**Supplementary Materials**

**A. EMA Items**

**1. For the next set of questions, please select the response that best describes how you felt right before you were notified.**

*1= not at all, 2 = a little, 3 = somewhat, 4 = moderately, 5 = quite a bit, 6 = very, 7 = extremely*

1. excited
2. frustrated
3. energized
4. angry
5. active
6. nervous
7. calm
8. bored
9. peaceful
10. sad
11. relaxed
12. tired

**2. How many people were you interacting with right before you were notified?**

*0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 10+*

**If 2. > 0: 2a. Who were you interacting with? Select all that apply.**

* *Friend(s)*
* *Acquaintance(s)*
* *Coworker(s) (colleagues, supervisors, etc.)*
* *A significant other or romantic partner*
* *Relative - Adult (18 and older)*
* *Relative - Child (under 18)*
* *Stranger(s)*
* *Other(s)*

**3. Since the last notification, did you experience one or more stressful event(s)? We are interested in new stressors that may have occurred since the last survey (do not report an ongoing stressor if nothing new happened since the last notification related to this particular stressor).**

* *No, I did not experience any stressful events since the last notification*
* *Yes, I experienced one or more stressful event(s)*

**If 3. = Yes: 3a. If you experienced more than one stressful event, think of the most stressful one, and answer the following question. How stressful/challenging was this event?**

*1 = mildly, 2 = somewhat, 3 = moderately, 4 = very, 5 = extremely*

**If 3. = Yes: 3b. What kind of event was it? Select all that apply.**

* *Interpersonal or social*
* *Physical health*
* *Mental health*
* *Daily living and tasks*
* *Financial*
* *Housing*
* *Work*
* *School*
* *Other*

**4. Since the last notification, did you practice or use any of the following skills?**

* *Behavioral activation*
* *Exposure*
* *Identifying or Challenging Negative Automatic Thoughts (NATs)*
* *Mindfulness*
* *Distress tolerance*
* *Emotion regulation*
* *Interpersonal effectiveness*

**DESCRIPTION OF SKILLS AVAILABLE ON APP:**

**Behavioral activation:** I intentionally engaged in an activity (regardless of my initial level of motivation for this activity)

**Exposure:** I intentionally engaged in an activity that I thought would make me anxious in order to get over my fears.

**Identifying or challenging NATs:** I intentionally examined my thinking (in my head, or using a thought record or another tool)

**Mindfulness:** I intentionally tried to pay attention to the present moment; I tried to notice thoughts, feelings, and/or experiences without getting caught up in them

**Distress tolerance:** I intentionally used a coping strategy to get through a very challenging situation and manage high levels of distress and/or urges to engage in ineffective behaviors (e.g., I used an ice pack to get through a moment of crisis without making things worse)

**Emotion regulation:** I intentionally used a coping strategy to manage my day-to-day emotions (e.g., I made sure to eat a snack to prevent hunger from affecting my mood; I practiced acting opposite to an urge I was having in order to manage an emotion)

**Interpersonal effectiveness:** I intentionally thought about how to communicate with others in an effective way; I communicated with others in a way that was helpful to me and/or them

**B. Preliminary Analyses**

We randomly assigned half of participants not to answer these items because answering questions about skills use could plausibly impart additional benefits and thus constitute an active intervention. Although we did not expect that such additional benefits would occur because participants did not receive any additional prompting to use skills in this very simple checklist, we still wanted to be able to compare individuals who did and did not answer this module to ensure that this component of surveys did not influence outcomes.

First, we examined whether answering questions about skills use was associated with different rates of survey completion using one-way ANOVAs. We also assessed whether participants in both groups differed on demographic or diagnostic characteristics as well as symptom severity on day 1. Participants in both groups did not differ on the percentage of daily symptom surveys completed (*p* > .05). However, participants in the Skills group (*M* = 71%, *SD* = 23, *n* = 55) completed more EMA surveys than those in the No Skills group (*M* = 60%, *SD* = 30, *n* = 57), *F*(1, 112) = 4.54, *p* = .035, Cohen’s *d* = .40. Groups did not differ on any other baseline variables (all *p*s > .05).

Second, we compared trajectories of symptom change in participants who did vs. did not track skills use using growth curve modeling (as described by Grimm, Ram, & Estabrook, 2017) to verify that tracking skills did not impart additional benefits. To do so, we first examined the overall trajectory (characterizing the whole sample). We fit no-growth (intercept only), linear growth (intercept and slope), and quadratic growth (intercept, slope, and quadratic term) models and found that the quadratic growth model fit best as indicated by lower AIC and sample-size adjusted BIC values. Other fit statistics (RMSEA, CFI, SRMR) also confirmed that this model fit appropriately (see Table for all fit statistics, included below). Means of the intercept (*B* = 7.30, *SE* = .49, *p* < .001), slope (*B* = .30, *SE* = .12, *p* = .01) and quadratic term (*B* = -.02, *SE* = .01, *p* = .02) were significant. Thus, participants overall tended to experience a small increase in depressive symptoms after discharge, but this increase slowed down over the study period.

Next, we used multiple group growth modeling to compare trajectories of symptom change between the two groups (participants who monitored skills use vs. those who did not), using the quadratic growth model. Relative fit indices indicated that the constrained model (in which the means, variances, and covariances of the intercept, slope, and quadratic terms were set to be equal) fit the data just as well as the constrained model (in which these freely varied by group), Δχ2 (9) = 4.20, *p* = .90 (see Table included below). Trajectories of depressive symptoms therefore did not differ by group. Thus, we collapsed across groups for our main analyses.

Table.

*Fit Statistics for Growth Models Characterizing Depressive Symptom Trajectories.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **AIC** | **ABIC** | **df** | **χ2** | **RMSEA** | **CFI** | **SRMR** |
| No Growth | 6478 | 6471 | 103 | 341.791\*\*\* | 0.144 | 0.794 | 0.1 |
| Linear Growth | 6343 | 6335 | 100 | 223.795\*\*\* | 0.105 | 0.893 | 0.1 |
| Quadratic Growth | 6284 | 6273 | 96 | 158.952\*\*\* | 0.077 | 0.946 | 0.064 |
| *Multigroup Unconstrained* | *6301* | *6281* | *192* | *367.148\*\*\** | *0.128* | *0.888* | *0.084* |
| *Multigroup Constrained* | *6288* | *6272* | *201* | *369.908\*\*\** | *0.122* | *0.888* | *0.103* |

