**Appendix**

This appendix includes additional regression models for sociability, prosocial outlook and social support. The difference to the models shown in the main paper is that the model specifications presented here further distinguish active participants into "volunteers", i.e. who help regularly or hold an office in the association, and "active participants", i.e. who take part regularly in the association's activities, but do not volunteer. The additional findings largely buttress the results presented in the main manuscript. They show that volunteers score somewhat higher in sociability orientations (M4a, M4b) and in prosocial outlook (M5a, M5b) than active participants and they score significantly higher on both dimensions compared to non-members. Volunteers and active participants receive almost equal levels of social support from their social networks (M6a, M6b) – significantly more support than non-members.

The mediation analysis demonstrates that the total effect of *volunteering* in civic associations on social support ($b$=.936, M6b) can be separated into the direct effect (.226, M6e), which is insignificant, and two indirect effects, which are significant: The first indirect effect is mediated by sociability orientations ($b$=.342, $SE$=.070, β=.093, $p$<.01) and the second indirect effect is mediated by prosocial outlook ($b$=.368, $SE$=.062, β=.100 $p$<.01).

The findings for *active participation* indicate that the total effect on social support ($b$=1.047, M6b) can be separated into a significant direct effect ($b$=.524, M6e) and two significant indirect effects: an indirect effect mediated by sociability orientations ($b$=.258, $SE$=.057, β=.070, $p$<.01) and an indirect effect mediated by prosocial outlook ($b$=.265, $SE$=.078, β=.072, $p$<.01).

For *passive membership* the total effect on social support ($b$=.405, M6b) can be separated into an insignificant direct effect ($b$=.227, M6e) and two indirect effects, from which only one is significant: The indirect effect mediated by sociability orientations ($b$=.027, $SE$=.024, β=.007, $p$>.05) is insignificant, whereas the effect mediated by prosocial outlook is significant at the .05-level ($b$=.150, $SE$=.062, β=.041, $p$<.05).

The significant paths revealed by the mediation analysis are illustrated in Figure A1.

***Table A1.*** Sociability and prosocial outlook of members of civic associations

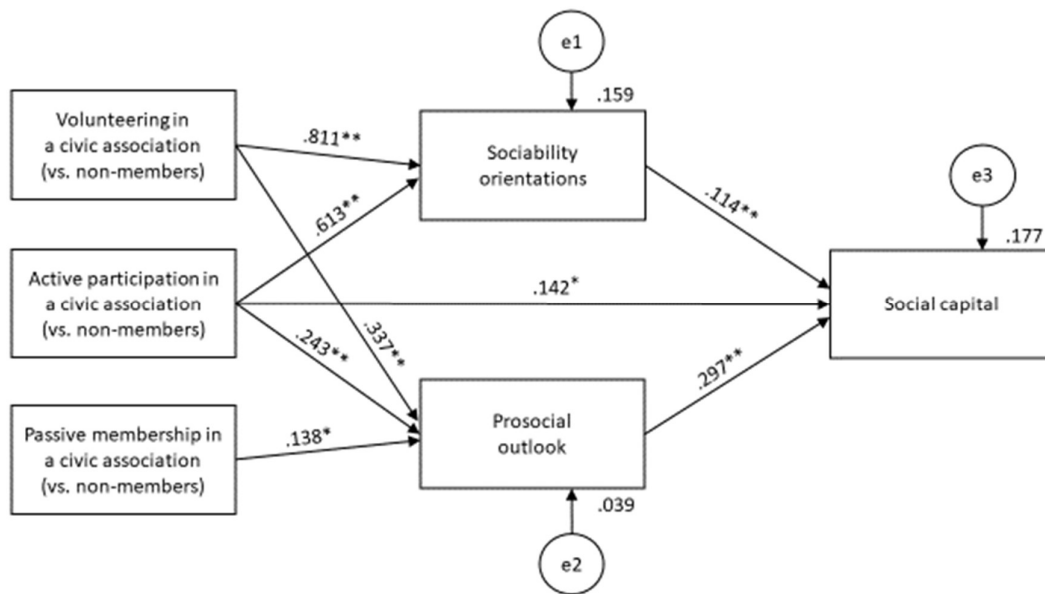| | Sociability (1-4) | | Prosocial Outlook (1-4) | |
|---|---|---|---|---|
| | 4a | 4b | 5a | 5b |
| **Civic participation** | | | | |
| Passive member[1] | 0.024 | 0.037 | 0.042+ | 0.058* |
| Active participant[1] | 0.365** | 0.358** | 0.097** | 0.102** |
| Volunteer[1] | 0.476** | 0.474** | 0.132** | 0.142** |
| **Covariates** | | | | |
| Gender: female | -- | -0.015 | -- | 0.082** |
| Age | -- | 0.000 | -- | 0.003** |
| Educational degree | -- | -0.007 | -- | 0.005 |
| Household income | -- | 0.031** | -- | 0.009* |
| Immigrant background | -- | 0.170** | -- | 0.039 |
| Size of residence | -- | -0.001 | -- | 0.012 |
| Area of residence | -- | 0.051* | -- | 0.060** |
| Intercept | 2.28 | 2.13 | 3.11 | 2.72 |
| Model fit (R²) | .129 | .159 | .017 | .039 |

*Note*: OLS regression with PROCESS Vs. 3.5. OSSKAR-Study 2017/18. N=2331. Indicated are unstandardized regression coefficients (b). [1]Reference category: non-members. Significance: +$p$<.10 / *$p$<.05 / **$p$<.01.

***Table A2.*** Social support received by members of civic associations

| | Social Support (Resource Generator, 0-13) | | | | |
|---|---|---|---|---|---|
| | 6a | 6b | 6c | 6d | 6e |
| **Civic participation** | | | | | |
| Passive member[1] | 0.463* | 0.405* | 0.367+ | 0.239 | 0.227 |
| Active participant[1] | 0.886** | 1.047** | 0.585* | 0.755** | 0.524* |
| Volunteer[1] | 1.045** | 0.936** | 0.320 | 0.529** | 0.226 |
| **Mediators** | | | | | |
| Sociability | -- | -- | 1.331** | -- | 0.722** |
| Prosocial Outlook | -- | -- | -- | 2.883** | 2.595** |
| **Covariates** | | | | | |
| Gender: female | -- | 1.096** | 1.132** | 0.857** | 0.893** |
| Age | -- | 0.001 | 0.000 | -0.008+ | -0.008 |
| Educational degree | -- | 0.330** | 0.340** | 0.316** | 0.321** |
| Household income | -- | 0.149** | 0.108** | 0.123** | 0.104** |
| Immigrant background | -- | -0.434 | -0.650* | -0.545+ | -0.658* |
| Size of residence | -- | 0.039 | 0.036 | 0.006 | 0.009 |
| Area of residence | -- | -0.101 | -0.176 | -0.279 | -0.295 |
| Intercept | 5.49 | 1.95 | -0.93 | -5.91 | -6.65 |
| Model fit ($R^2$) | .014 | .062 | .100 | 0.166 | 0.177 |

*Note*: OLS regression with PROCESS Vs. 3.5. OSSKAR-Study 2017/18. N=2331. Indicated are unstandardized regression coefficients (b). [1]Reference category: non-members. Significance: +$p$<.10 / *$p$<.05 / **$p$<.01.

*Figure A1.* Mediation model for the social support effects of civic participation.



*Note*: Based on OLS regressions including sociodemographic controls. Model parameters estimated with PROCESS Vs. 3.5. Indicated are standardized coefficients (β). Significance: +p<.10/*p<.05/**p<.01.