

Supplementary Material

Supplementary Table 1

Results from exploratory factor analysis of the applied items of the Multidimensional Sense of Humor Scale (MSHS)

MSHS item	Factor loading	
	1	2
Factor 1: humor production and social uses		
Meine Freunde halten mich für eine witzige Person. (I'm regarded as something of a wit by my friends.)	0.769	0.285
Ich kann Dinge auf eine Art sagen, die die Leute zum Lachen bringt. (I can say things in such a way as to make people laugh.)	0.824	0.192
Meine cleveren Sprüche amüsieren andere. (My clever sayings amuse others.)	0.731	0.283
Die Leute erwarten bei mir, dass ich amüsante Dinge sage. (People look to me to say amusing things.)	0.706	0.125
Ich nutze Humor, um meine Freunde zu unterhalten. (I use humor to entertain my friends.)	0.749	0.300
Ich bin überzeugt davon, dass ich andere Menschen zum Lachen bringen kann. (I'm confident that I can make other people laugh.)	0.751	0.233
Andere Leute sagen mir, dass ich lustige Dinge sage. (Other people tell me that I say funny things.)	0.804	0.095
Manchmal denke ich mir Witze oder lustige Geschichten aus. (Sometimes I think up jokes or funny stories.)	0.363	0.049
Ich kann Menschen mit den Dingen die ich sage oft zum Lachen bringen. (I can often crack people up with the things I say.)	0.885	0.090
Ich kann eine angespannte Situation entschärfen, indem ich etwas Lustiges sage. (I can ease a tense situation by saying something funny.)	0.722	0.308
Mit meinem Humor kann ich eine gewisse Kontrolle über eine Gruppe von Menschen ausüben. (I can have some control over a group of people by my uses of humor.)	0.680	0.145
Factor 2: attitudes towards humor and humorous people		
Ich schätze Leute, die für Humor sorgen. (I appreciate those who generate humor.)	0.409	0.551
Ich mag gute Witze. (I like a good joke.)	0.085	0.611
Jemanden als „Komiker“ zu bezeichnen, ist eine echte Beleidigung. (R) (Calling somebody a “comedian” is a real insult.) (R)	0.009	0.395
Ich mag keine Witzbolde. (R) (I dislike comics.) (R)	0.284	0.816
Menschen, die Witze erzählen, sind Nervensägen. (R) (People who tell jokes are a pain in the neck.) (R)	0.162	0.824
Ich fühle mich unwohl, wenn alle Witze reißen. (R) (I'm uncomfortable when everyone is cracking jokes.) (R)	0.430	0.617

Note. The extraction method was principal axis factoring with an orthogonal (varimax) rotation. Factor loadings above .30 are in bold. Reverse-scored items are denoted with (R).

Supplementary Table 2

Results from exploratory factor analysis of the self-constructed scale measuring humorous change of perspective (HCOP)

HCOP item	Factor loading
Es fällt mir leicht, eine humorvolle Perspektive einzunehmen. (It is easy for me to take a humorous perspective)	0.918
Es gelingt mir schnell, eine humorvolle Perspektive einzunehmen. (I quickly succeed in adopting a humorous perspective)	0.878
Ich kann in den meisten Situationen auch eine humorvolle Perspektive einnehmen. (I can adopt a humorous perspective in most situations)	0.854
Eine humorvolle Perspektive verleiht mir Leichtigkeit im Leben. (A humorous perspective gives me easiness in life)	0.683

Note. The extraction method was principal axis factoring. Factor loadings above .30 are in bold.

Supplementary Table 3

Summary of Hierarchical Regression Analyses predicting Satisfaction with Life (SWLS) from burden of unrequited love (two different operationalizations) and sense of humor (measured by MSHS)