*Notes.* \*\*\* *p* < .001

**C. Concurrent Multilevel Models: Stress and Social Contact**

*Unstd B = Unstandardized beta estimate, SE = standard error, p = p-value, PA = positive affect, NA = negative affect, SOC = social contact, CREL = close relationship, NREL = non-close relationship, STR = stressor intensity, EXT = external stressor, INT = internal stressor. Random slopes are indicated by an underscore (variable1\_variable2 = variable1 ON variable2). Person-level means are indicated by the suffix -PM.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | **Unstd B** | ***SE*** | ***p*** |
|  |  |  |  |  |  |
| **A. MODEL WITH POSITIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** | |  |  |  |  |
|  |  |  |  |  |  |
| **Residual Variances** | | PA | 0.422 | 0.031 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| PA | ON | SOC-PM | -0.072 | 0.136 | .598 |
|  |  | STR-PM | -0.768 | 0.522 | .141 |
|  |  | CREL-PM | 1.051 | 0.493 | .033 |
|  |  | NREL-PM | 1.487 | 0.808 | .066 |
|  |  | EXT-PM | 1.440 | 1.584 | .363 |
|  |  | INT-PM | 1.514 | 1.522 | .320 |
|  |  |  |  |  |  |
| PA | WITH | PA\_SOC | 0.001 | 0.006 | .824 |
|  |  | PA\_CREL | 0.027 | 0.026 | .287 |
|  |  | PA\_NREL | -0.007 | 0.031 | .833 |
|  |  | PA\_STR | -0.054 | 0.035 | .124 |
|  |  | PA\_EXT | 0.010 | 0.106 | .924 |
|  |  | PA\_INT | 0.085 | 0.123 | .486 |
|  |  |  |  |  |  |
| PA\_SOC | WITH | PA\_CREL | 0.000 | 0.005 | .975 |
|  |  | PA\_NREL | -0.005 | 0.004 | .224 |
|  |  | PA\_STR | -0.001 | 0.004 | .732 |
|  |  | PA\_EXT | 0.002 | 0.017 | .909 |
|  |  | PA\_INT | -0.005 | 0.012 | .697 |
|  |  |  |  |  |  |
| PA\_CREL | WITH | PA\_NREL | 0.004 | 0.019 | .836 |
|  |  | PA\_STR | -0.021 | 0.019 | .264 |
|  |  | PA\_EXT | 0.048 | 0.054 | .382 |
|  |  | PA\_INT | 0.065 | 0.045 | .146 |
|  |  |  |  |  |  |
| PA\_NREL | WITH | PA\_STR | 0.001 | 0.021 | .945 |
|  |  | PA\_EXT | 0.017 | 0.082 | .831 |
|  |  | PA\_INT | -0.030 | 0.059 | .613 |
|  |  |  |  |  |  |
| PA\_STR | WITH | PA\_EXT | -0.018 | 0.026 | .484 |
|  |  | PA\_INT | -0.019 | 0.040 | .631 |
|  |  |  |  |  |  |
| PA\_EXT | WITH | PA\_INT | 0.019 | 0.206 | .925 |
|  |  |  |  |  |  |
| **Means** |  | PA\_SOC | 0.023 | 0.010 | .022 |
|  |  | PA\_CREL | 0.228 | 0.036 | <.001 |
|  |  | PA\_NREL | 0.086 | 0.046 | .060 |
|  |  | PA\_STR | -0.156 | 0.034 | <.001 |
|  |  | PA\_EXT | 0.046 | 0.115 | .691 |
|  |  | PA\_INT | 0.018 | 0.124 | .885 |
|  |  |  |  |  |  |
| **Intercepts** |  | PATOT | 2.626 | 0.076 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | PA\_SOC | 0.002 | 0.001 | .043 |
|  |  | PA\_CREL | 0.062 | 0.023 | .006 |
|  |  | PA\_NREL | 0.040 | 0.024 | .104 |
|  |  | PA\_STR | 0.013 | 0.014 | .346 |
|  |  | PA\_EXT | 0.056 | 0.154 | .714 |
|  |  | PA\_INT | 0.211 | 0.184 | .252 |
|  |  |  |  |  |  |
| **Residual Variances** | | PA | 0.624 | 0.098 | <.001 |
|  |  |  |  |  |  |
| **B. MODEL WITH NEGATIVE AFFECT** | | |  |  |  |
|  | |  |  |  |  |
| **Level 1 - Within Person** | |  |  |  |  |
|  |  |  |  |  |  |
| **Residual Variances** | | NA | 0.370 | 0.032 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| NA | ON | SOC-PM | -0.067 | 0.113 | .553 |
|  |  | STR-PM | 0.692 | 0.622 | .266 |
|  |  | CREL-PM | -0.034 | 0.447 | .940 |
|  |  | NREL-PM | 0.028 | 0.663 | .966 |
|  |  | EXT-PM | -1.156 | 1.657 | .485 |
|  |  | INT-PM | 3.772 | 1.597 | .018 |
|  |  |  |  |  |  |
| NA | WITH | NA\_SOC | -0.010 | 0.012 | .393 |
|  |  | NA\_CREL | -0.057 | 0.026 | .026 |
|  |  | NA\_NREL | 0.004 | 0.050 | .932 |
|  |  | NA\_STR | -0.019 | 0.030 | .541 |
|  |  | NA\_EXT | 0.010 | 0.084 | .908 |
|  |  | NA\_INT | -0.028 | 0.090 | .755 |
|  |  |  |  |  |  |
| NA\_SOC | WITH | NA\_CREL | 0.001 | 0.004 | .842 |
|  |  | NA\_NREL | 0.001 | 0.009 | .897 |
|  |  | NA\_STR | -0.002 | 0.004 | .697 |
|  |  | NA\_EXT | -0.004 | 0.011 | .696 |
|  |  | NA\_INT | 0.007 | 0.012 | .561 |
|  |  |  |  |  |  |
| NA\_CREL | WITH | NA\_NREL | -0.007 | 0.020 | .712 |
|  |  | NA\_STR | -0.012 | 0.011 | .273 |
|  |  | NA\_EXT | 0.044 | 0.028 | .122 |
|  |  | NA\_INT | 0.015 | 0.032 | .645 |
|  |  |  |  |  |  |
| NA\_NREL | WITH | NA\_STR | 0.012 | 0.017 | .501 |
|  |  | NA\_EXT | -0.025 | 0.041 | .544 |
|  |  | NA\_INT | -0.013 | 0.062 | .838 |
|  |  |  |  |  |  |
| NA\_STR | WITH | NA\_EXT | -0.057 | 0.040 | .150 |
|  |  | NA\_INT | -0.052 | 0.039 | .188 |
|  |  |  |  |  |  |
| NA\_EXT | WITH | NA\_INT | 0.106 | 0.109 | .331 |
|  |  |  |  |  |  |
| **Means** |  | NA\_SOC | -0.013 | 0.010 | .162 |
|  |  | NA\_CREL | -0.176 | 0.030 | <.001 |
|  |  | NA\_NREL | -0.034 | 0.029 | .242 |
|  |  | NA\_STR | 0.246 | 0.033 | <.001 |
|  |  | NA\_EXT | -0.097 | 0.098 | .320 |
|  |  | NA\_INT | -0.074 | 0.093 | .429 |
|  |  |  |  |  |  |
| **Intercepts** |  | NA | 2.390 | 0.073 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | NA\_SOC | 0.003 | 0.002 | .190 |
|  |  | NA\_CREL | 0.028 | 0.016 | .077 |
|  |  | NA\_NREL | 0.009 | 0.032 | .782 |
|  |  | NA\_STR | 0.031 | 0.018 | .087 |
|  |  | NA\_EXT | 0.228 | 0.139 | .101 |
|  |  | NA\_INT | 0.133 | 0.084 | .112 |
|  |  |  |  |  |  |
| **Residual Variances** | | NA | 0.582 | 0.100 | <.001 |
|  |  |  |  |  |  |

