

## Supplementary Materials

### Measure Items

**Negative affect.** Mothers read each of the following words and responded on a scale from 1 (not at all) to 7 (very) to indicate how strongly they felt that affect in the present moment:

- Tense
- Anxious
- Guilty
- Irritable
- Easily distracted

**Depression symptoms.** Mothers were prompted to “think about today” and on a scale from 0 (very slightly or not at all) to 4 (extremely) rate the extent to which they had felt:

- Little interest or pleasure in doing things
- Down, depressed, or hopeless

**Anxiety symptoms.** Mothers were prompted to “think about today” and on a scale from 0 (very slightly or not at all) to 4 (extremely) rate the extent to which they had felt:

- Feeling nervous, anxious, or on edge
- Not being able to stop or control worrying

### Pearson Correlations Between Predictor Variables Using Pairwise Observations

	crying 10 minutes	crying 1 hour	crying 8 hours
crying 10 minutes			
crying 1 hour	0.58		
crying 8 hours	0.32	0.52	

\* all significant at  $p < .001$

## Full Regression Tables

### Negative Affect

1. summary(lmm.1 <- lmer(NA. ~ norLenaCry.10.wpc + norLenaCry.10.mean + Weeks + First.time.mom + Education + (1 | P), data = data))

	Estimate	SE	df	t value	p value	
(Intercept)	3.55	0.70	36.75	5.095	0.000	***
10 minutes crying (within-person variation)	0.36	0.09	470.80	3.851	0.000	***
10 minutes crying (person mean-centered)	-0.18	1.21	36.59	-0.147	0.884	
Weeks	-0.01	0.01	36.94	-1.135	0.264	
First time mom	-0.09	0.21	36.81	-0.443	0.661	
Graduate School	-0.16	0.27	36.44	-0.568	0.574	
High School	-0.31	0.36	36.70	-0.871	0.389	
Some College	-0.17	0.29	36.79	-0.597	0.554	

2. summary(lmm.1 <- lmer(NA. ~ norLenaCry.1.wpc + norLenaCry.1.mean + Weeks + First.time.mom + Education + (1 | P), data = data))

	Estimate	SE	df	t value	p value	
(Intercept)	3.27	0.43	36.99	7.694	0.000	***
1 hour crying (within-person variation)	0.57	0.11	454.73	5.210	0.000	***
1 hour crying (person mean-centered)	1.46	1.16	36.61	1.259	0.216	
Weeks	-0.01	0.01	36.79	-1.238	0.224	
First time mom	-0.03	0.21	36.86	-0.154	0.879	
Graduate School	-0.21	0.26	36.40	-0.798	0.430	
High School	-0.27	0.34	36.96	-0.791	0.434	
Some College	-0.19	0.27	36.74	-0.705	0.485	

3. summary(lmm.1 <- lmer(NA. ~ norLenaCry.8.wpc + norLenaCry.8.mean + Weeks + First.time.mom + Education + (1 | P), data = data))

	Estimate	SE	df	t value	p value	
(Intercept)	3.48	0.68	36.16	5.081	0.000	***
8 hours crying (within-person variation)	0.06	0.02	410.40	2.744	0.006	**
8 hours crying (person mean-centered)	0.03	0.17	35.99	0.179	0.859	
Weeks	-0.01	0.01	37.92	-0.981	0.333	

First time mom	-0.13	0.20	36.39	-0.631	0.532
Graduate School	-0.12	0.27	36.26	-0.433	0.667
High School	-0.34	0.35	36.60	-0.966	0.340
Some College	-0.18	0.27	36.63	-0.649	0.520

### Depression Symptoms

1. `summary(lmm.1 <- lmer(Depression ~ norLenaCry.10.wpc + norLenaCry.10.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value	
(Intercept)	1.30	0.41	39.90	3.183	0.003	**
10 minutes crying (within-person variation)	0.21	0.21	96.94	0.992	0.323	
10 minutes crying (person mean-centered)	0.03	0.69	37.11	0.045	0.964	
Weeks	-0.01	0.01	31.75	-0.942	0.353	
First time mom	0.04	0.12	31.47	0.342	0.734	
Graduate School	0.03	0.15	30.41	0.173	0.863	
High School	0.23	0.21	35.67	1.069	0.292	
Some College	0.26	0.15	29.61	1.725	0.095	.

2. `summary(lmm.1 <- lmer(Depression ~ norLenaCry.1.wpc + norLenaCry.1.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value	
(Intercept)	1.07	0.24	36.12	4.430	0.000	***
1 hour crying (within-person variation)	0.26	0.22	94.43	1.164	0.248	
1 hour crying (person mean-centered)	0.58	0.65	35.93	0.879	0.385	
Weeks	-0.01	0.01	32.62	-0.982	0.333	
First time mom	0.08	0.12	32.29	0.697	0.491	
Graduate School	0.05	0.14	31.09	0.377	0.709	
High School	0.29	0.21	40.79	1.382	0.174	
Some College	0.28	0.15	30.61	1.870	0.071	.

