

**Table S1.** Full OLS estimates of self-esteem (n=1,252).

	(1)		(2)		(3)		(4)		
<b>Focal Variables</b>									
Black	.138	(.033)	***	.180	(.036)	***	.035	(.053)	.100 (.056)
GSS (scale)	-.020	(.003)	***	-.014	(.003)	***			
Low (reference)									
Middle						-.165	(.056)	**	-.132 (.053) *
High						-.496	(.062)	***	-.323 (.070) ***
<b>Interactions [Black ×...]</b>									
GSS (scale)	.012	(.004)	**	.011	(.004)	**			
Low (reference)									
Middle						.059	(.078)		.051 (.076)
High						.246	(.087)	**	.179 (.083) *
<b>Covariates</b>									
Age				.000	(.002)				-.001 (.002)
Female				.030	(.037)				.025 (.036)
Childhood financial hardship				-.029	(.023)				-.029 (.023)
Parental education				.000	(.010)				-.001 (.010)
Major life events				.008	(.005)				.008 (.005)
Lifetime psychiatric disorders				-.093	(.028)	**			-.100 (.028) ***
Married				-.021	(.039)				-.022 (.038)
Education				.004	(.008)				.005 (.008)
Financial resources				.078	(.027)	**			.075 (.028) **
Employed full-time				.189	(.073)	*			.214 (.075) **
Employed part-time				.043	(.100)				.062 (.099)
Retired				.175	(.089)				.183 (.088) *
Other employment status				.031	(.100)				.051 (.102)
Major discrimination				-.005	(.016)				-.006 (.016)
Daily discrimination				-.135	(.038)	**			-.134 (.038) **
Obese				-.020	(.040)				-.009 (.041)
Smoker				.085	(.054)				.062 (.052)
Heavy drinker				-.094	(.055)				-.119 (.055) *
Intercept	4.522	(.026)	***	4.659	(.202)	***	4.760	(.029)	*** 4.841 (.211) ***
Adjusted R-squared	.122			.198			.099		.187

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S2.** Full OLS estimates of John Henryism (n=1,252).

	(1)			(2)			(3)			(4)		
<b>Focal Variables</b>												
Black	1.782	(.315)	***	1.209	(.397)	**	.928	(.672)		.170	(.821)	
GSS (scale)	-.117	(.027)	***	-.097	(.030)	**						
Low (reference)												
Middle							-.597	(.510)		-.658	(.566)	
High							-3.036	(.639)	***	-2.654	(.753)	**
<b>Interactions [Black ×...]</b>												
GSS (scale)	.091	(.042)	*	.093	(.043)	*						
Low (reference)												
Middle							.965	(1.052)		1.276	(1.104)	
High							1.507	(.985)		1.517	(1.080)	
<b>Covariates</b>												
Age				-.013	(.021)					-.015	(.021)	
Female				.740	(.462)					.686	(.457)	
Childhood financial hardship				-.583	(.231)	*				-.579	(.235)	*
Parental education				-.083	(.091)					-.090	(.090)	
Major life events				.146	(.046)	**				.136	(.045)	**
Lifetime psychiatric disorders				-.902	(.312)	**				-.898	(.308)	**
Married				.103	(.544)					.135	(.527)	
Education				-.070	(.087)					-.066	(.085)	
Financial resources				.034	(.348)					-.049	(.352)	
Employed full-time				1.291	(.596)	*				1.416	(.603)	*
Employed part-time				.411	(.878)					.572	(.863)	
Retired				1.232	(1.154)					1.259	(1.175)	
Other employment status				-.195	(1.247)					-.071	(1.178)	
Major discrimination				.210	(.224)					.248	(.227)	
Daily discrimination				-.668	(.373)					-.608	(.372)	
Obese				-.001	(.390)					.080	(.389)	
Smoker				.958	(.505)					.829	(.503)	
Heavy drinker				-1.878	(.835)	*				-2.158	(.824)	**
Intercept	47.480	(.215)	***	50.330	(2.041)	***	48.770	(.384)	***	51.438	(2.172)	***
Adjusted R-squared	.051			.094			.054			.098		

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S3.** Full OLS estimates of depressive symptoms (n=1,252).