							95% CI for <i>B</i>		Model
	Variable	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>	summaries
1. actuality of unrequited love as predictor (Model S1)									
step 1	(Intercept)	25.596	0.587		43.581	< .001	24.435	26.757	$R^2 = 0.271$
	AEUL	-3.229	1.109	-0.218	-2.911	0.004	-5.422	-1.037	$F(3,144) = 17.852$
	MSHS ¹	2.277	0.864	0.252	2.635	0.009	0.569	3.984	$p = < .001$
	AEUL*MSHS ¹	2.785	1.357	0.198	2.052	0.042	0.103	5.466	
step 2	(Intercept)	6.637	2.071		3.205	0.002	2.543	10.731	$\Delta R^2 = 0.278$
	FGA	5.548	0.591	0.607	9.393	< .001	4.380	6.715	$F(1,143) = 73.117$
	AEUL	-1.324	0.899	-0.089	-1.473	0.143	-3.100	0.452	$p = < .001$
	MSHS ¹	0.787	0.700	0.087	1.125	0.263	-0.596	2.171	
	AEUL*MSHS ¹	1.502	1.079	0.107	1.392	0.166	-0.631	3.636	
2. subjective burden by unrequited love as predictor (Model S2)									
step 1	(Intercept)	24.427	0.477		51.162	< .001	23.483	25.370	$R^2 = 0.288$
	SBUL ¹	-2.067	0.625	-0.234	-3.307	0.001	-3.303	-0.832	$F(3,144) = 19.387$
	MSHS ¹	3.511	0.653	0.389	5.377	< .001	2.220	4.802	$p = < .001$
	SBUL ¹ *MSHS ¹	1.913	0.770	0.180	2.485	0.014	0.391	3.436	
step 2	(Intercept)	5.105	2.252		2.267	0.025	0.653	9.557	$\Delta R^2 = 0.247$
	FGA	5.851	0.672	0.640	8.708	< .001	4.523	7.179	$F(1,143) = 75.830$
	SBUL ¹	-0.038	0.558	-0.004	-0.068	0.946	-1.141	1.066	$p = < .001$
	MSHS ¹	1.500	0.578	0.166	2.596	0.010	0.358	2.642	
	SBUL ¹ *MSHS ¹	0.065	0.660	0.006	0.099	0.921	-1.239	1.370	

Note. AEUL = actual experience of unrequited love (0 = no, 1 = yes); SBUL = subjective burden by unrequited love; FGA = flexible goal adjustment; MSHS = Multidimensional Sense of Humor Scale; CI = confidence interval; LL = lower limit; UL = upper limit.

¹mean-centred

Supplementary Table 4

Summary of Hierarchical Regression Analyses predicting Satisfaction with Life (SWLS) from burden of unrequited love (two different operationalizations) and humorous change of perspective (measured by HCOP-Scale)

							95% CI for <i>B</i>		Model
	Variable	<i>B</i>	<i>SE B</i>	β	t	<i>p</i>	<i>LL</i>	<i>UL</i>	summaries
1. actuality of unrequited love as predictor (Model S3)									
step 1	(Intercept)	25.613	0.555		46.164	< .001	24.516	26.709	$R^2 = 0.346$
	AEUL	-2.982	1.043	-0.201	-2.858	0.005	-5.043	-0.920	$F(3,144) = 25.439$
	HCOP ¹	1.911	0.679	0.260	2.813	0.006	0.568	3.254	$p = < .001$
	AEUL * HCOP ¹	3.076	1.007	0.284	3.053	0.003	1.084	5.067	
step 2	(Intercept)	7.593	2.286		3.321	0.001	3.073	12.112	$\Delta R^2 = 0.204$
	FGA	5.294	0.658	0.579	8.047	< .001	3.993	6.594	$F(1,143) = 64.758$
	AEUL	-1.474	0.888	-0.099	-1.659	0.099	-3.230	0.283	$p = < .001$
	HCOP ¹	0.184	0.605	0.025	0.304	0.762	-1.012	1.380	
	AEUL * HCOP ¹	1.868	0.852	0.173	2.192	0.030	0.184	3.552	
2. subjective burden by unrequited love as predictor (Model S4)									
step 1	(Intercept)	24.487	0.489		50.076	< .001	23.520	25.454	$R^2 = 0.284$
	SBUL ¹	-1.424	0.641	-0.161	-2.222	0.028	-2.691	-0.157	$F(3,144) = 19.013$
	HCOP ¹	3.262	0.554	0.444	5.889	< .001	2.167	4.357	$p = < .001$
	SBUL ¹ * HCOP ¹	0.701	0.638	0.081	1.099	0.274	-0.560	1.962	
step 2	(Intercept)	4.823	2.348		2.054	0.042	0.181	9.465	$\Delta R^2 = 0.240$
	FGA	5.933	0.698	0.649	8.498	< .001	4.553	7.313	$F(1,143) = 72.208$
	SBUL ¹	0.188	0.558	0.021	0.337	0.737	-0.914	1.290	$p = < .001$
	HCOP ¹	0.987	0.526	0.134	1.875	0.063	-0.054	2.027	
	SBUL ¹ * HCOP ¹	-0.086	0.530	-0.010	-0.163	0.871	-1.134	0.961	

Note. AEUL = actual experience of unrequited love (0 = no, 1 = yes); SBUL = subjective burden by unrequited love; FGA = flexible goal adjustment; HCOP = humorous change of perspective; CI = confidence interval; LL = lower limit; UL = upper limit.

¹mean-centred