**Table S1. Confounding effects of psychological and social factors on life events and mood episode onset**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | coefficient | exp coef2 | *p* |
| Baseline | CL1 | .127 | 1.14 | <.05 |
| Temperament |  |  |  |  |
|  | CL  Novelty seeking | .124  .071 | 1.13  1.07 | <.05  .24 |
|  | CL  Harm avoidance | .127  .099 | 1.14  1.10 | <.05  <.05 |
|  | CL  Reward dependence | .133  .071 | 1.14  1.07 | <.05  .20 |
|  | CL  Persistence | .126  .033 | 1.13  1.03 | <.05  .46 |
| Coping |  |  |  |  |
|  | CL  Active tackling | .215  -.065 | 1.24  .93 | <.05  .09 |
|  | CL  Palliative response | .215  .051 | 1.24  1.05 | <.05  .15 |
|  | CL  Avoidance and passive expectancy | .221  -.013 | 1.24  .986 | <.05  .76 |
|  | CL  Seeking social support | .209  .041 | 1.23  1.04 | <.05  .28 |
|  | **CL**  **Passive reacting** | **.196**\*  **.209** | **1.22**  **1.23** | **<.05**  **<.001** |
|  | CL  Expression of emotion | .215  .13 | 1.24  1.14 | <.05  .16 |
|  | CL  Reassuring thoughts | .222  -.037 | 1.25  .964 | <.05  .40 |
| Parental rearing | |  |  |  |
|  | CL  Rejection | .124  .252 | 1.13  1.29 | <.05  <.001 |
|  | CL  Emotional warmth | .126  -.121 | 1.13  .886 | <.05  <.05 |
|  | CL  Protection | .121  .021 | 1.13  1.02 | <.05  .60 |

1CL: cumulative life event load including all severe events under model III (50% decay model)

² Exponentiated coefficients, representing the hazard ratio

\* main effect is significant & coefficient for life events changes >10%; <.114 or >.140

**Table S2. Confounding effects of psychological and social factors on life events and mood episodes recurrence**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | coefficient | exp coefc | *p* |
| Baseline  model | CLa  Previous episodesb | .078  .181 | 1.08  1.20 | <.05  <.001 |
| Temperament |  |  |  |  |
|  | CL  Previous episodes  Novelty seeking | .077  .195  .060 | 1.08  1.22  1.06 | <.05  <.001  .30 |
|  | **CL**  **Previous episodes**  **Harm avoidance** | **.059\***  **.167**  **.084** | **1.06**  **1.18**  **1.09** | **.08**  **<.001**  **<.05** |
|  | CL  Previous episodes  Reward dependence | .078  .178  .028 | 1.08  1.20  1.03 | <.05  <.001  .60 |
|  | CL  Previous episodes  Persistence | .081  .183  .059 | 1.08  1.20  1.06 | <.05  <.001  .11 |
| Coping |  |  |  |  |
|  | CL  Previous episodes  Active tackling | .085  .181  - .027 | 1.08  1.19  .97 | <.05  <.001  .43 |
|  | CL  Previous episodes  Palliative response | .082  .176  .022 | 1.09  1.19  1.02 | <.05  <.001  .47 |
|  | CL  Previous episodes  Avoidance and passive expectancy | .085  .177  -.006 | 1.09  1.19  .99 | <.05  <.001  .86 |
|  | CL  Previous episodes  Seeking social support | .081  .177  .044 | 1.08  1.19  1.05 | <.05  <.001  .31 |
|  | **CL**  **Previous episodes**  **Passive reacting** | **.057\***  **.169**  **.162** | **1.06**  **1.18**  **1.18** | **.12**  **<.001**  **<.001** |
|  | CL  Previous episodes  Expression of emotion | .079  .179  .153 | 1.08  1.20  1.17 | <.05  <.001  .11 |
|  | CL  Previous episodes  Reassuring thoughts | .086  .178  -.02 | 1.09  1.20  .98 | <.05  <.001  .63 |
| Parental rearing | |  |  |  |
|  | **CL**  **Previous episodes**  **Rejection** | **.069\***  **.171**  **.151** | **1.07**  **1.19**  **1.16** | **<.05**  **<.001**  **<.001** |
|  | CL  Previous episodes  Emotional warmth | .071  .185  -.062 | 1.07  1.20  .93 | .056  <.001  .16 |
|  | **CL**  **Previous episodes**  **Protection** | **.066\***  **.182**  **.073** | **1.07**  **1.20**  **1.08** | **.056**  **<.001**  **<.05** |

a CL; cumulative load including all severe events under the 50% decay model between episodes

b previous episodes = number of previous episoded

c Exponentiated coefficients, representing the hazard ratio

\* main effect is significant & coefficient for life events changes >10%; <.0702 or >.0858