásquez-Echeverría, 2023). Daily similarity = absolute difference between partners' daily CFC scores (Furber et al., 2013).

**Subjective Happiness Scale:** 3 items adapted for daily use (6-point scale) (Lyubomirsky & Lepper, 1999)

**Relationship Satisfaction:** 1-item Kunin Face Scale (1955) (0 = ☹ ; 6 = ☺ )

## Results

### CFC fluctuation over time:

CFC scores showed within-person and between-couple variability (ICCs).

### Correlational results:

- CFC-Future → ↑ happiness and satisfaction
- CFC-Immediate → ↓ happiness and satisfaction

### Moderation (multilevel models):

- CFC-Immediate similarity moderates the link: ↑ similarity + ↑ individual CFC-Immediate → ↓ happiness (Fig. 1)
- CFC-Future similarity moderates the link: ↑ similarity + ↑ individual CFC-Future → ↑ couple satisfaction (Fig. 2)

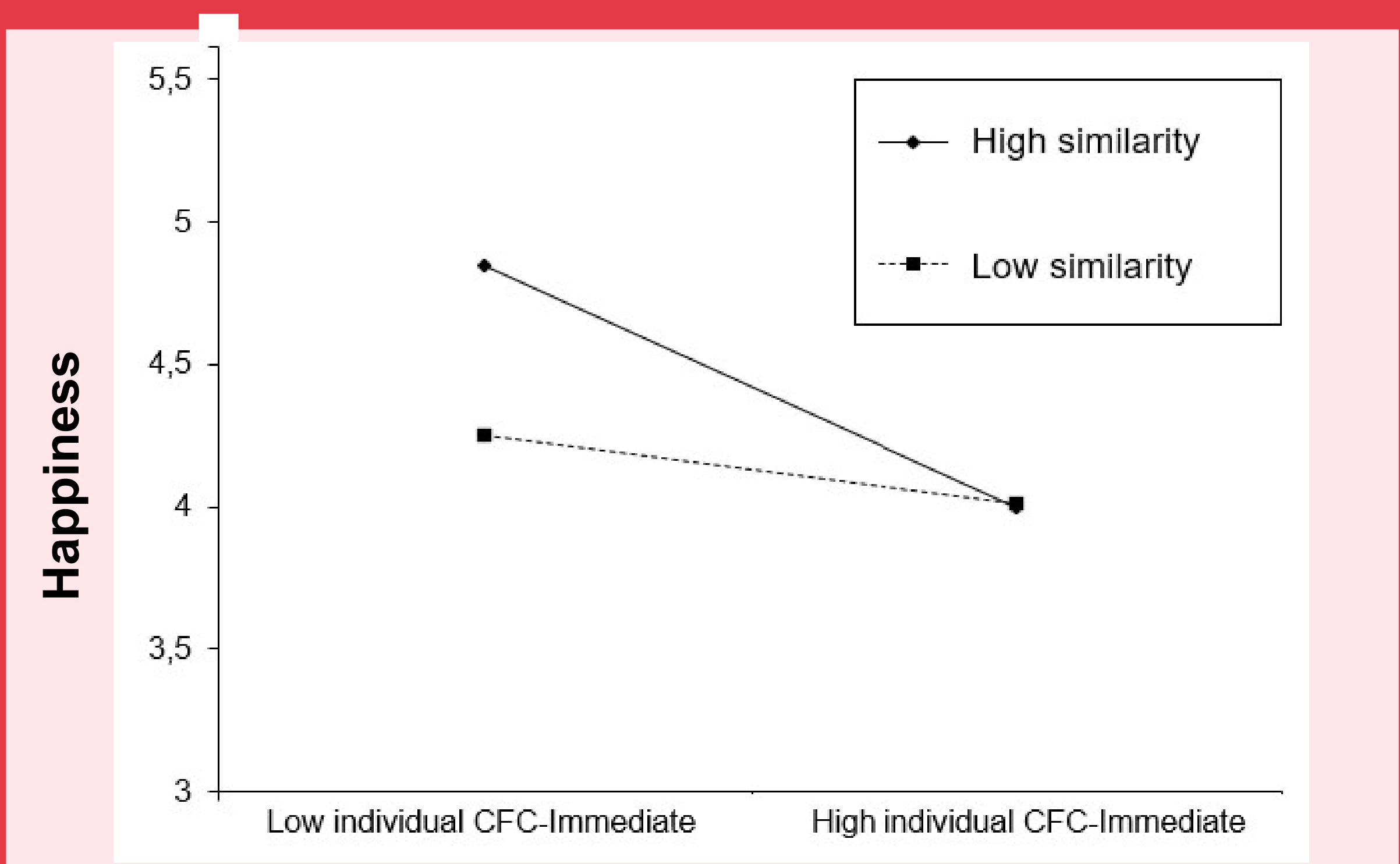


Fig. 1: Moderating effect of dyadic similarity in daily CFC-Immediate on: CFC-Immediate and personal happiness

