

Supplementary Materials for

**Behavioral Adjustment Moderates the Link between Neuroticism and
Biological Health Risk: A U.S.-Japan Comparison Study**

Table S1.

Regression coefficients in predicting each of the four biomarkers as a function of the interaction between (A) neuroticism and behavioral adjustment and (B) neuroticism and culture

A. Neuroticism x Behavioral Adjustment	<i>N</i>	Model 1			Model 2			Model 3		
		<i>B</i>	<i>SE B</i>	<i>P</i>	<i>B</i>	<i>SE B</i>	<i>P</i>	<i>B</i>	<i>SE B</i>	<i>P</i>
Interleukin-6	1285	-0.04	0.02	0.082	-0.01	0.01	0.229	-0.01	0.02	0.413
C-reactive protein	1282	-0.09	0.03	0.005	-0.09	0.03	0.006	-0.05	0.03	0.034
Systolic blood pressure	1290	-0.01	< 0.01	0.043	-0.01	< 0.01	0.083	< 0.01	< 0.01	0.262
Total/HDL cholesterol	1284	-0.02	0.01	0.077	-0.02	0.01	0.071	-0.01	0.01	0.160
B. Neuroticism x Culture		Model 1			Model 2			Model 3		
		<i>B</i>	<i>SE B</i>	<i>P</i>	<i>B</i>	<i>SE B</i>	<i>P</i>	<i>B</i>	<i>SE B</i>	<i>P</i>
Interleukin-6	1291	-0.06	0.04	0.113	-0.03	0.03	0.375	-0.02	0.03	0.529
C-reactive protein	1288	-0.09	0.05	0.095	-0.06	0.05	0.243	-0.04	0.05	0.336
Systolic blood pressure	1297	-0.02	0.01	0.018	-0.01	0.01	0.044	-0.01	0.01	0.061
Total/HDL cholesterol	1290	-0.01	0.02	0.439	-0.03	0.02	0.068	-0.02	0.01	0.087