	(1)		(2)		(3)			(4)				
<b>Focal Variables</b>												
Black	.035	(.037)		-.007	(.034)		.115	(.054)	*	.066	(.048)	
GSS (scale)	.025	(.002)	***	.016	(.002)	***						
Low (reference)												
Middle							.190	(.037)	***	.143	(.040)	***
High							.582	(.048)	***	.362	(.053)	***
<b>Interactions [Black ×...]</b>												
GSS (scale)	-.011	(.003)	***	-.010	(.002)	***						
Low (reference)												
Middle							-.070	(.071)		-.074	(.062)	
High							-.176	(.081)	*	-.135	(.065)	*
<b>Covariates</b>												
Age				.001	(.001)					.001	(.001)	
Female				.074	(.033)	*				.079	(.033)	*
Childhood financial hardship				.008	(.016)					.008	(.017)	
Parental education				.014	(.006)	*				.015	(.007)	*
Major life events				.005	(.003)					.006	(.003)	
Lifetime psychiatric disorders				.123	(.017)	***				.132	(.017)	***
Married				.006	(.031)					.007	(.032)	
Education				.000	(.007)					-.001	(.007)	
Financial resources				-.057	(.026)	*				-.055	(.027)	*
Employed full-time				-.133	(.039)	**				-.165	(.042)	***
Employed part-time				-.061	(.055)					-.087	(.057)	
Retired				-.157	(.063)	*				-.167	(.069)	*
Other employment status				.083	(.062)					.055	(.066)	
Major discrimination				.011	(.014)					.012	(.014)	
Daily discrimination				.226	(.032)	***				.225	(.032)	***
Obese				-.013	(.028)					-.027	(.029)	
Smoker				.015	(.038)					.039	(.037)	
Heavy drinker				.034	(.046)					.066	(.046)	
Intercept	1.671	(.019)	***	1.012	(.143)	***	1.393	(.024)	***	.816	(.150)	***
Adjusted R-squared	.245			.448			.187			.428		

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S4.** Full OLS estimates of anxiety (n=1,252).

	(1)		(2)		(3)		(4)		
<b>Focal Variables</b>									
Black	-.109	(.050)	*	-.103	(.050)	*	.046	(.076)	.075 (.075)
GSS (scale)	.028	(.003)	***	.019	(.003)	***			
Low (reference)									
Middle							.348	(.058)	*** .255 (.055) ***
High							.717	(.070)	*** .460 (.069) ***
<b>Interactions [Black × ...]</b>									
GSS (scale)	-.014	(.004)	***	-.013	(.003)	***			
Low (reference)									
Middle							-.161	(.112)	-.195 (.100)
High							-.296	(.139)	* -.288 (.107) **
<b>Covariates</b>									
Age				-.006	(.002)	*			-.005 (.002) *
Female				.089	(.049)				.097 (.048) *
Childhood financial hardship				.003	(.025)				.003 (.026)
Parental education				.016	(.009)				.017 (.009) *
Major life events				.014	(.005)	**			.015 (.005) **
Lifetime psychiatric disorders				.163	(.022)	***			.174 (.023) ***
Married				.055	(.042)				.059 (.043)
Education				.023	(.009)	**			.022 (.008) **
Financial resources				-.077	(.035)	*			-.069 (.034) *
Employed full-time				-.066	(.058)				-.108 (.061)
Employed part-time				-.094	(.089)				-.119 (.086)
Retired				-.158	(.096)				-.170 (.097)
Other employment status				.190	(.107)				.164 (.112)
Major discrimination				-.020	(.016)				-.018 (.017)
Daily discrimination				.263	(.041)	***			.263 (.041) ***
Obese				-.030	(.047)				-.044 (.046)
Smoker				-.040	(.058)				-.010 (.059)
Heavy drinker				.064	(.073)				.101 (.081)
Intercept	1.933	(.025)	***	.997	(.217)	***	1.548	(.040)	*** .702 (.220) **
Adjusted R-squared	.156			.334			.130		.322

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S5.** Full OLS estimates of 12-hour urinary cortisol (n=1,252).

	(1)	(2)	(3)	(4)
<b>Focal Variables</b>				
Black	.110 (.054) *	.159 (.076) *	-.136 (.096)	-.085 (.141)
GSS (scale)	-.003 (.003)	-.002 (.004)		
Low (reference)				
Middle			.011 (.087)	-.014 (.085)
High			-.004 (.079)	.027 (.093)
<b>Interactions [Black x...]</b>				
GSS (scale)	.016 (.004) ***	.013 (.004) **		
Low (reference)				
Middle			.231 (.151)	.256 (.164)
High			.406 (.117) **	.379 (.129) **
<b>Covariates</b>				
Age		-.006 (.003)		-.006 (.004)
Female		-.207 (.056) ***		-.213 (.057) ***
Childhood financial hardship		-.047 (.034)		-.044 (.034)
Parental education		-.017 (.015)		-.017 (.015)
Major life events		.001 (.007)		.001 (.007)
Lifetime psychiatric disorders		-.068 (.034) *		-.074 (.034) *
Married		.008 (.069)		.008 (.069)
Education		-.010 (.011)		-.011 (.011)
Financial resources		.026 (.046)		.033 (.048)
Employed full-time		.141 (.089)		.135 (.089)
Employed part-time		.206 (.120)		.199 (.121)
Retired		.215 (.178)		.211 (.171)
Other employment status		.086 (.159)		.085 (.159)
Major discrimination		.006 (.026)		.008 (.025)
Daily discrimination		.070 (.053)		.070 (.054)
Obese		-.038 (.060)		-.046 (.060)
Smoker		-.059 (.081)		-.061 (.080)
Heavy drinker		-.112 (.113)		-.120 (.114)
12-hour urine collection end time		.000 (.000) ***		.000 (.000) ***
Takes blood pressure medications		-.308 (.074) ***		-.313 (.074) ***
Did not fast before collection		-.174 (.182)		-.114 (.191)
Intercept	1.993 (.034) ***	1.916 (.307) ***	1.992 (.057) ***	1.924 (.304) ***
Adjusted R-squared	.011	.096	.009	.097

