Supplementary Table 1: Description of precursors to social resources at mid-life

Measure	Respondent	Description of measure	Age (years)
Child factors			
Gender	Parent	0=Male (51.4%), 1=Female (48.6%)	Birth
Reading	Cohort member	Assessed using the Southgate Reading Test, including a 30-item test of word recognition and comprehension. M (sd) = 23.43 (7.07)	7
Cognitive ability	Cohort member	Assessed using the General Ability Test, including 80 items assessing verbal and non-verbal skills. M (sd) = 43.27 (15.9)	11
Internalising problems	Parent	Assessed using 3 items from the Rutter A2 scales. M (sd) = 1.38 (1.31)	7
Externalising problems	Parent	Assessed using 6 items from the Rutter A2 scales. M (sd) = 2.98 (2.21)	7
Personality	Teacher	Personality traits or behaviours assessed using a Likert-type scale from 1 to 5 for the following: a) Cautious/Impulsive M (sd) = 2.78 (0.92) b) Even-tempered / Moody M (sd) = 2.50 (1.22) c) Timid/ Aggressive M (sd) = 2.95 (0.78) d) Flexible/Rigid M (sd) = 2.80 (0.80) e) Sociable/ Withdrawn M (sd) = 2.40 (1.04) f) Hard-working / Lazy M (sd) = 2.76 (1.23)	16
Has a disability	Parent	Child is handicapped or disabled (7.6%). 0=No, 1=Yes.	16
Social resources in childhood			
Child sees friends outside school	Parent	Child sees other children outside the household, excluding going to and from, and in school (66.8%). 0=not at all, very little or quite often, 1=most days or every day.	11
Child does not get on well with both parents	Cohort member	Child does not get on well with both parents (12.0%), derived from responses to: 'I get on well with my mother' and 'I get on well with my father'. 0=very true or true for at least one parent, 1=untrue or very untrue for both parents.	16
Arguments with parents	Parent	Parent and child sometimes or often (as opposed to hardly) argue about at least 4 of the following topics (10.9%): choice of friends of the same sex and opposite sex, dress or hair style, late nights and bedtime, places visited in own time, whether homework is done, child smoking and child drinking. 0=0-3 topics, 1=4 or more topics.	16
Goes to discos or parties	Cohort member	Child often goes to discos or parties (46.2%), derived from responses to how often he/she: a) dances at dance halls, discos etc., and, b) goes to parties in friends' homes. 0= no opportunity to go, hardly ever or sometimes goes to discos and parties, 1=often goes to either discos or parties.	16
Family environment			
Child not living with both parents	Parent	Derived variable identifying children who live with neither or one parent at ages 7, 11 and 16 (14.6%). 0=both parents, 1=neither or one parent.	7, 11 & 16
Child is/has been in care	Parent	Child is or has been in the care of a Local Authority (3.2%). 0=never in care, 1=in the past only or now in care.	16
Higher parental social class	Parent	Father's occupation is non-manual (19.8%), identified using the Registrar General's Social Classes index. 0=Unskilled, partly-skilled, skilled non-manual and manual occupations, 1= managerial, technical and professional occupations.	7 & 11

Family difficulties	Parent	At least 2 difficulties faced by the family (10.1%), including: housing, financial, physical illness or disability, mental illness or neurosis, mental sub-normality, death of child's father, death of child's mother, divorce, separation or desertion, domestic tension, 'in-law' conflicts, unemployment, alcoholism or any other serious difficulties affecting the child's development. 0=0-1 difficulties, 1=2 or more difficulties.	7
Psychopathology in adulthood			
Psychological distress	Cohort member	Assessed using the 9-item Malaise Inventory M (sd) = 0.99 (1.54).	33
Socioeconomic factors			
Higher education level	Cohort member	Stayed in education beyond A-level (26.0%). 0=A-levels or below, including those with no qualifications, 1=Higher qualifications, including those with a degree.	33
Higher social class	Cohort member	Identified using the Registrar General's Social Classes index, classifying occupations as 1=professional (4.8%), 2=Managerial/ technical (36.7%), 3=skilled non-manual (21.5%), 4=skilled manual (20.9%), partly skilled (12.6%) and unskilled (3.5%).	42
Property ownership	Cohort member	Owns a property (78.9%). 0=Rent-free, renting or other, 1=Owns outright or with a mortgage.	33
Ever unemployed	Cohort member	Unemployed and seeking work for any period of a month or more between the ages of 23 and 33 (22.8%). 0=No, 1=Yes.	33
Social resources in adulthood			
Often volunteers	Cohort member	Volunteered in the past 12 months (23.7%). 0=No, 1=Yes.	23
Social support	Cohort member	Has four possible people (family, friends or others) to turn to for help and advice regarding: a) domestic (e.g. help with shopping) (38.4%) b) financial (e.g. borrow money) (21.0%) c) household (28.3%) d) personal (e.g. advice about an important life change (50.8%) e) confiding (e.g. upset with spouse or partner) (29.0%) f) emotional (e.g. feeling down or depressed) (33.9%)	33
Social difficulties	Cohort member	Assessed by selecting more negative statements regarding social relationships with others: a) 'I often find myself drawn into arguments with other people' (15.5%) b) 'I find that I cannot be too careful in dealing with other people' (33.0%) c) Does not get on well with other people (not very well or not at all well) (50.0%)	33
Often attends religious meetings	Cohort member	Attends religious services or meetings often (28.5%). 0=never or less often, 1=once a month or at least once a month.	33
Not married	Cohort member	Not married (29.2%). 0=Married – 1st marriage or re-married, 1=Single - never married, separated, divorced or widowed.	33