**D. Concurrent Multilevel Models: Skills Use**

*Unstd B = Unstandardized beta estimate, SE = standard error, p = p-value, PA = positive affect, NA = negative affect, BA = behavioral activation, EXP = exposure, NATS = identifying/challenging negative automatic thoughts, MIN = mindfulness, DT = distress tolerance, ER = emotion regulation, IE = interpersonal effectiveness. Random slopes are indicated by an underscore (variable1\_variable2 = variable1 ON variable2). Person-level means are indicated by the suffix -PM.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | **Unstd B** | ***SE*** | ***p*** |
|  |  |  |  |  |  |
| **A. MODEL WITH POSITIVE AFFECT** | | |  |  |  |
|  | | |  |  |  |
| **Level 1 - Within Person** | | |  |  |  |
|  |  |  |  |  |  |
| **Residual Variance** | | PA | 0.477 | 0.057 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| PA | ON | BA-PM | -0.264 | 1.076 | .806 |
|  |  | EXP-PM | -0.841 | 1.245 | .499 |
|  |  | NATS-PM | -1.768 | 0.735 | .016 |
|  |  | MIN-PM | 1.211 | 0.799 | .130 |
|  |  | DT-PM | 2.805 | 1.714 | .102 |
|  |  | ER-PM | -2.129 | 1.755 | .225 |
|  |  | IE-PM | 2.052 | 0.972 | .035 |
|  |  |  |  |  |  |
| PA | WITH | PA\_BA | -0.016 | 0.059 | .791 |
|  |  | PA\_EXP | -0.019 | 0.128 | .881 |
|  |  | PA\_NATS | -0.001 | 0.087 | .995 |
|  |  | PA\_MIN | -0.060 | 0.070 | .393 |
|  |  | PA\_DT | 0.023 | 0.108 | .827 |
|  |  | PA\_ER | 0.137 | 0.164 | .406 |
|  |  | PA\_IE | -0.096 | 0.078 | .215 |
|  |  |  |  |  |  |
| PA\_BA | WITH | PA\_EXP | -0.025 | 0.065 | .705 |
|  |  | PA\_NATS | -0.004 | 0.082 | .959 |
|  |  | PA\_MIN | 0.006 | 0.063 | .925 |
|  |  | PA\_DT | 0.022 | 0.134 | .869 |
|  |  | PA\_ER | 0.007 | 0.079 | .933 |
|  |  | PA\_IE | 0.003 | 0.041 | .950 |
|  |  |  |  |  |  |
| PA\_EXP | WITH | PA\_NATS | -0.025 | 0.075 | .742 |
|  |  | PA\_MIN | -0.024 | 0.038 | .526 |
|  |  | PA\_DT | -0.012 | 0.218 | .956 |
|  |  | PA\_ER | -0.019 | 0.056 | .738 |
|  |  | PA\_IE | -0.015 | 0.108 | .887 |
|  |  |  |  |  |  |
| PA\_NATS | WITH | PA\_MIN | 0.007 | 0.080 | .926 |
|  |  | PA\_DT | -0.034 | 0.064 | .598 |
|  |  | PA\_ER | -0.014 | 0.049 | .774 |
|  |  | PA\_IE | 0.025 | 0.113 | .826 |
|  |  |  |  |  |  |
| PA\_MIN | WITH | PA\_DT | -0.006 | 0.026 | .813 |
|  |  | PA\_ER | 0.003 | 0.046 | .943 |
|  |  | PA\_IE | 0.013 | 0.052 | .796 |
|  |  |  |  |  |  |
| PA\_DT | WITH | PA\_ER | 0.027 | 0.106 | .800 |
|  |  | PA\_IE | -0.017 | 0.101 | .867 |
|  |  |  |  |  |  |
| PA\_ER | WITH | PA\_IE | -0.027 | 0.059 | .643 |
|  |  |  |  |  |  |
| **Means** |  | PA\_BA | 0.152 | 0.053 | .004 |
|  |  | PA\_EXP | 0.132 | 0.098 | .179 |
|  |  | PA\_NATS | 0.003 | 0.060 | .967 |
|  |  | PA\_MIN | 0.032 | 0.053 | .548 |
|  |  | PA\_DT | -0.209 | 0.094 | .026 |
|  |  | PA\_ER | -0.147 | 0.083 | .078 |
|  |  | PA\_IE | 0.248 | 0.055 | <.001 |
|  |  |  |  |  |  |
| **Intercepts** |  | PA | 2.707 | 0.108 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | PA\_BA | 0.016 | 0.065 | .799 |
|  |  | PA\_EXP | 0.074 | 0.070 | .288 |
|  |  | PA\_NATS | 0.043 | 0.074 | .557 |
|  |  | PA\_MIN | 0.035 | 0.054 | .520 |
|  |  | PA\_DT | 0.064 | 0.148 | .664 |
|  |  | PA\_ER | 0.051 | 0.071 | .471 |
|  |  | PA\_IE | 0.033 | 0.069 | .635 |
|  |  |  |  |  |  |
| **Residual Variances** | | PA | 0.623 | 0.158 | <.001 |
|  |  |  |  |  |  |
| **B. MODEL WITH NEGATIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** | | |  |  |  |
|  |  |  |  |  |  |
| **Residual Variance** | | NA | 0.434 | 0.074 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| NA | ON | BA-PM | -0.015 | 0.672 | .982 |
|  |  | EXP-PM | 1.780 | 1.036 | .086 |
|  |  | NATS-PM | 1.719 | 1.351 | .203 |
|  |  | MIN-PM | -0.333 | 0.675 | .622 |
|  |  | DT-PM | -0.181 | 2.029 | .929 |
|  |  | ER-PM | -0.039 | 1.141 | .972 |
|  |  | IE-PM | -0.749 | 1.072 | .484 |
|  |  |  |  |  |  |
| NA | WITH | NA\_BA | -0.018 | 0.856 | .983 |
|  |  | NA\_EXP | -0.103 | 0.109 | .348 |
|  |  | NA\_NATS | -0.021 | 0.162 | .895 |
|  |  | NA\_MIN | -0.081 | 0.109 | .458 |
|  |  | NA\_DT | -0.025 | 0.112 | .825 |
|  |  | NA\_ER | 0.009 | 0.122 | .943 |
|  |  | NA\_IE | -0.046 | 0.118 | .697 |
|  |  |  |  |  |  |
| NA\_BA | WITH | NA\_EXP | 0.003 | 0.437 | .995 |
|  |  | NA\_NATS | 0.003 | 0.038 | .936 |
|  |  | NA\_MIN | 0.004 | 0.110 | .972 |
|  |  | NA\_DT | 0.005 | 0.118 | .969 |
|  |  | NA\_ER | 0.001 | 0.185 | .998 |
|  |  | NA\_IE | 0.004 | 0.573 | .995 |
|  |  |  |  |  |  |
| NA\_EXP | WITH | NA\_NATS | 0.025 | 0.062 | .690 |
|  |  | NA\_MIN | 0.030 | 0.075 | .693 |
|  |  | NA\_DT | -0.007 | 0.151 | .961 |
|  |  | NA\_ER | 0.013 | 0.094 | .889 |
|  |  | NA\_IE | 0.027 | 0.287 | .926 |
|  |  |  |  |  |  |
| NA\_NATS | WITH | NA\_MIN | 0.016 | 0.088 | .854 |
|  |  | NA\_DT | -0.044 | 0.042 | .293 |
|  |  | NA\_ER | 0.018 | 0.126 | .887 |
|  |  | NA\_IE | 0.025 | 0.054 | .644 |
|  |  |  |  |  |  |
| NA\_MIN | WITH | NA\_DT | 0.014 | 0.205 | .946 |
|  |  | NA\_ER | 0.014 | 0.152 | .926 |
|  |  | NA\_IE | 0.021 | 0.524 | .968 |
|  |  |  |  |  |  |
| NA\_DT | WITH | NA\_ER | 0.002 | 0.237 | .994 |
|  |  | NA\_IE | 0.020 | 0.349 | .955 |
|  |  |  |  |  |  |
| NA\_ER | WITH | NA\_IE | 0.017 | 0.097 | .863 |
|  |  |  |  |  |  |
| **Means** |  | NA\_BA | -0.156 | 0.209 | .457 |
|  |  | NA\_EXP | -0.130 | 0.399 | .745 |
|  |  | NA\_NATS | 0.102 | 0.066 | .123 |
|  |  | NA\_MIN | -0.039 | 0.078 | .611 |
|  |  | NA\_DT | 0.283 | 0.125 | .023 |
|  |  | NA\_ER | 0.186 | 0.161 | .249 |
|  |  | NA\_IE | -0.156 | 0.245 | .525 |
|  |  |  |  |  |  |
| **Intercepts** |  | NA | 2.293 | 0.093 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | NA\_BA | 0.002 | 0.045 | .968 |
|  |  | NA\_EXP | 0.052 | 0.207 | .800 |
|  |  | NA\_NATS | 0.041 | 0.125 | .743 |
|  |  | NA\_MIN | 0.026 | 0.118 | .823 |
|  |  | NA\_DT | 0.298 | 0.209 | .154 |
|  |  | NA\_ER | 0.026 | 0.231 | .909 |
|  |  | NA\_IE | 0.029 | 0.345 | .934 |
|  |  |  |  |  |  |
| **Residual Variance** | | NA | 0.467 | 0.138 | .001 |
|  |  |  |  |  |  |