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered. Cortisol is in logged ug/L.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S6.** Full OLS estimates of DHEAS (n=1,252).

	(1)	(2)	(3)	(4)
<b>Focal Variables</b>				
Black	-.162 (.052) **	-.170 (.044) ***	.008 (.090)	-.021 (.069)
GSS (scale)	.001 (.003)	.000 (.002)		
Low (reference)				
Middle			.225 (.084) **	.028 (.066)
High			.113 (.092)	-.024 (.076)
<b>Interactions [Black x...]</b>				
GSS (scale)	.000 (.004)	-.002 (.003)		
Low (reference)				
Middle			-.254 (.130)	-.197 (.097) *
High			-.197 (.150)	-.179 (.089) *
<b>Covariates</b>				
Age		-.027 (.002) ***		-.027 (.002) ***
Female		-.530 (.044) ***		-.526 (.044) ***
Childhood financial hardship		-.021 (.027)		-.022 (.027)
Parental education		.002 (.010)		.002 (.010)
Major life events		-.004 (.004)		-.004 (.004)
Lifetime psychiatric disorders		.007 (.023)		.010 (.023)
Married		-.015 (.047)		-.015 (.046)
Education		-.008 (.011)		-.008 (.011)
Financial resources		.000 (.034)		-.003 (.034)
Employed full-time		.164 (.072) *		.162 (.071) *
Employed part-time		.189 (.092) *		.192 (.092) *
Retired		-.140 (.128)		-.145 (.128)
Other employment status		.041 (.124)		.042 (.125)
Major discrimination		-.019 (.017)		-.019 (.017)
Daily discrimination		.011 (.040)		.014 (.040)
Obese		.099 (.043) *		.102 (.043) *
Smoker		.089 (.053)		.088 (.053)
Heavy drinker		.176 (.073) *		.181 (.072) *
Collection time		.000 (.000)		.000 (.000) *
Takes blood pressure medications		-.048 (.049)		-.047 (.049)
Did not fast before collection		.073 (.138)		.052 (.136)
Intercept	4.788 (.033) ***	6.083 (.270) ***	4.663 (.064) ***	6.064 (.292) ***
Adjusted R-squared	.007	.403	.018	.405

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered. DHEAS is in logged ug/dL.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

Table S7. Full OLS estimates of cortisol:DHEAS ratio (n=1,252).

	(1)		(2)		(3)		(4)					
<b>Focal Variables</b>												
Black	.271	(.065)	***	.332	(.077)	***	-.140	(.146)	-.051	(.150)		
GSS (scale)	-.004	(.005)		-.001	(.004)							
Low (reference)												
Middle						-.214	(.125)		-.036	(.112)		
High						-.117	(.125)		.052	(.123)		
<b>Interactions [Black x...]</b>												
GSS (scale)	.016	(.005)	**	.015	(.005)	**						
Low (reference)												
Middle						.478	(.171)	**	.434	(.167)	*	
High						.596	(.205)	**	.552	(.171)	**	
<b>Covariates</b>												
Age				.021	(.004)	***			.022	(.004)	***	
Female				.321	(.070)	***			.311	(.071)	***	
Childhood financial hardship				-.028	(.039)				-.025	(.040)		
Parental education				-.018	(.017)				-.019	(.017)		
Major life events				.005	(.008)				.004	(.008)		
Lifetime psychiatric disorders				-.076	(.041)				-.086	(.041)	*	
Married				.019	(.079)				.018	(.079)		
Education				-.004	(.014)				-.004	(.014)		
Financial resources				.030	(.055)				.039	(.058)		
Employed full-time				-.012	(.113)				-.017	(.112)		
Employed part-time				.023	(.155)				.012	(.154)		
Retired				.362	(.244)				.362	(.236)		
Other employment status				.034	(.157)				.032	(.156)		
Major discrimination				.023	(.032)				.025	(.031)		
Daily discrimination				.062	(.064)				.058	(.064)		
Obese				-.142	(.072)				-.152	(.072)	*	
Smoker				-.151	(.095)				-.151	(.093)		
Heavy drinker				-.290	(.128)	*			-.302	(.129)	*	
12-hour urine collection end time				.000	(.000)	***			.000	(.000)	***	
Takes blood pressure medications				-.265	(.085)	**			-.271	(.085)	**	
Did not fast before collection				-.293	(.183)				-.215	(.192)		
Intercept	-2.795	(.043)	***	-4.254	(.376)	***	-2.671	(.087)	***	-4.232	(.395)	***
Adjusted R-squared	.018			.154			.024		.160			