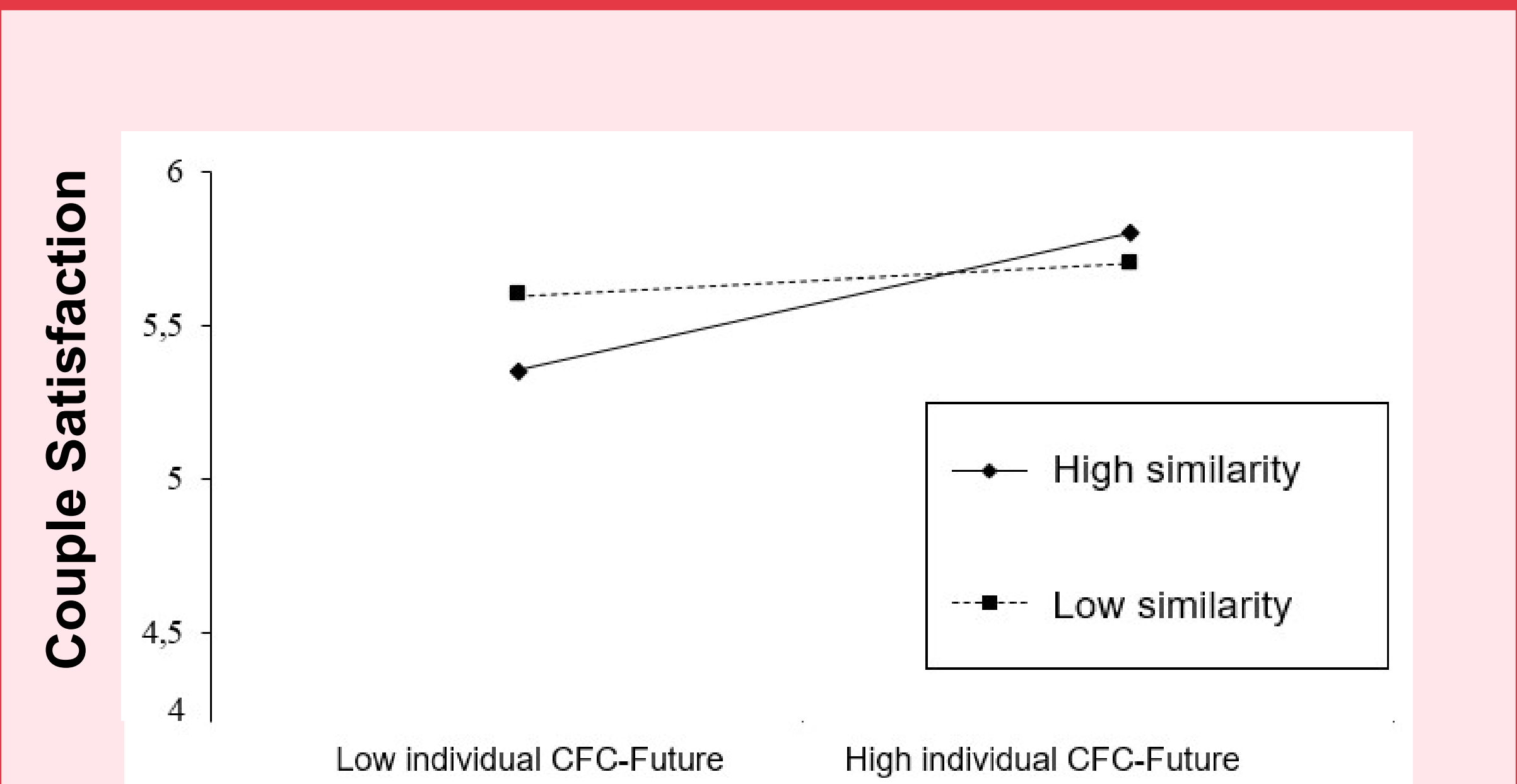


Fig 2. Moderating effect of dyadic similarity in daily CFC-Future on: CFC-Future scores and couple satisfaction

## Discussion

- CFC fluctuates in short periods, supporting a state-like perspective.
- Individual CFC-Future is associated with greater happiness and relationship satisfaction CFC-Immediate shows the opposite pattern.
- High similarity in CFC-Future amplifies its positive effect on couples' satisfaction.
- High similarity in CFC-Immediate buffers its negative impact on happiness.

These results suggest that CFC operates not only as a trait but also as a dynamic process with meaningful short-term implications for affective and relational outcomes.

These findings support the integration of temporal and interpersonal variability in the design of adaptive psychological interventions.

## Conclusions & Applications

- CFC is malleable and shaped by context or intervention.
- Relationship well-being depends on both individual CFC and partner similarity.
- Couple interventions could integrate strategies based on CFC (individual level and similarity) to improve mutual understanding and reduce conflict.