Supplement 2 for:

For Whom and What Does Cognitive Reappraisal Help? A Prospective Study

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Author Note

This research was funded by an internal grant from The Australian National University (ANU) College of Health and Medicine. AD is supported by an ANU College of Health and Medicine TRANSFORM Career Development Fellowship. LMF is supported by ARC DECRA DE190101382. ALC is supported by NHMRC Fellowship 1173146. We have no conflicts of interest to disclose. *Correspondence concerning this article should be addressed to Amy Dawel, School of Medicine and Psychology, The Australian National University, Canberra, ACT 2600, Australia. Email: amy.dawel@anu.edu.au

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Supplement S1: Sampling

Initially, 1296 participants were recruited at wave 1 to meet requirements of the broader study design (see Dawel et al., 2020). Qualtrics Research Services used quota sampling to obtain a sample representative of the Australian adult population on the basis of gender, age, and State/Territory. Participants completed demographics questionnaires and measures of cognitive reappraisal, mental health and wellbeing outcomes, and moderator variables at different time points across waves 1 to 8. Each survey took participants approximately 15-25 minutes to complete and Qualtrics Research Services provided a small incentive to participants for their completion. Participants' data were excluded from individual analyses if they were missing one or more variables for a given model. For example, if a participant was missing data for a moderator variable they were excluded from that moderator model but included in other models where they had data available. We took this approach to maximise the amount of data available for each analysis.

Supplement S2: Post-hoc Power Analyses

We conducted post hoc power analyses for our moderation models to determine the power of our samples to detect small sized full model (ρ^2 = .03) and moderation effects (partial R^2 = .03). We used G*Power version 3.1.9.6 (Erdfelder et al., 2009) with power = 0.8 and α = .05. The required sample size for power at this level varied between models based on the number of independent variables included (including contrast coding levels for categorical moderators; see Table S2a). All models exceeded the required sample size, except wave 8 models with emotion differentiation as moderators. While these models were underpowered, their wave 7 counterparts produce comparable results.

Table S2a

Power Analyses Indicating Required N

Models	N IVs	*N* required for full model	*N* required for moderation interaction
Age as continuous moderator	5	421	256
Age as categorical moderator	7	472	315
All other models	6	447	256

Table S2b

Sample Size for Models by Outcome and Moderator

	Moderator								
Outcome	Self-efficacy	Emotion diff.	Diff. ID feelings	Neuroticism	Stress	SES	Analytic reasoning	Age in years (continuous)	Age tercile (young/middle/older)
Depression-w7	689	625	734	700	736	738	736	739	733
Anxiety-w7	684	626	732	697	735	738	734	740	729
Loneliness-w7	701	634	746	708	745	748	747	748	745
Impairment-w7	686	622	734	694	730	737	735	737	730
Wellbeing-w7	691	630	742	704	741	743	742	745	736
Depression-w8	470	382	499	477	499	502	498	503	497
Anxiety-w8	471	382	502	476	502	504	499	504	498
Loneliness-w8	472	383	504	479	502	504	502	504	502
Impairment-w8	466	377	495	475	495	497	497	498	495
Wellbeing-w8	468	381	497	474	499	501	499	500	497

Note. The total *N* participants in models where age is included as a continuous versus a categorical (tercile) variable differs because the two models produced different distance cut-off scores and therefore differed slightly in the number of participants excluded as outliers.

Supplement S3: Measure Reliability

Tables S3a and S3b present Cronbach's alphas as a measure of reliability for each measure in the wave 7 and 8 samples respectively.

