**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 |  |  |  |  |
|  | CLNovelty seeking | .124.071 | 1.131.07 | <.05.24 |
|  | CLHarm avoidance | .127.099 | 1.141.10 | <.05<.05 |
|  | CLReward dependence | .133.071 | 1.141.07 | <.05.20 |
|  | CLPersistence | .126.033 | 1.131.03 | <.05.46 |
| Coping |  |  |  |  |
|  | CLActive tackling | .215-.065 | 1.24.93 | <.05.09 |
|  | CLPalliative response | .215.051 | 1.241.05 | <.05.15 |
|  | CLAvoidance and passive expectancy | .221-.013 | 1.24.986 | <.05.76 |
|  | CLSeeking social support | .209.041 | 1.231.04 | <.05.28 |
|  | **CL****Passive reacting** | **.196**\***.209** | **1.22****1.23** | **<.05****<.001** |
|  | CLExpression of emotion | .215.13 | 1.241.14 | <.05.16 |
|  | CLReassuring thoughts | .222-.037 | 1.25.964 | <.05.40 |
| Parental rearing  |  |  |  |
|  | CLRejection | .124.252 | 1.131.29 | <.05<.001 |
|  | CLEmotional warmth  | .126-.121 | 1.13.886 | <.05<.05 |
|  | CLProtection | .121.021 | 1.131.02 | <.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* |
| Baselinemodel  | CLaPrevious episodesb | .078.181 | 1.081.20 | <.05<.001 |
| Temperament |  |  |  |  |
|  | CLPrevious episodesNovelty seeking | .077.195.060 | 1.081.221.06 | <.05<.001.30 |
|  | **CL****Previous episodes****Harm avoidance** | **.059\*****.167****.084** | **1.06****1.18****1.09** | **.08****<.001****<.05** |
|  | CLPrevious episodesReward dependence | .078.178.028 | 1.081.201.03 | <.05<.001.60 |
|  | CLPrevious episodesPersistence | .081.183.059 | 1.081.201.06 | <.05<.001.11 |
| Coping |  |  |  |  |
|  | CLPrevious episodesActive tackling | .085.181- .027 | 1.081.19.97 | <.05<.001.43 |
|  | CLPrevious episodesPalliative response | .082.176.022 | 1.091.191.02 | <.05<.001.47 |
|  | CLPrevious episodesAvoidance and passive expectancy | .085.177-.006 | 1.091.19.99 | <.05<.001.86 |
|  | CLPrevious episodesSeeking social support | .081.177.044 | 1.081.191.05 | <.05<.001.31 |
|  | **CL****Previous episodes****Passive reacting** | **.057\*****.169****.162** | **1.06****1.18****1.18** | **.12****<.001****<.001** |
|  | CLPrevious episodesExpression of emotion | .079.179.153 | 1.081.201.17 | <.05<.001.11 |
|  | CLPrevious episodesReassuring thoughts | .086.178-.02 | 1.091.20.98 | <.05<.001.63 |
| Parental rearing  |  |  |  |
|  | **CL****Previous episodes****Rejection** | **.069\*****.171****.151** | **1.07****1.19****1.16** | **<.05****<.001****<.001** |
|  | CLPrevious episodesEmotional warmth  | .071.185-.062 | 1.071.20.93 | .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