Online Supplement

1. Random Intercept Cross-Lagged Panel Model (final model): Code

variable: names = PATNO WAI_C_R1-WAI_C_R5 WAI_C_A1-WAI_C_A5 WAI_C1-WAI_C5 BDI1-BDI5 ; missing = .; usevar= WAI_C1-WAI_C4 BDI1-BDI5 ; output: modindices(5) STDYX cinterval; model:

! Random intercepts RI_WAI_C BY WAI_C1-WAI_C4@1; RI_BDI BY BDI1-BDI5@1;

> ! Within-person variables wWAI_C1 BY WAI_C1@1; wWAI_C2 BY WAI_C2@1; wWAI_C3 BY WAI_C3@1; wWAI_C4 BY WAI_C4@1;

wBDI1 BY BDI1@1; wBDI2 BY BDI2@1; wBDI3 BY BDI3@1; wBDI4 BY BDI4@1; wBDI5 BY BDI5@1;

! Constrain the measurement error variances to zero WAI_C1-BDI5@0;

! Autoregressions wWAI_C2-wWAI_C4 pon wWAI_C1-wWAI_C3 (A); wBDI2-wBDI5 pon wBDI1-wBDI4 (B);

!Cross-lagged effects

wWAI_C1-wWAI_C4 pon wBDI1-wBDI4 (C); wBDI2-wBDI5 pon wWAI_C1-wWAI_C4 (D);

! Covariances wWAI_C1 WITH wBDI1; wWAI_C2-wWAI_C4 pwith wBDI2-wBDI4 (E);

! Fix the correlation between exogenous vars to zero RI_WAI_C WITH wWAI_C1@0 wBDI1@0; RI_BDI WITH wWAI_C1@0 wBDI1@0;

!Constrain the means of WAI to be equal [WAI_C1 WAI_C2 WAI_C3 WAI_C4] (F);

2. Latent Curve Model with Structured Residuals: Code

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variable: names = PATNO WAI_C_R1-WAI_C_R5 WAI_C_A1-WAI_C_A5 WAI_C1-
WAI_C5 BDI1-BDI5 ;
missing = .;
usevar= WAI_C1-WAI_C4 BDI1-BDI5;
output: STDYX modindices(5) cinterval;
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model: ! Random intercepts RI_WAI_C BY WAI_C1-WAI_C4@1; RI_BDI BY BDI1-BDI5@1;

!Trends

SLOPE_W BY WAI_C1@0; SLOPE_W BY WAI_C2@1; SLOPE_W BY WAI_C3@2; SLOPE_W BY WAI_C4@3;

SLOPE_B BY BDI1@0; SLOPE_B BY BDI2@1; SLOPE_B BY BDI3@2; SLOPE_B BY BDI4@3; SLOPE_B BY BDI5@4;

```
! Within-person variables
wWAI_C1 BY WAI_C1@1;
wWAI_C2 BY WAI_C2@1;
wWAI_C3 BY WAI_C3@1;
wWAI_C4 BY WAI_C4@1;
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wBDI1 BY BDI1@1; wBDI2 BY BDI2@1; wBDI3 BY BDI3@1; wBDI4 BY BDI4@1; wBDI5 BY BDI5@1;

! Constrain the measurement error variances to zero WAI_C1-BDI5@0;

! Autoregressions wWAI_C2-wWAI_C4 pon wWAI_C1-wWAI_C3 (A); wBDI2-wBDI5 pon wBDI1-wBDI4 (B);

!Cross-lagged effects
wWAI_C1-wWAI_C4 pon wBDI1-wBDI4 (C);
wBDI2-wBDI5 pon wWAI_C1-wWAI_C4 (D);

! Covariances wWAI_C1 WITH wBDI1; wWAI_C2-wWAI_C4 pwith wBDI2-wBDI4 (E);

! Fix the correlation between exogenous vars to zero RI_WAI_C WITH wWAI_C1@0 wBDI1@0; RI_BDI WITH wWAI_C1@0 wBDI1@0;

!fix the means of residuals to zero; [wWAI_C1-wWAI_C4@0]; [wBDI1-wBDI5@0];