Table S3a

Cronbach's alphas for Wave 7 Sample (N = 752)

	α for each wave
ERQ-reappraisal	0.92 (w2), 0.93 (w4), 0.93 (w6)
PHQ-9 (depression)	0.92 (w1) 0.94 (w7)
GAD-7 (anxiety	0.94 (w1) 0.95 (w7)
DJGLS (loneliness)	0.73 (w1) 0.80 (w7)
WSAS (functional impairment)	0.74 (w1) 0.84 (w7)
WHO-5 (wellbeing)	0.92 (w1) 0.94 (w7)
Pearlin Mastery (self-efficacy)	0.86 (w4)
TAS-DIF (difficulty identifying feelings)	0.93 (w1) 0.94 (w7)

Table S3b

Cronbach's alphas for Wave 8 Sample (N = 512)

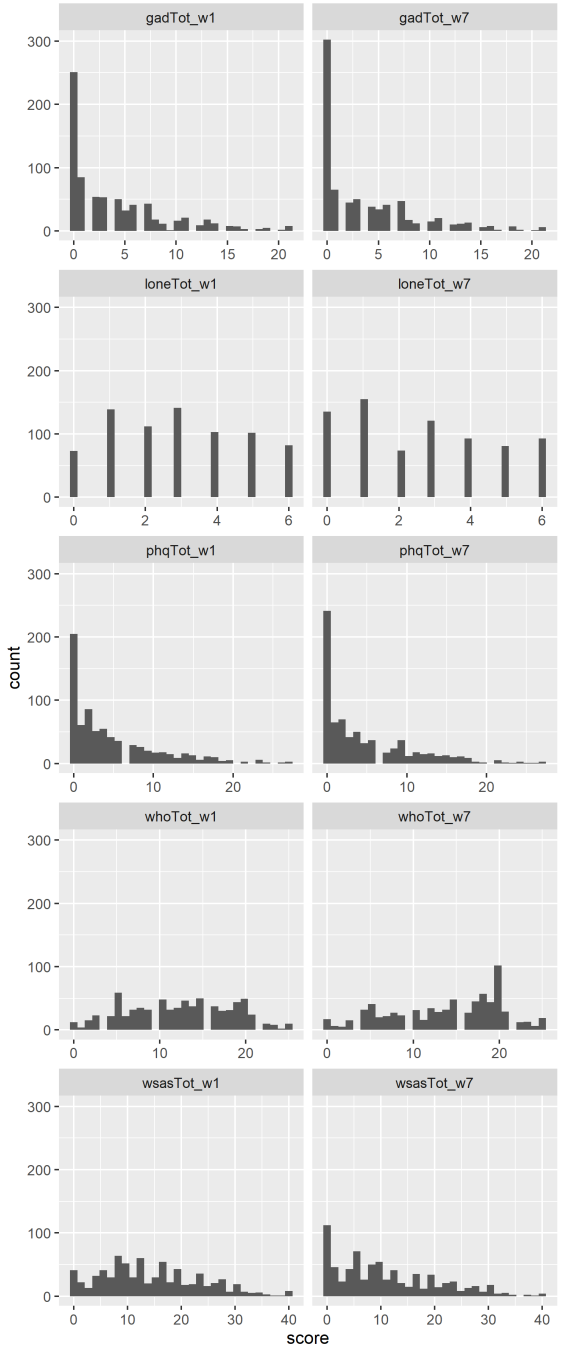
	α for each wave
ERQ-reappraisal	0.91 (w2), 0.94 (w4), 0.94 (w6)
PHQ-9 (depression)	0.92 (w1) 0.92 (w7)
GAD-7 (anxiety	0.94 (w1) 0.94 (w7)
DJGLS (loneliness)	0.75 (w1) 0.84 (w7)
WSAS (functional impairment)	0.73 (w1) 0.89 (w7)
WHO-5 (wellbeing)	0.92 (w1) 0.94 (w7)
Pearlin Mastery (self-efficacy)	0.86 (w4)
TAS-DIF (difficulty identifying feelings)	0.94 (w1) 0.94 (w7)

