**Figure 1. (Moderated) indirect effect model.**

**Appendix A: Full version of Tables 3 and 4**

Table 3: Full version

*Personality has an indirect influence on well-being through psychological flexibility*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Path a |  |  | Path b |  |  |
| Variables | β |  *t* | *p* | CI | β | *t* | *p* | CI |
| N – A – AB | -4.48 | -7.42 | < .001 | [-5.66; -3.29] | .01 | 9.33 | < .001 | [.005; .008] |
| N – A – W | -4.35 | -7.32 | < .001 | [-5.53; -3.18] | .90 | 8.44 | < .001 | [.69; 1.11] |
| N – F – AB  | -26.39 | -9.45 | < .001 | [-31.89; -20.89] | .002 | 13.49 | < .001 | [.001; .002] |
| N – F – W  | -28.03 | -10.18 | < .001 | [-33.46; -22.61] | .22 | 11.81 | < .001 | [.19; .26] |
| E – A – AB | 1.52 | 2.10 | .037 | [.09; 2.94] | .01 | 13.06 | < .001 | [.007; .094] |
| E – A – W  | 1.36 | 1.90 | .059 | [-.05; 2.77] | .92 | 8.76 | < .001 | [.71; 1.13] |
| E – F – AB  | 14.09 | 3.32 | .001 | [5.74; 22.45] | .002 | 17.00 | < .001 | [.0016;.002]  |
| E – F – W  | 14.80 | 3.37 | < .001 | [6.15; 23.45] | .21 | 11.20 | < .001 | [.17; .25] |
| C – A – AB | 2.38 | 2.63 | .009 | [.60; 4.16] | .01 | 11.76 | < .001 | [.007; .0099]  |
| C – A – W  | 2.83 | 3.25 | .001 | [1.12; 4.54 | .90 | 8.53 | < .001 | [.69; 1.11] |
| C – F – AB  | 14.01 | 2.79 | .006 | [4.11; 23.91] | .002 | 17.41 | < .001 | [.0016; .002] |
| C – F – W  | 16.56 | 3.14 | .002 | [6.17; 26.94] | .20 | 11.53 | < .001 | [.17; .24] |
| NE – A – AB | -1.12 | -10.13 | < .001 | [-1.34; -.90] | .01 | 7.03 | < .001 | [.004; .007] |
| NE – A – W  | -1.12 | -10.23 | < .001 | [-1.33; -.90] | .68 | 6.49 | < .001 | [.47; .88] |
| NE – F – AB | -6.64 | -14.26 | < .001 | [-7.56; -5.72] | .001 | 10.12 | < .001 | [.001; .002] |
| NE – F – W  | -6.70 | -14.29 | < .001 | [-7.62; -5.78] | .19 | 9.32 | < .001 | [.15; .23] |
| lP – A – AB  | -.27 | -1.74 | .083 | [-.57; .03] | .01 | 13.55 | < .001 | [.007; .009] |
| lP – A – W | -.18 | -1.21 | .227 | [-.48; .11] | .91 | 8.96 | < .001 | [.71; 1.11] |
| lP – F – AB  | -2.89 | -3.68 | < .001 | [-4.44; -1.34] | .002 | 17.11 | < .001 | [.0016; .002] |
| lP – F – W  | -2.88 | -3.62 | < .001 | [-4.45; -1.32] | .20 | 11.12 | < .001 | [.17; .24] |
|  | Path c’ – direct effect | Path c – c’ – indirect effect |
|  | β | *t* | *p* | CI | Effect | CI |  |  |
| N – A – AB | -.05 | -8.73 | < .001 | [-.06; -.04] | **-.03** | [-.04; -.01] |
| N – A – W | -.88 | -.92 | .358 | [-2.77; 1.00] | *-3.92* | [-5.45; -2.64] |
| N – F – AB  | -.04 | -6.97 | < .001 | [-.05; -.03] | **-.04** | [-.05; -.03] |
| N – F – W  | 1.43 | 1.51 | .132 | [-.43; 3.28] | *-6.23* | [-8.09; -4.55] |
| E – A – AB | .04 | 5.41 | < .001 | [.02; .05] | **.01** | [.001; .03] |
| E – A – W  | 1.67 | 1.63 | .104 | [-.35; 3.68] | *1.25* | [.03; 2.71] |
| E – F – AB  | .02 | 3.12 | .002 | [.007; .03] | **.03** | [.01; .04] |
| E – F – W  | -.18 | -.19 | .846 | [-2.02; 1.66] | *3.10* | [1.31; 5.10] |
| C – A – AB | .01 | 1.75 | .082 | [-.002; .03] | *.02* | [.01; .04] |
| C – A – W  | 2.12 | 1.92 | .056 | [-.05; 4.30] | *2.55* | [1.13; 4.30] |
| C – F – AB  | .01 | 1.81 | .072 | [-.001; .03] | *.03* | [.008; .04] |
| C – F – W  | 1.30 | 1.25 | .211 | [-.74; 3.34] | *3.37* | [1.32; 5.79] |
| NE – A – AB | -.01 | -8.06 | < .001 | [-.013; -.008] | **-.01** | [-.008; -.004] |
| NE – A – W  | -.78 | -3.97 | < .001 | [-1.17; -.39] | **-.75** | [-1.07; -.50] |
| NE – F – AB | -.01 | -4.74 | < .001 | [-.01; -.004] | **-.01** | [-.012; -.007] |
| NE – F – W  | -.27 | -1.36 | .175 | [-.65; .12] | *-1.27* | [-1.63; -.92] |
| lP – A – AB  | -.01 | -5.14 | < .001 | [-.01; -.003] | -.002 | [-.005; .0002] |
| lP – A – W | -.62 | -3.77 | < .001 | [-.94; -.30] | -.17 | [-.46; .09] |
| lP – F – AB  | -.002 | -1.91 | .057 | [-.004; .0001] | *-.01* | [-.008; -.003] |
| lP – F – W  | -.20 | -1.22 | .223 | [-.53; .12] | *-.58* | [-.95; -.27] |