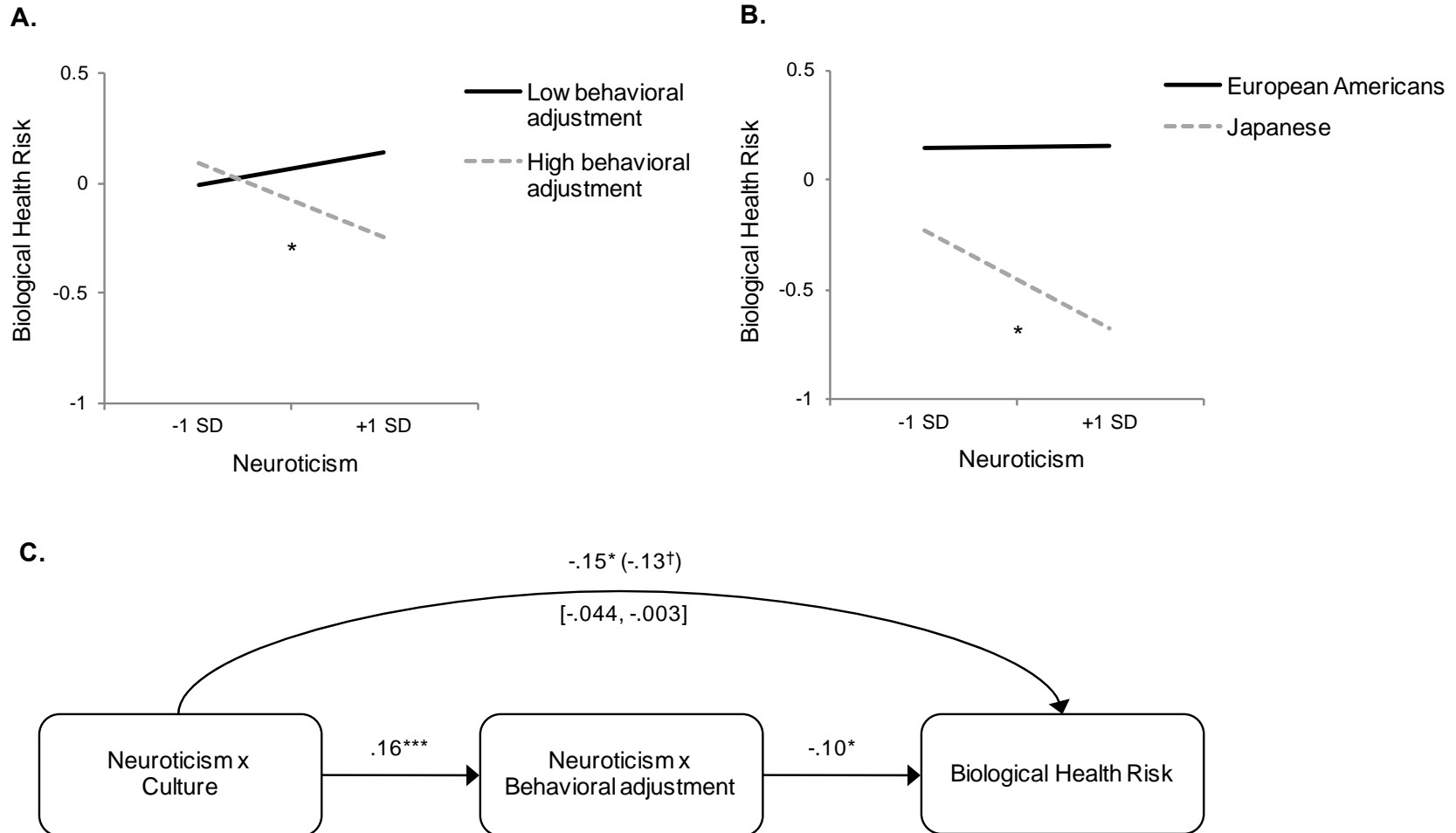


Figure S1. The relationship between neuroticism and biological health risk (defined by inflammation and cardiovascular malfunction). (A) Neuroticism x Behavioral adjustment interaction. (B) Neuroticism x Culture interaction. (C) Mediation analysis demonstrating that the Neuroticism x Culture interaction effect on biological health risk is mediated by the Neuroticism x Behavioral adjustment interaction. Neuroticism was assessed with three items, worrying, nervous, and irritable. Demographic variables, health conditions, and health behaviors are controlled. † $p \leq .10$, * $p \leq .05$, *** $p \leq .001$.

