PROCESS is a freely-available tool for SPSS and SAS that simplifies mediation, moderation, and conditional process analysis. Downloadable from www.processmacro.org and documented in *Introduction to Mediation, Moderation, and Conditional Process Analysis*

PROCESS allows for the specification of only one X and one Y in a mediation model. But you can estimate the API\(\text{MeM}\) using PROCESS with a trick; it will take four PROCESS. Better to use MEDYAD, available for SPSS and SAS at www.afhayes.com or www.jjcoutts.com. But if you want to use PROCESS, here’s how.
This example is from Ledermann et al. (2011). The variable names in the data file are COPE_M, DEP_M, SAT_M for the husband and COPE_W, DEP_W, and SAT_W for the wife.
A PROCESS trick

The two PROCESS commands below generate all of the path estimates, all four direct effects, and bootstrap confidence intervals for 4 of the 8 indirect effects in the APIMeM.

PROCESS  \( y = \text{SAT}_M / x = \text{COPE}_M / m = \text{DEP}_M \text{ DEP}_W / \)
\[ \text{cov} = \text{COPE}_W / \text{model} = 4. \]

specifies \( \text{COPE}_M \) as \( X \) and \( \text{COPE}_W \) as a covariate.

This command generates the indirect effects of \( \text{COPE}_M \) on \( \text{SAT}_M \): \( a_1b_1 \) and \( a_2b_3 \).

PROCESS  \( y = \text{SAT}_W / x = \text{COPE}_M / m = \text{DEP}_M \text{ DEP}_W / \)
\[ \text{cov} = \text{COPE}_W / \text{model} = 4. \]

specifies \( \text{COPE}_M \) as \( X \) and \( \text{COPE}_W \) as a covariate.

This command generates the indirect effects of \( \text{COPE}_M \) on \( \text{SAT}_W \): \( a_1b_2 \) and \( a_2b_4 \).
A PROCESS trick

Swapping $X$ and covariate in the prior two commands gives inference for the other four indirect effects in the APIMeM.

\[
\text{PROCESS } y=\text{SAT}\_M/x=\text{COPE}\_W/m=\text{DEP}\_M \text{ DEP}\_W/ \text{cov}=\text{COPE}\_M/\text{model}=4.
\]

generates the indirect effects of COPE\_W on SAT\_M: $a_3b_1$ and $a_4b_3$

Specify COPE\_W as X and COPE\_M as a covariate

\[
\text{PROCESS } y=\text{SAT}\_W/x=\text{COPE}\_W/m=\text{DEP}\_M \text{ DEP}\_W/ \text{cov}=\text{COPE}\_M/\text{model}=4.
\]

generates the indirect effects of COPE\_W on SAT\_W: $a_3b_2$ and $a_4b_4$

Specify COPE\_W as X and COPE\_M as a covariate
The APIMeM model in MEDYAD code

After the MEDYAD macro is executed, the line below conducts the APIMeM analysis

**SPSS**
```spss
medyad y=SAT_M SAT_W/x=COPE_M COPE_W/m=DEP_M DEP_W.
```

**SAS**
```sas
%m medyad (data=couples,y=SAT_M SAT_W,x=COPE_M COPE_W,m=DEP_M DEP_W);
```

...that’s it!

MEDYAD is freely available at www.afhayes.com