**E. Lagged Multilevel Models: Stress and Social Contact**

*Unstd B = Unstandardized beta estimate, posterior SD = posterior standard deviation, p = p-value, PA = positive affect, NA = negative affect, SOC = social contact, CREL = close relationship, STR = stressor intensity. Random slopes are indicated by an underscore (variable1\_variable2 = variable1 ON variable2). A 1 indicates variable at the previous timepoint (e.g., variable\_variable1 = variable at time t ON variable at time t-1). Person-level means are indicated by the suffix -PM.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | **Unstd B** | **posterior  *SD*** | ***P*** |
|  |  |  |  |  |  |
| **A. MODEL WITH POSITIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** | |  |  |  |  |
|  |  |  |  |  |  |
| SOC | WITH | PA | 0.085 | 0.019 | <.001 |
|  |  |  |  |  |  |
| CREL | WITH | PA | 0.038 | 0.005 | <.001 |
|  |  | SOC | 0.249 | 0.013 | <.001 |
|  |  |  |  |  |  |
| STR | WITH | PA | -0.116 | 0.011 | <.001 |
|  |  | SOC | 0.125 | 0.027 | <.001 |
|  |  | CREL | 0.020 | 0.007 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** | | PA | 0.386 | 0.010 | <.001 |
|  |  | SOC | 2.718 | 0.070 | <.001 |
|  |  | CREL | 0.186 | 0.004 | <.001 |
|  |  | STR | 0.826 | 0.021 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| PA | ON | SOC-PM | -0.136 | 0.070 | .048 |
|  |  | STR-PM | 0.212 | 0.119 | .126 |
|  |  | CREL-PM | -2.140 | 0.286 | <.001 |
|  |  |  |  |  |  |
| STR | ON | PA-PM | 0.085 | 0.104 | .420 |
|  |  |  |  |  |  |
| SOC | ON | PA-PM | -0.652 | 0.230 | .002 |
|  |  |  |  |  |  |
| CREL | ON | PA-PM | -0.386 | 0.046 | <.001 |
|  |  |  |  |  |  |
| PA | WITH | PA\_PA1 | 0.109 | 0.048 | .012 |
|  |  | STR\_STR1 | -0.003 | 0.066 | .966 |
|  |  | SOC\_SOC1 | -0.004 | 0.049 | .940 |
|  |  | CREL\_CREL1 | -0.037 | 0.052 | .426 |
|  |  | PA\_STR1 | -0.036 | 0.036 | .284 |
|  |  | PA\_SOC1 | -0.010 | 0.020 | .606 |
|  |  | PA\_CREL1 | 0.014 | 0.084 | .864 |
|  |  | STR\_PA1 | 0.085 | 0.092 | .326 |
|  |  | SOC\_PA1 | 0.051 | 0.186 | .778 |
|  |  | CREL\_PA1 | 0.018 | 0.027 | .464 |
|  |  |  |  |  |  |
| STR | WITH | PA\_PA1 | -0.022 | 0.018 | .176 |
|  |  | STR\_STR1 | 0.061 | 0.025 | .014 |
|  |  | SOC\_SOC1 | 0.003 | 0.020 | .876 |
|  |  | CREL\_CREL1 | -0.010 | 0.020 | .584 |
|  |  | PA\_STR1 | -0.004 | 0.013 | .758 |
|  |  | PA\_SOC1 | 0.000 | 0.008 | .990 |
|  |  | PA\_CREL1 | 0.057 | 0.032 | .058 |
|  |  | STR\_PA1 | -0.066 | 0.039 | .068 |
|  |  | SOC\_PA1 | -0.020 | 0.067 | .742 |
|  |  | CREL\_PA1 | -0.008 | 0.009 | .316 |
|  |  |  |  |  |  |
| SOC | WITH | PA\_PA1 | 0.086 | 0.051 | .060 |
|  |  | STR\_STR1 | 0.003 | 0.068 | .966 |
|  |  | SOC\_SOC1 | 0.051 | 0.051 | .296 |
|  |  | CREL\_CREL1 | -0.025 | 0.055 | .618 |
|  |  | PA\_STR1 | -0.027 | 0.039 | .460 |
|  |  | PA\_SOC1 | 0.000 | 0.019 | .992 |
|  |  | PA\_CREL1 | -0.025 | 0.090 | .770 |
|  |  | STR\_PA1 | 0.019 | 0.092 | .828 |
|  |  | SOC\_PA1 | 0.486 | 0.201 | .006 |
|  |  | CREL\_PA1 | 0.006 | 0.026 | .778 |
|  |  |  |  |  |  |
| CREL | WITH | PA\_PA1 | 0.043 | 0.019 | .014 |
|  |  | STR\_STR1 | 0.004 | 0.026 | .860 |
|  |  | SOC\_SOC1 | -0.004 | 0.019 | .834 |
|  |  | CREL\_CREL1 | -0.016 | 0.021 | .390 |
|  |  | PA\_STR1 | -0.014 | 0.014 | .260 |
|  |  | PA\_SOC1 | -0.005 | 0.008 | .550 |
|  |  | PA\_CREL1 | 0.012 | 0.033 | .700 |
|  |  | STR\_PA1 | 0.031 | 0.036 | .356 |
|  |  | SOC\_PA1 | -0.009 | 0.072 | .894 |
|  |  | CREL\_PA1 | 0.007 | 0.010 | .464 |
|  |  |  |  |  |  |
| PA\_PA1 | WITH | STR\_STR1 | 0.005 | 0.014 | .692 |
|  |  | SOC\_SOC1 | 0.003 | 0.011 | .782 |
|  |  | CREL\_CREL1 | 0.004 | 0.010 | .700 |
|  |  | PA\_STR1 | -0.002 | 0.006 | .798 |
|  |  | PA\_SOC1 | -0.006 | 0.004 | .106 |
|  |  | PA\_CREL1 | 0.002 | 0.015 | .856 |