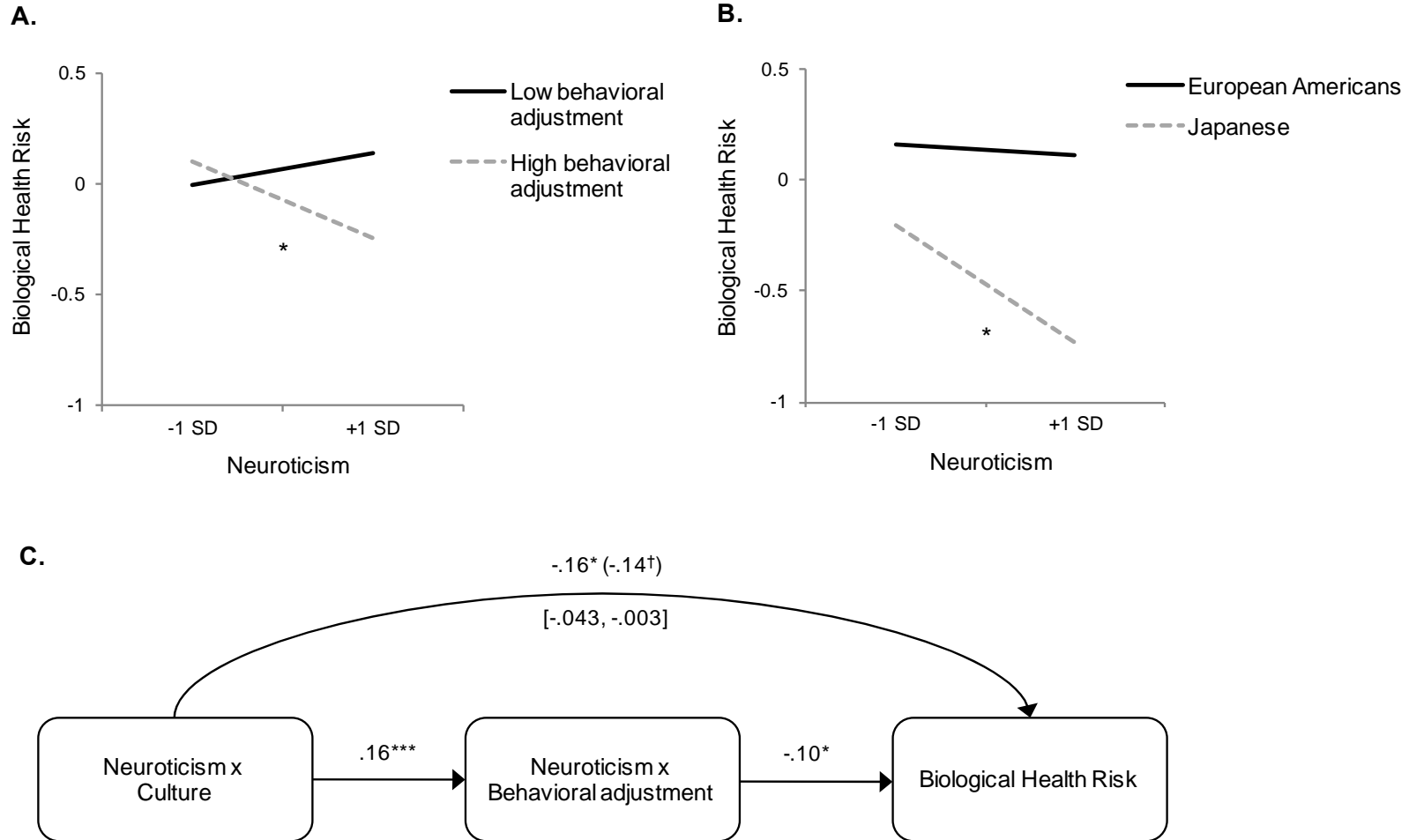


Figure S2. The relationship between neuroticism and biological health risk (defined by inflammation and cardiovascular malfunction). (A) Neuroticism x Behavioral adjustment interaction. (B) Neuroticism x Culture interaction. (C) Mediation analysis demonstrating that the Neuroticism x Culture interaction effect on biological health risk is mediated by the Neuroticism x Behavioral adjustment interaction. Demographic variables, health conditions, health behaviors, negative affect, and anger expression are controlled. † $p \leq .10$, * $p \leq .05$, *** $p \leq .001$.

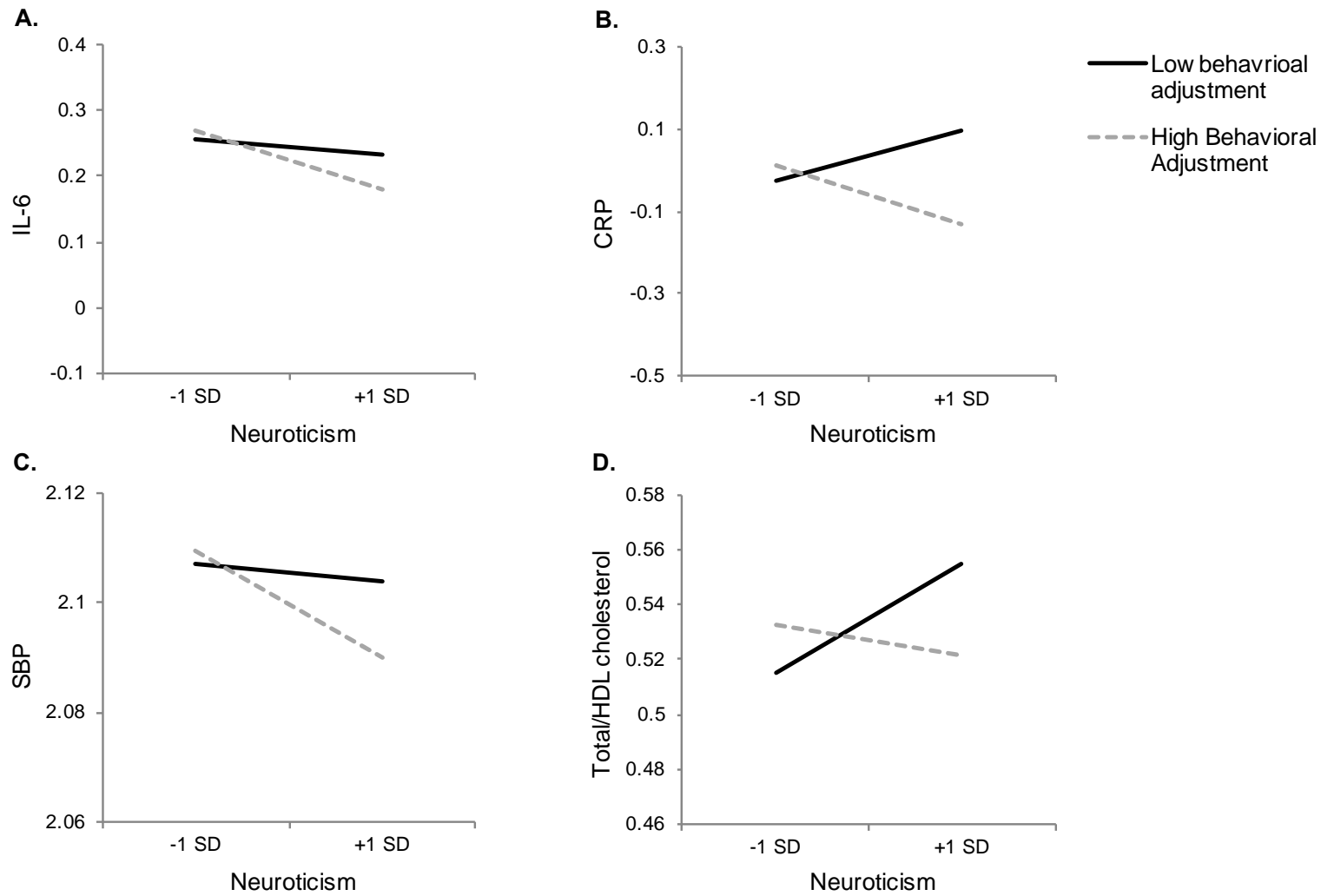


Figure S3. Each of the four biomarkers (IL-6, CRP, SBP and Total/HDL cholesterol) constituting the measure of biological health risk as a function of high (versus low) behavioral adjustment. Demographic variables, health behaviors, and health status are controlled.