Supplement S4: Variable Distributions

Figure S4a

Histograms Showing Distributions for Outcome Variables

Wave 7 sample



Wave 8 sample

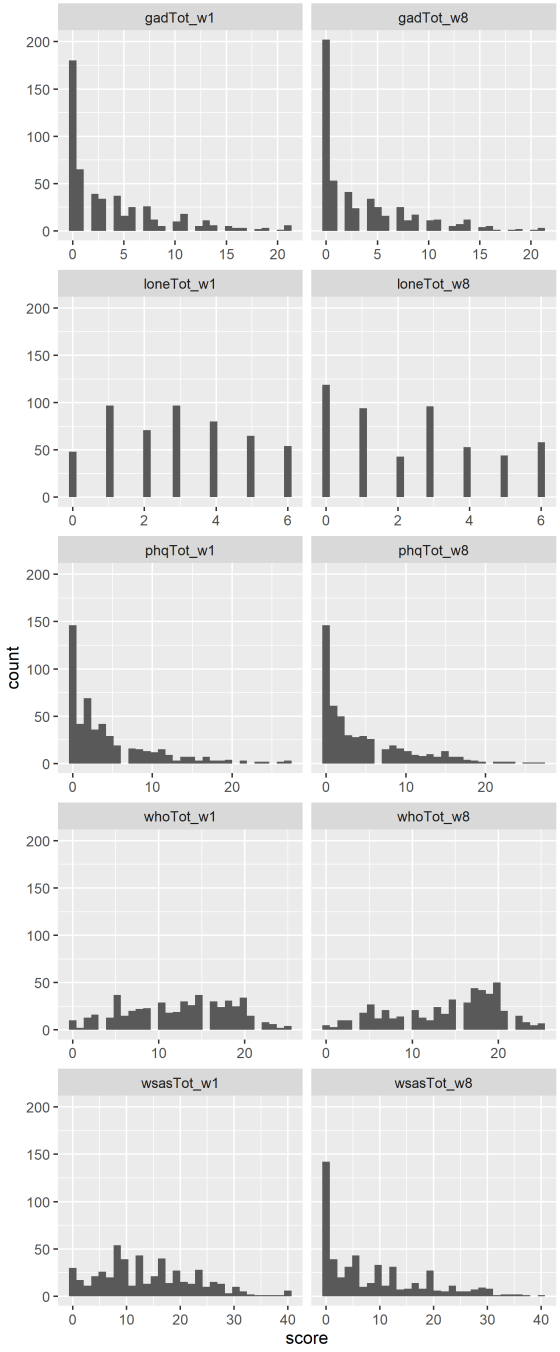
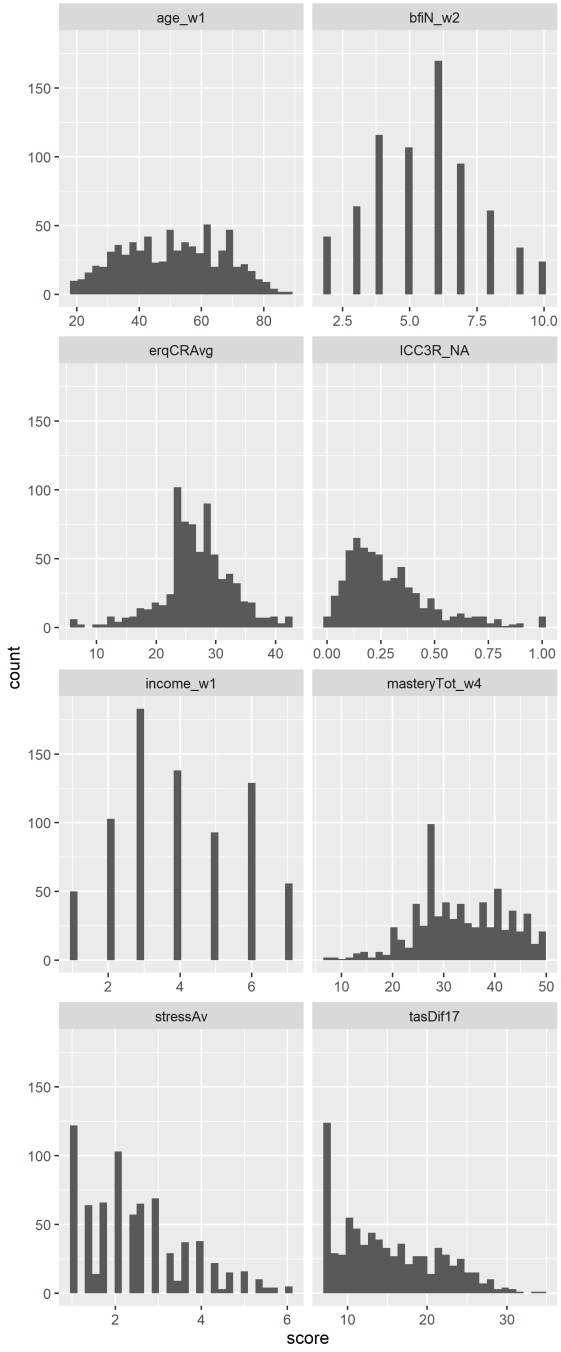