|  |  | STR\_PA1 | 0.021 | 0.019 | .258 |
|  |  | SOC\_PA1 | 0.002 | 0.038 | .962 |
|  |  | CREL\_PA1 | 0.004 | 0.005 | .298 |
|  |  |  |  |  |  |
| STR\_STR1 | WITH | SOC\_SOC1 | 0.012 | 0.016 | .440 |
|  |  | CREL\_CREL1 | -0.009 | 0.015 | .546 |
|  |  | PA\_STR1 | -0.005 | 0.008 | .472 |
|  |  | PA\_SOC1 | 0.000 | 0.006 | .938 |
|  |  | PA\_CREL1 | 0.027 | 0.024 | .226 |
|  |  | STR\_PA1 | 0.043 | 0.025 | .068 |
|  |  | SOC\_PA1 | -0.041 | 0.055 | .442 |
|  |  | CREL\_PA1 | 0.001 | 0.007 | .852 |
|  |  |  |  |  |  |
| SOC\_SOC1 | WITH | CREL\_CREL1 | 0.018 | 0.013 | .128 |
|  |  | PA\_STR1 | 0.000 | 0.008 | .996 |
|  |  | PA\_SOC1 | 0.003 | 0.004 | .388 |
|  |  | PA\_CREL1 | 0.005 | 0.020 | .770 |
|  |  | STR\_PA1 | -0.002 | 0.020 | .924 |
|  |  | SOC\_PA1 | -0.042 | 0.039 | .252 |
|  |  | CREL\_PA1 | 0.005 | 0.006 | .394 |
|  |  |  |  |  |  |
| CREL\_CREL1 | WITH | PA\_STR1 | 0.005 | 0.007 | .492 |
|  |  | PA\_SOC1 | -0.004 | 0.005 | .342 |
|  |  | PA\_CREL1 | 0.011 | 0.018 | .504 |
|  |  | STR\_PA1 | -0.013 | 0.021 | .520 |
|  |  | SOC\_PA1 | -0.017 | 0.043 | .672 |
|  |  | CREL\_PA1 | -0.001 | 0.005 | .812 |
|  |  |  |  |  |  |
| PA\_STR1 | WITH | PA\_SOC1 | -0.003 | 0.003 | .264 |
|  |  | PA\_CREL1 | -0.010 | 0.011 | .334 |
|  |  | STR\_PA1 | -0.002 | 0.010 | .838 |
|  |  | SOC\_PA1 | 0.005 | 0.025 | .828 |
|  |  | CREL\_PA1 | -0.002 | 0.003 | .562 |
|  |  |  |  |  |  |
| PA\_SOC1 | WITH | PA\_CREL1 | -0.012 | 0.008 | .074 |
|  |  | STR\_PA1 | 0.000 | 0.008 | .992 |
|  |  | SOC\_PA1 | 0.000 | 0.014 | .988 |
|  |  | CREL\_PA1 | 0.000 | 0.002 | .974 |
|  |  |  |  |  |  |
| PA\_CREL1 | WITH | STR\_PA1 | 0.002 | 0.033 | .958 |
|  |  | SOC\_PA1 | -0.051 | 0.068 | .430 |
|  |  | CREL\_PA1 | 0.004 | 0.007 | .586 |
|  |  |  |  |  |  |
| STR\_PA1 | WITH | SOC\_PA1 | 0.013 | 0.070 | .844 |
|  |  | CREL\_PA1 | 0.008 | 0.010 | .396 |
|  |  |  |  |  |  |
| SOC\_PA1 | WITH | CREL\_PA1 | 0.014 | 0.020 | .456 |
|  |  |  |  |  |  |
| PA | WITH | STR | -0.206 | 0.165 | .202 |
|  |  | SOC | 1.377 | 0.422 | <.001 |
|  |  | CREL | 0.663 | 0.119 | <.001 |
|  |  |  |  |  |  |
| STR | WITH | SOC | -0.071 | 0.135 | .522 |
|  |  | CREL | -0.068 | 0.061 | .218 |
|  |  |  |  |  |  |
| SOC | WITH | CREL | 0.509 | 0.170 | <.001 |
|  |  |  |  |  |  |
| **Means** |  | PA\_PA1 | 0.316 | 0.028 | <.001 |
|  |  | STR\_STR1 | 0.131 | 0.040 | .004 |
|  |  | SOC\_SOC1 | 0.159 | 0.032 | <.001 |
|  |  | CREL\_CREL1 | 0.165 | 0.031 | <.001 |
|  |  | PA\_STR1 | -0.038 | 0.022 | .084 |
|  |  | PA\_SOC1 | 0.002 | 0.013 | .858 |
|  |  | PA\_CREL1 | 0.135 | 0.049 | .004 |
|  |  | STR\_PA1 | -0.089 | 0.057 | .116 |
|  |  | SOC\_PA1 | 0.342 | 0.116 | .004 |
|  |  | CREL\_PA1 | 0.026 | 0.016 | .096 |
|  |  |  |  |  |  |
| **Intercepts** |  | PA | 2.623 | 0.128 | <.001 |
|  |  | SOC | 1.373 | 0.136 | <.001 |
|  |  | CREL | 0.472 | 0.050 | <.001 |
|  |  | STR | 0.368 | 0.047 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | PA\_PA1 | 0.044 | 0.012 | <.001 |
|  |  | STR\_STR1 | 0.107 | 0.022 | <.001 |
|  |  | SOC\_SOC1 | 0.062 | 0.016 | <.001 |
|  |  | CREL\_CREL1 | 0.058 | 0.015 | <.001 |
|  |  | PA\_STR1 | 0.018 | 0.007 | <.001 |
|  |  | PA\_SOC1 | 0.008 | 0.003 | <.001 |
|  |  | PA\_CREL1 | 0.136 | 0.041 | <.001 |
|  |  | STR\_PA1 | 0.195 | 0.054 | <.001 |
|  |  | SOC\_PA1 | 1.009 | 0.218 | <.001 |
|  |  | CREL\_PA1 | 0.008 | 0.003 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** | | PA | 1.716 | 0.323 | <.001 |
|  |  | SOC | 1.774 | 0.618 | <.001 |
|  |  | CREL | 0.263 | 0.063 | <.001 |
|  |  | STR | 0.194 | 0.055 | <.001 |
|  |  |  |  |  |  |
| **B. MODEL WITH NEGATIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** | |  |  |  |  |
|  |  |  |  |  |  |
| CREL | WITH | NA | -0.016 | 0.004 | <.001 |
|  |  |  |  |  |  |
| STR | WITH | NA | 0.170 | 0.011 | <.001 |