Supplementary Table 2: Group comparisons across levels of social resources for participants exposed to 1 or 2, or 3 or more stressful life events[a]

Number of stressful life events age 45	Mid-life outcomes	Social resources at age 45			Group comparisons			Group comparisons (adjusted for prior mental health)			N
		Poor	Typical	Rich	Typical vs Poor resources	Rich vs Poor resources	Rich vs Typical resources	Typical vs Poor resources	Rich vs Poor resources	Rich vs Typical resources	
		Mean (SD)			IRR (95% CI)			IRR (95% CI)			
	Affective symptoms (age 45)										
1-2		4.39 (5.28)	3.48 (4.67)	3.02 (4.22)	**0.73*** [0.64-0.82]**	**0.66*** [0.57-0.76]**	0.91[0.80-1.04]	**0.81** [0.72-0.92]**	**0.75*** [0.65-0.87]**	0.92 [0.81-1.06]	2537
3 or more		6.02 (6.12)	5.75 (5.73)	4.76 (5.25)	0.89 [0.75-1.05]	**0.70** [0.57-0.86]**	**0.79* [0.66-0.96]**	0.98 [0.84-1.15]	0.82# [0.68-1.00]	0.84# [0.69-1.01]	771
	Psychological distress (age 50)										
1-2		1.70 (1.95)	1.41 (1.88)	1.39 (1.88)	**0.77*** [0.68-0.87]**	**0.78** [0.67-0.90]**	1.01 [0.88-1.16]	**0.87* [0.77-0.98]**	0.89# [0.77-1.02]	1.02 [0.90-1.17]	2298
3 or more		2.00 (1.99)	2.10 (2.19)	1.66 (1.96)	1.00 [0.83-1.20]	**0.79* [0.62-1.00]**	**0.79* [0.63-0.99]**	1.10 [0.92-1.30]	0.91 [0.75-1.13]	0.84# [0.68-1.03]	675

[a] Analyses are adjusted for gender and social class. Weighted means, standard deviations and incidence rate ratios are reported. CI = confidence interval. Significant findings are in bold. * p<0.05, ** p<0.01, *** p<0.001, #=p<0.10.

Supplementary Table 3: Group comparisons across levels of social resources for participants exposed to 1 or 2, or 3 or more stressful life events, adjusted for partnership status[a]

Number of stressful life events age 45	Mid-life outcomes	Group comparisons			
		Typical vs Poor resources	Rich vs Poor resources	Rich vs Typical resources	N
		IRR (95% CI)			
	Affective symptoms (age 45)				
1-2		**0.74*** [0.66-0.84]**	**0.69*** [0.59-0.79]**	0.92 [0.81-1.05]	2525
3 or more		0.90 [0.76-1.07]	**0.72** [0.59-0.89]**	**0.80* [0.66-0.97]**	763
	Psychological distress (age 50)				
1-2		**0.78*** [0.69-0.88]**	**0.79** [0.69-0.92]**	1.02 [0.88-1.17]	2288
3 or more		1.01 [0.84-1.22]	0.80# [0.63-1.02]	**0.79* [0.63-0.99]**	669

[a] Analyses are adjusted for gender and social class. Weighted incidence rate ratios are reported. CI = confidence interval. Significant findings are in bold. * $p<0.05$, ** $p<0.01$, *** $p<0.001$, # = $p<0.07$