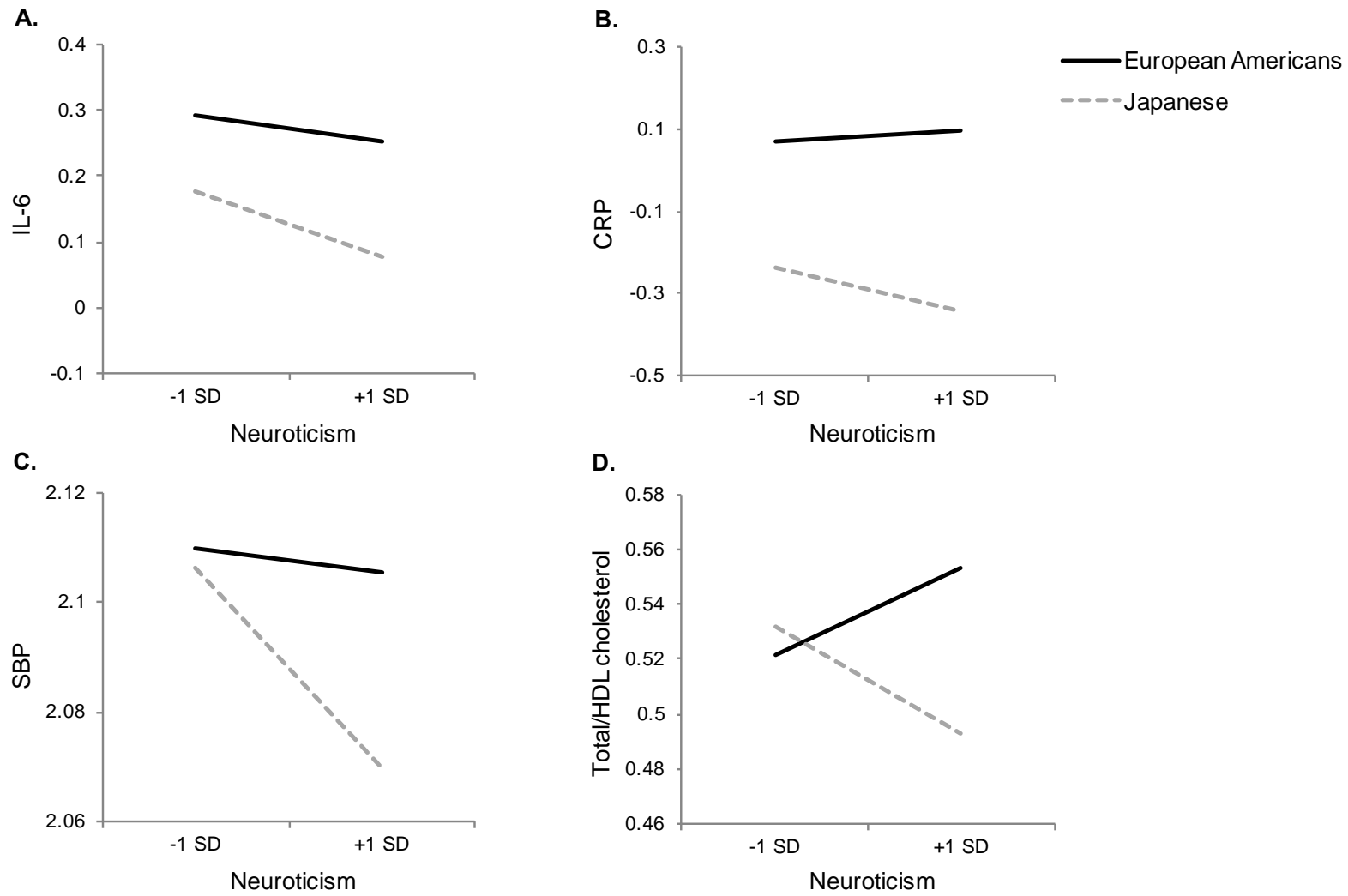


Figure S4. Each of the four biomarkers (IL-6, CRP, SBP and Total/HDL cholesterol) constituting the measure of biological health risk (BHR) as a function of neuroticism for European Americans (solid line) and Japanese (dotted line). Demographic variables, health behaviors, and health status are controlled.