|  |  | CREL | 0.023 | 0.007 | .002 |
|  |  |  |  |  |  |
| **Residual Variances** | | NA | 0.355 | 0.009 | <.001 |
|  |  | CREL | 0.185 | 0.004 | <.001 |
|  |  | STR | 0.828 | 0.022 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** | |  |  |  |  |
|  |  |  |  |  |  |
| NA | ON | STR-PM | 0.035 | 0.200 | .808 |
|  |  | CREL-PM | -2.456 | 0.275 | <.001 |
|  |  |  |  |  |  |
| STR | ON | NA-PM | 0.248 | 0.085 | .002 |
|  |  |  |  |  |  |
| CREL | ON | NA-PM | -0.372 | 0.049 | <.001 |
|  |  |  |  |  |  |
| NA | WITH | NA\_NA1 | 0.091 | 0.039 | .012 |
|  |  | STR\_STR1 | 0.019 | 0.044 | .664 |
|  |  | CREL\_CREL1 | 0.032 | 0.039 | .398 |
|  |  | NA\_STR1 | 0.041 | 0.027 | .120 |
|  |  | NA\_CREL1 | -0.157 | 0.064 | .010 |
|  |  | STR\_NA1 | -0.034 | 0.076 | .624 |
|  |  | CREL\_NA1 | -0.024 | 0.018 | .164 |
|  |  |  |  |  |  |
| STR | WITH | NA\_NA1 | -0.012 | 0.017 | .456 |
|  |  | STR\_STR1 | 0.043 | 0.020 | .022 |
|  |  | CREL\_CREL1 | -0.027 | 0.017 | .090 |
|  |  | NA\_STR1 | 0.005 | 0.012 | .646 |
|  |  | NA\_CREL1 | 0.005 | 0.034 | .864 |
|  |  | STR\_NA1 | 0.084 | 0.035 | .012 |
|  |  | CREL\_NA1 | 0.012 | 0.008 | .066 |
|  |  |  |  |  |  |
| CREL | WITH | NA\_NA1 | 0.036 | 0.015 | .006 |
|  |  | STR\_STR1 | 0.008 | 0.017 | .646 |
|  |  | CREL\_CREL1 | 0.011 | 0.015 | .454 |
|  |  | NA\_STR1 | 0.016 | 0.011 | .130 |
|  |  | NA\_CREL1 | -0.060 | 0.026 | .012 |
|  |  | STR\_NA1 | -0.008 | 0.028 | .750 |
|  |  | CREL\_NA1 | -0.008 | 0.007 | .182 |
|  |  |  |  |  |  |
| NA\_NA1 | WITH | STR\_STR1 | -0.018 | 0.013 | .138 |
|  |  | CREL\_CREL1 | -0.018 | 0.011 | .082 |
|  |  | NA\_STR1 | -0.019 | 0.008 | .002 |
|  |  | NA\_CREL1 | 0.037 | 0.018 | .032 |
|  |  | STR\_NA1 | 0.026 | 0.019 | .130 |
|  |  | CREL\_NA1 | -0.004 | 0.004 | .308 |
|  |  |  |  |  |  |
| STR\_STR1 | WITH | CREL\_CREL1 | 0.002 | 0.013 | .846 |
|  |  | NA\_STR1 | 0.018 | 0.009 | .018 |
|  |  | NA\_CREL1 | -0.048 | 0.023 | .034 |
|  |  | STR\_NA1 | -0.012 | 0.024 | .576 |
|  |  | CREL\_NA1 | 0.002 | 0.006 | .756 |
|  |  |  |  |  |  |
| CREL\_CREL1 | WITH | NA\_STR1 | 0.006 | 0.007 | .428 |
|  |  | NA\_CREL1 | -0.029 | 0.018 | .072 |
|  |  | STR\_NA1 | -0.034 | 0.023 | .120 |
|  |  | CREL\_NA1 | -0.002 | 0.004 | .734 |
|  |  |  |  |  |  |
| NA\_STR1 | WITH | NA\_CREL1 | -0.029 | 0.013 | .014 |
|  |  | STR\_NA1 | -0.012 | 0.012 | .250 |
|  |  | CREL\_NA1 | 0.000 | 0.003 | .988 |
|  |  |  |  |  |  |
| NA\_CREL1 | WITH | STR\_NA1 | 0.053 | 0.036 | .138 |
|  |  | CREL\_NA1 | 0.001 | 0.006 | .852 |
|  |  |  |  |  |  |
| STR\_NA1 | WITH | CREL\_NA1 | 0.001 | 0.009 | .898 |
|  |  |  |  |  |  |
| NA | WITH | STR | -0.115 | 0.115 | .298 |
|  |  | CREL | 0.455 | 0.081 | <.001 |
|  |  |  |  |  |  |
| STR | WITH | CREL | -0.038 | 0.036 | .268 |
|  |  |  |  |  |  |
| **Means** |  | NA\_NA1 | 0.282 | 0.032 | <.001 |
|  |  | STR\_STR1 | 0.116 | 0.038 | .006 |
|  |  | CREL\_CREL1 | 0.174 | 0.032 | <.001 |
|  |  | NA\_STR1 | 0.056 | 0.024 | .024 |
|  |  | NA\_CREL1 | -0.087 | 0.052 | .102 |
|  |  | STR\_NA1 | 0.106 | 0.061 | .074 |
|  |  | CREL\_NA1 | -0.031 | 0.016 | .042 |
|  |  |  |  |  |  |
| **Intercepts** |  | NA | 2.384 | 0.106 | <.001 |
|  |  | CREL | 0.471 | 0.041 | <.001 |
|  |  | STR | 0.378 | 0.043 | <.001 |
|  |  |  |  |  |  |
| **Variances** |  | NA\_NA1 | 0.059 | 0.014 | <.001 |
|  |  | STR\_STR1 | 0.080 | 0.019 | <.001 |
|  |  | CREL\_CREL1 | 0.057 | 0.015 | <.001 |
|  |  | NA\_STR1 | 0.027 | 0.008 | <.001 |
|  |  | NA\_CREL1 | 0.175 | 0.041 | <.001 |
|  |  | STR\_NA1 | 0.186 | 0.052 | <.001 |
|  |  | CREL\_NA1 | 0.005 | 0.002 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** | | NA | 1.191 | 0.209 | <.001 |
|  |  | CREL | 0.178 | 0.042 | <.001 |
|  |  | STR | 0.149 | 0.040 | <.001 |
|  |  |  |  |  |  |