*Note.* Bold = Mediation, Italic = Full Mediation. CI = 95% confidence interval, N = neuroticism, E = extraversion, C = conscientiousness, NE = negative emotionality, lP = low positive emotionality, A = score on the AAQ-II, F = score on the FIT-60, AB = affect balance, W = WHOQOL-Bref. Path a = effect personality on flexibility. Path b = effect flexibility on well-being. Path c’ = direct effect personality on well-being. Path c – c’ = indirect effect of personality on well-being.

Table 4: Full version

*Age group does not moderate the indirect effects model*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Path a | Path b |  |  |  |
| Variables | β | *t* | *p* | CI | β | *t* | *p* | CI |
| N – A – AB | .64 | .52 | .601 | [-1.76; 3.03] | .0002 | .11 | .912 | [-.003; .003] |
| N – A – W | .77 | .65 | .515 | [-1.57; 3.12] | -.07 | -.33 | .739 | [-.49; .35] |
| N – F – AB  | 4.37 | .77 | .440 | [-6.77; 15.52] | .0001 | .22 | .825 | [-.0004; .0005] |
| N – F – W  | 6.07 | 1.09 | .275 | [-4.87; 17.01] | .03 | .69 | .488 | [-.05; .10] |
| E – A – AB | -2.44 | -1.62 | .106 | [-5.40; .52] | 0 | -.01 | .989 | [-.003; .002] |
| E – A – W  | -1.60 | -1.08 | .282 | [-4.54; 1.33] | -.12 | -.56 | .574 | [-.53; .29] |
| E – F – AB  | -.91 | -.11 | .915 | [-17.72; 15.90] | -.0001 | -.35 | .724 | [-.0005; .0003] |
| E – F – W  | -1.20 | -.14 | .893 | [-18.71; 16.31] | .01 | .29 | .776 | [-.06; .08] |
| C – A – AB | -.67 | -.37 | .715 | [-4.26; 2.92] | -.001 | -.59 | .556 | [-.004; .002] |
| C – A – W  | -1.62 | -.92 | .360 | [-5.11; 1.86] | -.17 | -.81 | .416 | [-.59; .24] |
| C – F – AB  | -15.88 | -1.65 | .100 | [-34.81; 3.05] | -.0001 | -.61 | .539 | [-.0005; .0003] |
| C – F – W  | -12.80 | -1.21 | .227 | [-33.63; 8.03] | -.01 | -.23 | .817 | [-.08; .06] |
| NE – A – AB | .04 | .19 | .848 | [-.39; .48] | .001 | .41 | .679 | [-.002; .004] |
| NE – A – W  | -.05 | -.21 | .832 | [-.48; .39] | -.15 | -.72 | .469 | [-.56; .26] |
| NE – F – AB | -.22 | -.23 | .819 | [-2.14; 1.69] | 0 | .08 | .937 | [-.0005; .0006] |
| NE – F – W  | -.15 | -.16 | .876 | [-2.08; 1.77] | .002 | .05 | .960 | [-.08; .08] |
| lP – A – AB  | .24 | .82 | .415 | [-.34; .81] | -.0001 | -.08 | .935 | [-.003; .002] |