3. `summary(lmm.1 <- lmer(Depression ~ norLenaCry.8.wpc + norLenaCry.8.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value
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(Intercept)	1.05	0.43	27.98	2.473	0.020	*
8 hours crying (within-person variation)	0.16	0.07	35.39	2.314	0.027	*
8 hours crying (person mean-centered)	0.04	0.11	27.73	0.379	0.708	
Weeks	-0.01	0.01	25.61	-1.020	0.317	
First time mom	-0.08	0.14	26.21	-0.545	0.591	
Graduate School	0.01	0.17	25.78	0.045	0.965	
High School	0.04	0.27	27.64	0.149	0.883	
Some College	0.45	0.17	25.94	2.599	0.015	*

4. summary(lmm.1 <- lmer(Little.interest.or.pleasure.in.doing.things ~ norLenaCry.8.wpc + norLenaCry.8.mean + Weeks + First.time.mom + Education + (1 | P), data = data))

	Estimate	SE	df	t value	p value	
(Intercept)	1.07	0.25	25.38	4.366	0.000	***
8 hours crying (within-person variation)	0.12	0.05	46.02	2.389	0.021	*
8 hours crying (person mean-centered)	-0.01	0.06	24.20	-0.212	0.834	
Weeks	0.00	0.00	20.10	-0.781	0.444	
First time mom	-0.09	0.08	21.22	-1.097	0.285	
Graduate School	0.04	0.097	21.19	0.384	0.705	
High School	0.15	0.155	21.45	0.995	0.331	
Some College	0.28	0.10	20.45	2.839	0.010	*

5. summary(lmm.1 <- lmer(Down.depressed.or.hopeless ~ norLenaCry.8.wpc + norLenaCry.8.mean + Weeks + First.time.mom + Education + (1 | P), data = data))

	Estimate	SE	df	t value	p value	
(Intercept)	0.96	0.32	28.01	3.005	0.006	**
8 hours crying (within-person variation)	0.03	0.04	30.21	0.592	0.558	
8 hours crying (person mean-centered)	0.07	0.08	27.90	0.858	0.398	
Weeks	-0.01	0.01	26.52	-0.980	0.336	
First time mom	0.00	0.11	26.91	-0.003	0.998	
Graduate School	-0.02	0.13	26.55	-0.122	0.904	
High School	-0.08	0.21	27.99	-0.410	0.685	
Some College	0.23	0.13	26.74	1.758	0.090	.

## Anxiety Symptoms

1. `summary(lmm.1 <- lmer(Anxiety ~ norLenaCry.10.wpc + norLenaCry.10.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value	
(Intercept)	1.41	0.55	40.38	2.580	0.014	*
10 minutes crying (within-person variation)	-0.03	0.20	85.29	-0.150	0.881	
10 minutes crying (person mean-centered)	-0.05	0.94	39.11	-0.057	0.955	
Weeks	0.00	0.01	35.98	0.298	0.767	
First time mom	0.02	0.16	36.18	0.131	0.896	
Graduate School	-0.16	0.21	35.58	-0.788	0.436	
High School	0.03	0.29	38.06	0.105	0.917	
Some College	0.15	0.21	35.12	0.723	0.475	

2. `summary(lmm.1 <- lmer(Anxiety ~ norLenaCry.1.wpc + norLenaCry.1.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value	
(Intercept)	1.07	0.34	37.46	3.131	0.003	**
1 hour crying (within-person variation)	0.06	0.23	80.40	0.255	0.800	
1 hour crying (person mean-centered)	1.34	0.92	37.92	1.456	0.154	
Weeks	0.00	0.01	35.86	0.294	0.770	
First time mom	0.06	0.17	35.47	0.362	0.719	
Graduate School	-0.17	0.21	35.22	-0.844	0.405	
High School	0.12	0.29	39.36	0.397	0.694	
Some College	0.17	0.21	34.71	0.797	0.431	

3. `summary(lmm.1 <- lmer(Anxiety ~ norLenaCry.8.wpc + norLenaCry.8.mean + Weeks + First.time.mom + Education + (1 | P), data = data))`

	Estimate	SE	df	t value	p value	
(Intercept)	1.07	0.56	29.03	1.919	0.065	.
8 hours crying (within-person variation)	0.09	0.08	31.53	1.208	0.236	
8 hours crying (person mean-centered)	0.08	0.14	28.92	0.552	0.585	
Weeks	0.00	0.01	27.51	0.073	0.942	
First time mom	0.02	0.18	27.90	0.116	0.908	

Graduate School	-0.09	0.23	27.55	-0.395	0.696
High School	-0.05	0.36	29.00	-0.154	0.879
Some College	0.36	0.23	27.73	1.588	0.124