**F. Lagged Multilevel Models: Skills Use**

*Unstd B = Unstandardized beta estimate, posterior SD = posterior standard deviation, p = p-value, PA = positive affect, NA = negative affect, BA = behavioral activation, EXP = exposure, NATS = identifying/challenging negative automatic thoughts, MIN = mindfulness, DT = distress tolerance, ER = emotion regulation, IE = interpersonal effectiveness. Random slopes are indicated by an underscore (variable1\_variable2 = variable1 ON variable2). A 1 indicates variable at the previous timepoint (e.g., variable\_variable1 = variable at time t ON variable at time t-1). Person-level means are indicated by the suffix -PM.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | **Unstd B** | **posterior  *SD*** | ***p*** |
|  |  |  |  |  |  |
| **A. MODEL WITH POSITIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** |  |  |  |  |  |
|  |  |  |  |  |  |
| BA | WITH | PA | 0.033 | 0.006 | <.001 |
|  |  |  |  |  |  |
| IE | WITH | PA | 0.016 | 0.004 | <.001 |
|  |  | BA | 0.004 | 0.003 | .150 |
|  |  |  |  |  |  |
| DT | WITH | PA | -0.008 | 0.003 | .018 |
|  |  | BA | -0.003 | 0.002 | .116 |
|  |  | IE | 0.006 | 0.001 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** |  | PA | 0.390 | 0.014 | <.001 |
|  |  | BA | 0.144 | 0.005 | <.001 |
|  |  | IE | 0.078 | 0.003 | <.001 |
|  |  | DT | 0.043 | 0.002 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** |  |  |  |  |  |
|  |  |  |  |  |  |
| PA | ON | BA-PM | -0.593 | 1.118 | .616 |
|  |  | IE-PM | 3.592 | 0.878 | <.001 |
|  |  | DT-PM | 0.388 | 1.264 | .740 |
|  |  |  |  |  |  |
| BA | ON | PA-PM | -0.033 | 0.096 | .714 |
|  |  |  |  |  |  |
| IE | ON | PA-PM | 0.219 | 0.049 | .002 |
|  |  |  |  |  |  |
| DT | ON | PA-PM | 0.049 | 0.037 | .134 |
|  |  |  |  |  |  |
| PA | WITH | PA\_PA1 | -0.023 | 0.127 | .820 |
|  |  | BA\_BA1 | -0.016 | 0.124 | .872 |
|  |  | IE\_IE1 | -0.009 | 0.137 | .948 |
|  |  | DT\_DT1 | 0.002 | 0.107 | .988 |
|  |  | PA\_BA1 | -0.040 | 0.204 | .832 |
|  |  | PA\_IE1 | 0.128 | 0.355 | .678 |
|  |  | PA\_DT1 | -0.053 | 0.424 | .886 |
|  |  | BA\_PA1 | -0.014 | 0.074 | .816 |
|  |  | IE\_PA1 | -0.039 | 0.061 | .464 |
|  |  | DT\_PA1 | 0.056 | 0.082 | .392 |
|  |  |  |  |  |  |
| BA | WITH | PA\_PA1 | -0.038 | 0.028 | .104 |
|  |  | BA\_BA1 | -0.004 | 0.029 | .884 |
|  |  | IE\_IE1 | -0.006 | 0.031 | .840 |
|  |  | DT\_DT1 | -0.009 | 0.026 | .664 |
|  |  | PA\_BA1 | 0.010 | 0.049 | .826 |
|  |  | PA\_IE1 | -0.069 | 0.082 | .308 |
|  |  | PA\_DT1 | 0.077 | 0.097 | .344 |
|  |  | BA\_PA1 | -0.004 | 0.017 | .792 |
|  |  | IE\_PA1 | -0.008 | 0.015 | .506 |
|  |  | DT\_PA1 | -0.013 | 0.018 | .364 |
|  |  |  |  |  |  |
| IE | WITH | PA\_PA1 | 0.002 | 0.026 | .924 |
|  |  | BA\_BA1 | 0.002 | 0.028 | .918 |
|  |  | IE\_IE1 | 0.001 | 0.032 | .962 |
|  |  | DT\_DT1 | -0.002 | 0.024 | .930 |
|  |  | PA\_BA1 | 0.010 | 0.046 | .790 |
|  |  | PA\_IE1 | -0.043 | 0.079 | .528 |
|  |  | PA\_DT1 | 0.021 | 0.094 | .782 |
|  |  | BA\_PA1 | 0.001 | 0.017 | .964 |
|  |  | IE\_PA1 | 0.008 | 0.014 | .500 |
|  |  | DT\_PA1 | -0.020 | 0.018 | .184 |
|  |  |  |  |  |  |
| DT | WITH | PA\_PA1 | -0.007 | 0.012 | .466 |
|  |  | BA\_BA1 | -0.004 | 0.013 | .754 |
|  |  | IE\_IE1 | 0.006 | 0.014 | .580 |
|  |  | DT\_DT1 | 0.001 | 0.011 | .884 |
|  |  | PA\_BA1 | -0.003 | 0.020 | .816 |
|  |  | PA\_IE1 | -0.017 | 0.035 | .570 |
|  |  | PA\_DT1 | 0.001 | 0.044 | .978 |
|  |  | BA\_PA1 | 0.006 | 0.008 | .286 |
|  |  | IE\_PA1 | -0.004 | 0.006 | .434 |
|  |  | DT\_PA1 | 0.001 | 0.009 | .854 |
|  |  |  |  |  |  |
| PA\_PA1 | WITH | BA\_BA1 | -0.017 | 0.030 | .496 |
|  |  | IE\_IE1 | 0.049 | 0.034 | .064 |
|  |  | DT\_DT1 | 0.006 | 0.028 | .812 |
|  |  | PA\_BA1 | -0.020 | 0.047 | .636 |
|  |  | PA\_IE1 | 0.000 | 0.079 | 1.000 |
|  |  | PA\_DT1 | -0.016 | 0.105 | .864 |
|  |  | BA\_PA1 | 0.002 | 0.017 | .910 |
|  |  | IE\_PA1 | 0.003 | 0.014 | .814 |
|  |  | DT\_PA1 | -0.004 | 0.019 | .806 |
|  |  |  |  |  |  |
| BA\_BA1 | WITH | IE\_IE1 | -0.032 | 0.038 | .310 |
|  |  | DT\_DT1 | -0.003 | 0.029 | .892 |
|  |  | PA\_BA1 | 0.040 | 0.052 | .334 |
|  |  | PA\_IE1 | -0.027 | 0.095 | .730 |
|  |  | PA\_DT1 | 0.069 | 0.106 | .428 |
|  |  | BA\_PA1 | -0.001 | 0.019 | .954 |
|  |  | IE\_PA1 | 0.010 | 0.017 | .468 |
|  |  | DT\_PA1 | -0.002 | 0.022 | .918 |
|  |  |  |  |  |  |
| IE\_IE1 | WITH | DT\_DT1 | 0.019 | 0.036 | .528 |
|  |  | PA\_BA1 | -0.022 | 0.063 | .672 |
|  |  | PA\_IE1 | 0.040 | 0.098 | .634 |
|  |  | PA\_DT1 | -0.047 | 0.146 | .674 |
|  |  | BA\_PA1 | 0.019 | 0.021 | .274 |
|  |  | IE\_PA1 | -0.006 | 0.017 | .650 |
