**Supplementary Materials**

Sample and Procedures – Missing Data

Grady Trauma Project (GTP) interviews lasted 45-75 minutes, depending on one’s trauma history and time available, as the study questions proceeded until the individual or their family member was ready to be seen by the clinic. Emory University’s Institutional Review Board and the Grady Health Care System Research Oversight Committee approved all study procedures. Missing data was determined to be mainly a function of the clinical waiting room interview procedure and thus is likely missing completely at random, therefore we conducted a complete case analysis. We chose to conduct complete case analyses as they are considered unbiased in cases where data is missing completely at random, where it is expected that the sample with complete data is representative of the larger sample. We chose not to perform multiple imputation for missing data, as multiple imputation for missing outcome data in the case of missing at random will add additional noise to estimates without substantially increasing power (Von Hippel, 2007). We acknowledge that the analytic sample, i.e., those exposed to child maltreatment, did differ significantly from those in the complete case sample; however, as the focus of the current analysis was on psychological resilience from early adversity exposure, this sample was specifically relevant for the research question.

Data from 1,429 GTP participants with complete information for relevant measures were included in primary analyses, and a subset of these (n=807; 56.5% of the primary analytic sample) were included in BMI analyses. Of the total 9,107 original GTP participants, 775 (8.5%) were excluded due to missing exposure data, 4,710 (56.5%) due to missing resilience data, and 258 (7.1%) due to missing covariates. Of the 3,364 participants with complete data, 1,935 (57.5%) were excluded from the analytic sample because they did not report exposure to maltreatment. Compared to the analytic sample, those excluded due to no exposure to maltreatment were slightly older (mean age 40.3 vs. 39.3 among those excluded vs. analytic sample; p=0.01), were more likely to be male (23.2% male vs. 15.8% male in those excluded vs. analytic sample; p<.0001), and differed by educational attainment (those excluded had a lower proportion with some college/college graduate status compared to the analytic sample; p=0.0003). The analytic sample did not differ from those excluded with regards to income or employment status (p>0.05). We restricted the analytic sample to African American individuals as the proportion of those identifying as white or other was small (7.0%), precluding statistical examination of differences between race/ethnicity groups.

Measures

*Child Maltreatment – Cutoff Points*

The 28-item Childhood Trauma Questionnaire (CTQ) (Bernstein et al., 1994) was used to assess self-reported childhood abuse (sexual, physical, and emotional) and neglect (physical and emotional). Item responses ranged from 1=never true to 5=always true, and sum scores were calculated within each abuse and neglect type. Cutoff points for moderate to severe maltreatment were 10 or higher for physical abuse, 8 or higher for sexual abuse, 13 or higher for emotional abuse, and 15 or higher for emotional neglect (Bernstein & Fink, 1998; Bernstein et al., 2003); for the current categorizations, we excluded physical neglect consistent with previous GTP studies as neglect was typically confounded with low socio-economic status and resource constraints (Powers, Ressler, & Bradley, 2009). Participants were grouped into absence (none or mild levels for all maltreatment types) or presence (moderate or severe levels for at least one maltreatment type) of maltreatment, consistent with prior work where these abuse categories lead to the strongest associations with adult symptomatology (Bradley et al., 2008; Powers et al., 2009).

*Covariates – Lifetime Trauma Exposure Count*

Participants completed the Traumatic Events Inventory, a 14-item self-report assessment of lifetime history of traumatic events.(Schwartz, Bradley, Sexton, Sherry, & Ressler, 2005) We combined several similar experiences, resulting in the following eight events: natural disaster, accident or injury, sudden illness, family or friend murdered, being physically attacked, witnessing an attack, sexual assault after age 18, and other trauma not covered. We then created a count of the number of events experienced, mean=4.0 (SD=1.7), range 0-8.

**Results**

Distribution of resilience measures with employment and lifetime trauma count

Those classified as non-resilient by both categorical definitions were more likely to be unemployed (52.8% versus 40.3%) and less likely to be employed (27.5% versus 42.3%), compared to those classified as non-resilient only by *absence of distress plus positive functioning* (p=0.0001).

All resilience measures were associated with lifetime trauma count, with negative correlations between trauma count with *perceived trait resilience* (r=-0.06) and *relative resilience* (r=-0.25) and lower mean trauma count among those resilient versus non-resilient by *absence of distress* (meanresilient=3.51 versus meannon-resilient=4.21)and *absence of distress plus positive functioning* (meanresilient=3.56 versus meannon-resilient=4.12).

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| --- | --- | --- | --- | --- |
| **Supplemental Table 1.** Associations between each resilience measure on continuous BMI in the BMI sub-sample (N=807), without and with adjustment for lifetime trauma count | | | | |
|  | **Adjusted for Covariates Only** | | **Adjusted for Covariates and Lifetime Trauma Count** | |
| **Predictor** | **β** | **95%CI** | **β** | **95%CI** |
| Perceived Trait Resilience | **-0.63** | **-1.25, -0.01** | **-0.68** | **-1.30, -0.05** |
| Lifetime Trauma Count | -- | -- | -0.30 | -0.68, 0.07 |
|  |  |  |  |  |
| Absence of Distress | -0.62 | -2.08, 0.84 | -0.88 | -2.37, 0.61 |
| Lifetime Trauma Count | -- | -- | -0.32 | -0.70, 0.06 |
|  |  |  |  |  |
| Absence of Distress plus Positive Functioning | **-2.10** | **-3.96, -0.25** | **-2.31** | **-4.18, -0.44** |
| Lifetime Trauma Count | -- | -- | -0.33 | -0.70. 0.05 |
|  |  |  |  |  |
| Relative Resilience | -0.03 | -0.64, 0.57 | -0.16 | -0.79, 0.46 |
| Lifetime Trauma Count | -- | -- | -0.30 | -0.68, 0.09 |
| Cell entries are βs (effect estimates) and 95% Confidence Intervals from four pairs of linear regression models. Significant effects are bolded (p<.05).  Covariates are age, sex, educational attainment, income, and employment status.  Reference group for categorical measures (Absence of Distress; Absence of Distress plus Positive Functioning) is non-resilient. Continuous measures are standardized (mean = 0, SD = 1; Perceived Trait Resilience; Relative Resilience). Lifetime trauma count is a continuous variable indicating number of lifetime traumatic events endorsed, range 0-8. | | | | |

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