

Supplemental Online Content

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eAppendix. Methods **eReferences**

This supplemental material has been provided by the authors to give readers additional information about their work.

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Methods

Measures

Overall attention function was assessed with the 10-item Attentional Function Index.¹ Attention regulation was assessed with three items from the Attention Regulation subscale of the Multidimensional Assessment of Interoceptive Awareness.² Common humanity was assessed with the 4-item subscale of the same name from the Piedmont Spiritual Transcendence Scale.³ Compassionate roommate goals were measured with the 9-item Compassionate Goals scale.⁴ Empathic concern (3-items) and perspective-taking (4-items) were assessed with the respective subscales from Interpersonal Reactivity Index.⁵ Healthy emotionality was assessed using the 24-item Emotional Styles Questionnaire.⁶ Mindfulness was assessed with a 24-item version of the Five Facet Mindfulness Questionnaire.⁷ Search for meaning was measured using the same named subscale of the Meaning in Life Questionnaire.⁸ Self-compassion was assessed with the 10-item Self-Compassion Short Form.⁹ Social awareness was assessed with the Social Awareness Index.¹⁰ Stress was assessed with a single item from the American College Health Questionnaire.¹¹ Sleep was assessed with five-items from the Pittsburgh Sleep Quality Index.¹²

Statistical Analyses

The MICE package¹³ in R was used to conduct multiple imputation by chained equations. All baseline variables included in Table 1 as well as follow-up outcomes (i.e., anxiety, depression

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and flourishing) were included in the procedure, along with group (PSM control, ASHF), race, gender, university and cohort. Maximum iteration was set to 5 with the seed set to 1988 for replicability. We examined the 50 imputed datasets for convergence and viability by plotting imputed distributions against the observed distributions, traceplots and checking value ranges. We then estimated a mixed effects model that regressed the outcome at follow-up onto group (PSM control, ASHF), gender (Woman, Man), race (African American, Asian/Pacific Islander, Hispanic, Middle Eastern combined; White), the following baseline variables with standardized group differences $\geq |0.10|$: attention function, attention regulation, mindfulness, healthy emotionality, living situation during the SARS-CoV-2 lockdown, perspective-taking, search for meaning, self-compassion, and stress; as well as baseline score on the outcome, with a random effect nesting participants within group, cohort (2018 or 2019), and university (a, b, or c; 12 level-2 clusters) to account for the hierarchal structure of our data. Results from the 50 models for each outcome were pooled according to Rubin's rules.

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