|  |  | DT\_PA1 | 0.009 | 0.024 | .664 |
|  |  |  |  |  |  |
| DT\_DT1 | WITH | PA\_BA1 | -0.008 | 0.045 | .824 |
|  |  | PA\_IE1 | 0.017 | 0.080 | .798 |
|  |  | PA\_DT1 | -0.010 | 0.086 | .892 |
|  |  | BA\_PA1 | 0.003 | 0.018 | .840 |
|  |  | IE\_PA1 | -0.005 | 0.014 | .672 |
|  |  | DT\_PA1 | 0.022 | 0.017 | .098 |
|  |  |  |  |  |  |
| PA\_BA1 | WITH | PA\_IE1 | 0.111 | 0.201 | .558 |
|  |  | PA\_DT1 | 0.014 | 0.206 | .938 |
|  |  | BA\_PA1 | -0.015 | 0.026 | .514 |
|  |  | IE\_PA1 | 0.007 | 0.022 | .692 |
|  |  | DT\_PA1 | -0.018 | 0.032 | .516 |
|  |  |  |  |  |  |
| PA\_IE1 | WITH | PA\_DT1 | -0.383 | 0.347 | .164 |
|  |  | BA\_PA1 | -0.019 | 0.050 | .646 |
|  |  | IE\_PA1 | -0.020 | 0.038 | .512 |
|  |  | DT\_PA1 | 0.011 | 0.058 | .832 |
|  |  |  |  |  |  |
| PA\_DT1 | WITH | BA\_PA1 | -0.018 | 0.059 | .716 |
|  |  | IE\_PA1 | 0.009 | 0.044 | .836 |
|  |  | DT\_PA1 | -0.006 | 0.058 | .904 |
|  |  |  |  |  |  |
| BA\_PA1 | WITH | IE\_PA1 | 0.003 | 0.010 | .680 |
|  |  | DT\_PA1 | 0.005 | 0.013 | .624 |
|  |  |  |  |  |  |
| IE\_PA1 | WITH | DT\_PA1 | 0.000 | 0.009 | .956 |
|  |  |  |  |  |  |
| PA | WITH | BA | 0.061 | 0.256 | .808 |
|  |  | IE | -0.422 | 0.163 | .008 |
|  |  | DT | -0.084 | 0.090 | .228 |
|  |  |  |  |  |  |
| BA | WITH | IE | 0.001 | 0.035 | .978 |
|  |  | DT | 0.008 | 0.014 | .432 |
|  |  |  |  |  |  |
| IE | WITH | DT | 0.018 | 0.018 | .096 |
|  |  |  |  |  |  |
| **Means** |  | PA\_PA1 | 0.303 | 0.050 | <.001 |
|  |  | BA\_BA1 | 0.116 | 0.054 | .024 |
|  |  | IE\_IE1 | 0.025 | 0.058 | .664 |
|  |  | DT\_DT1 | 0.045 | 0.049 | .348 |
|  |  | PA\_BA1 | 0.035 | 0.091 | .696 |
|  |  | PA\_IE1 | 0.148 | 0.154 | .330 |
|  |  | PA\_DT1 | -0.132 | 0.209 | .516 |
|  |  | BA\_PA1 | -0.037 | 0.031 | .242 |
|  |  | IE\_PA1 | 0.000 | 0.025 | .992 |
|  |  | DT\_PA1 | 0.010 | 0.033 | .764 |
|  |  |  |  |  |  |
| **Intercepts** |  | PA | 2.709 | 0.197 | <.001 |
|  |  | BA | 0.268 | 0.047 | <.001 |
|  |  | IE | 0.134 | 0.046 | .004 |
|  |  | DT | 0.066 | 0.021 | .004 |
|  |  |  |  |  |  |
| **Variances** |  | PA\_PA1 | 0.095 | 0.037 | <.001 |
|  |  | BA\_BA1 | 0.102 | 0.044 | <.001 |
|  |  | IE\_IE1 | 0.131 | 0.051 | <.001 |
|  |  | DT\_DT1 | 0.065 | 0.033 | <.001 |
|  |  | PA\_BA1 | 0.229 | 0.138 | <.001 |
|  |  | PA\_IE1 | 0.898 | 0.411 | <.001 |
|  |  | PA\_DT1 | 0.998 | 0.585 | <.001 |
|  |  | BA\_PA1 | 0.035 | 0.017 | <.001 |
|  |  | IE\_PA1 | 0.022 | 0.010 | <.001 |
|  |  | DT\_PA1 | 0.051 | 0.018 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** |  | PA | 2.025 | 0.695 | <.001 |
|  |  | BA | 0.101 | 0.045 | <.001 |
|  |  | IE | 0.103 | 0.047 | <.001 |
|  |  | DT | 0.019 | 0.011 | <.001 |
|  |  |  |  |  |  |
| **B. MODEL WITH NEGATIVE AFFECT** | | |  |  |  |
|  |  |  |  |  |  |
| **Level 1 - Within Person** |  |  |  |  |  |
|  |  |  |  |  |  |
| DT | WITH | NA | 0.013 | 0.003 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** |  | NA | 0.415 | 0.014 | <.001 |
|  |  | DT | 0.043 | 0.002 | <.001 |
|  |  |  |  |  |  |
| **Level 2 - Between Person** |  |  |  |  |  |
|  |  |  |  |  |  |
| NA | ON | DT-PM | -4.139 | 0.652 | <.001 |
|  |  |  |  |  |  |
| DT | ON | NA-PM | -0.213 | 0.034 | <.001 |
|  |  |  |  |  |  |
| NA | WITH | NA\_NA1 | 0.080 | 0.051 | .078 |
|  |  | DT\_DT1 | -0.020 | 0.050 | .648 |
|  |  | NA\_DT1 | 0.211 | 0.196 | .222 |
|  |  | DT\_NA1 | 0.011 | 0.036 | .714 |
|  |  |  |  |  |  |
| DT | WITH | NA\_NA1 | 0.017 | 0.011 | .082 |
|  |  | DT\_DT1 | -0.004 | 0.011 | .666 |
|  |  | NA\_DT1 | 0.043 | 0.044 | .244 |
|  |  | DT\_NA1 | 0.003 | 0.008 | .654 |
|  |  |  |  |  |  |
| NA\_NA1 | WITH | DT\_DT1 | -0.015 | 0.014 | .218 |
|  |  | NA\_DT1 | -0.029 | 0.056 | .592 |
|  |  | DT\_NA1 | 0.001 | 0.009 | .942 |
|  |  |  |  |  |  |
| DT\_DT1 | WITH | NA\_DT1 | 0.042 | 0.050 | .362 |
|  |  | DT\_NA1 | -0.011 | 0.008 | .132 |
|  |  |  |  |  |  |
| NA\_DT1 | WITH | DT\_NA1 | 0.002 | 0.029 | .928 |
|  |  |  |  |  |  |
| NA | WITH | DT | 0.251 | 0.065 | <.001 |
|  |  |  |  |  |  |
| **Means** |  | NA\_NA1 | 0.233 | 0.038 | <.001 |
|  |  | DT\_DT1 | 0.027 | 0.041 | .528 |
|  |  | NA\_DT1 | 0.114 | 0.160 | .494 |
|  |  | DT\_NA1 | 0.000 | 0.027 | .986 |
|  |  |  |  |  |  |
| **Intercepts** |  | NA | 2.290 | 0.152 | <.001 |
|  |  | DT | 0.071 | 0.034 | .036 |
|  |  |  |  |  |  |
| **Variances** |  | NA\_NA1 | 0.043 | 0.016 | <.001 |
|  |  | DT\_DT1 | 0.036 | 0.016 | <.001 |
|  |  | NA\_DT1 | 0.773 | 0.273 | .000 |
|  |  | DT\_NA1 | 0.032 | 0.009 | <.001 |
|  |  |  |  |  |  |
| **Residual Variances** |  | NA | 1.160 | 0.292 | <.001 |
|  |  | DT | 0.056 | 0.020 | <.001 |
|  |  |  |  |  |  |