Figure S4b

Histograms Showing Distributions for Predictor (Cognitive Reappraisal) and Continuous and Ordinal Moderator Variables

Wave 7 sample



Wave 8 sample

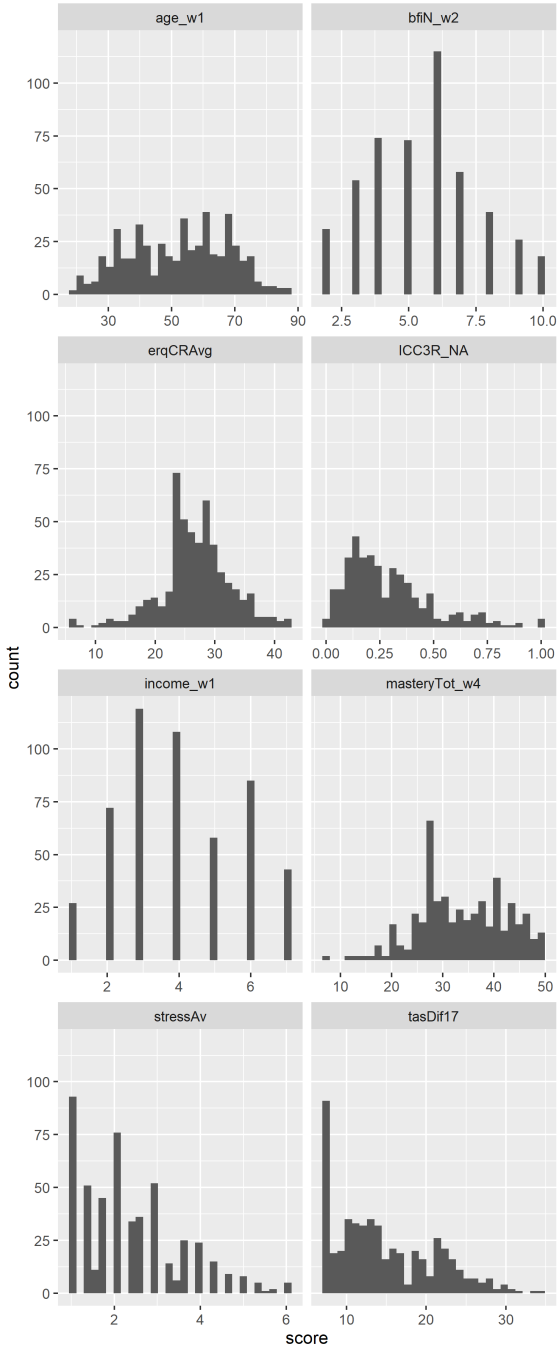


Table S4a

Frequency Counts for Categorical Moderator Variables: Age Terciles

Age tercile group	Wave 7	Wave 8
Young	254	169
Middle	244	164
Older	254	179

Table S4b

Frequency Counts for Categorical Moderator Variables: Cognitive Reflection Task

CRT response	Wave 7	Wave 8
Correct	184	121
Incorrect	568	391