| lP – A – W | .11 | .36 | .721 | [-.48; .69] | -.11 | -.56 | .578 | [-.51; .28] |
| lP – F – AB  | -.12 | -.08 | .939 | [-3.18; 2.94] | 0 | -.01 | .991 | [-.0004; .0004] |
| lP – F – W  | .23 | .15 | .883 | [-2.89; 3.36] | .01 | .33 | .744 | [-.06; .08] |
|  | Path c’ |  |  | Index of moderated mediation: path c – c’ |
|  | β | *t* | *p* | CI | Index  | CI |  |  |
| N – A – AB | .03 | 2.39 | .018 | [.005; .05] | .003 | [-.02; .02] |
| N – A – W | 2.23 | 1.13 | .259 | [-1.65; 6.11] | .99 | [-1.76; 3.76] |
| N – F – AB  | .02 | 2.25 | .025 | [.003; .05] | .01 | [-.02; .03] |
| N – F – W  | 2.58 | 1.34 | .181 | [-1.21; 6.37] | .64 | [-2.75; 4.10] |
| E – A – AB | .01 | .44 | .659 | [-.02; .03] | -.02 | [-.04; .004] |
| E – A – W  | -1.32 | -.62 | .534 | [-5.48; 2.85] | -1.61 | [-4.38; 1.02] |
| E – F – AB  | -.01 | -.46 | .645 | [-.03; .02] | -.003 | [-.03; .02] |
| E – F – W  | -2.85 | -1.43 | .154 | [-6.76; 1.07] | -.08 | [-4.05; 3.82] |
| C – A – AB | .002 | .13 | .894 | [-.03; .04] | -.01 | [-.04; .02] |
| C – A – W  | 1.69 | .72 | .469 | [-2.90; 6.28] | -1.92 | [-5.08; 1.19] |
| C – F – AB  | .02 | 1.08 | .282 | [-.01; .05] | -.03 | [-.06; .002] |
| C – F – W  | 2.52 | 1.21 | .229 | [-1.60; 6.63] | -2.74 | [-6.96; 1.42] |
| NE – A – AB | .001 | .49 | .626 | [-.004; .007] | -.001 | [-.004; .003] |
| NE – A – W  | -.16 | -.39 | .693 | [-.97; .65] | .14 | [-.42; .69] |
| NE – F – AB | .001 | .28 | .776 | [-.005; .007] | -.001 | [-.01; -.006] |
| NE – F – W  | .02 | .04 | .965 | [-.82; .86] | -.04 | [-.77; .66] |
| lP – A – AB  | .002 | .87 | .384 | [-.003; .007] | .002 | [-.003; .006] |
| lP – A – W | .32 | .93 | .354 | [-.36; 1.01] | .12 | [-.41; .64] |
| lP – F – AB  | .003 | 1.35 | .178 | [-.002; .008] | -.0002 | [-.01; .01] |  |
| lP – F – W  | .43 | 1.20 | .230 | [-.28; 1.14] | .01 | [-.66; .68] |

*Note.* CI = 95% confidence interval, N = neuroticism, E = extraversion, C = conscientiousness, NE = negative emotionality, lP = low positive emotionality, A = score on the AAQ-II, F = score on the FIT-60, AB = affect balance, W = WHOQOL-Bref. Path a = effect personality on flexibility. Path b = effect flexibility on well-being. Path c’ = direct effect personality on well-being. Path c – c’ = indirect effect of personality on well-being.