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered. Cortisol:DHEAS ratio is in natural logarithmic form.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S8.** Full OLS estimates of systolic blood pressure (n=1,252).

	(1)	(2)	(3)	(4)
<b>Focal Variables</b>				
Black	5.960 (1.301)	3.234 (1.098) **	4.605 (2.319) *	.138 (2.029)
GSS (scale)	.081 (.053)	.041 (.056)		
Low (reference)				
Middle			-3.082 (1.595)	-1.854 (1.398)
High			.142 (1.681)	-.509 (1.587)
<b>Interactions [Black ×...]</b>				
GSS (scale)	-.125 (.075)	-.024 (.073)		
Low (reference)				
Middle			2.393 (2.279)	3.540 (2.233)
High			1.121 (2.431)	4.254 (2.428) †
<b>Covariates</b>				
Age		.232 (.046) ***		.230 (.046) ***
Female		-4.206 (1.014) ***		-4.298 (1.027) ***
Childhood financial hardship		-.695 (.553)		-.719 (.554)
Parental education		-.255 (.184)		-.271 (.184)
Major life events		.030 (.102)		.037 (.102)
Lifetime psychiatric disorders		-.620 (.495)		-.585 (.484)
Married		1.304 (1.086)		1.257 (1.078)
Education		-.345 (.166) *		-.349 (.172) *
Financial resources		-.975 (.811)		-1.143 (.842)
Employed full-time		-.148 (1.646)		-.082 (1.655)
Employed part-time		.476 (1.974)		.325 (1.964)
Retired		1.955 (2.736)		2.068 (2.699)
Other employment status		-2.808 (2.546)		-3.041 (2.528)
Major discrimination		-.085 (.370)		-.129 (.362)
Daily discrimination		.416 (.981)		.332 (.997)
Obese		5.517 (1.038) ***		5.433 (1.048) ***
Smoker		.726 (1.211)		.746 (1.216)
Heavy drinker		3.056 (1.891)		3.146 (1.850)
Takes blood pressure medications		4.950 (1.251) ***		4.929 (1.244) ***
Did not fast before collection		-4.047 (3.527)		-3.761 (3.390)
Intercept	119.865 (.660)	115.534 (4.635) ***	120.965 (1.265) ***	116.950 (4.774) ***
Adjusted R-squared	.038	.234	.044	.237

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

† $p < .10$ , \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).



**Table S9.** Full OLS estimates of diastolic blood pressure (n=1,252).

	(1)		(2)		(3)		(4)		
<b>Focal Variables</b>									
Black	3.686	(.746)	***	2.020	(.835)	*	2.440	(1.076)	*
GSS (scale)	.055	(.038)		.018	(.039)				
Low (reference)									
Middle						.262	(1.030)	.213	(.993)
High						1.181	(.960)	.069	(1.022)
<b>Interactions [Black × ...]</b>									
GSS (scale)	-.002	(.059)		.035	(.054)				
Low (reference)									
Middle						1.260	(1.583)	1.953	(1.601)
High						1.838	(1.477)	3.145	(1.521) *
<b>Covariates</b>									
Age				.005	(.030)			.009	(.031)
Female				-4.215	(.612)	***		-4.283	(.616) ***
Childhood financial hardship				-.380	(.350)			-.388	(.351)
Parental education				-.131	(.115)			-.136	(.115)
Major life events				-.056	(.071)			-.056	(.071)
Lifetime psychiatric disorders				-.055	(.366)			-.022	(.362)
Married				.623	(.701)			.649	(.697)
Education				-.116	(.112)			-.126	(.111)
Financial resources				-.423	(.541)			-.459	(.571)
Employed full-time				-.238	(.879)			-.325	(.870)
Employed part-time				-.278	(1.162)			-.329	(1.159)
Retired				-.898	(1.710)			-.814	(1.706)
Other employment status				-1.597	(1.609)			-1.689	(1.581)
Major discrimination				.771	(.314)	*		.784	(.304) *
Daily discrimination				.590	(.676)			.571	(.670)
Obese				3.829	(.633)	***		3.780	(.628) ***
Smoker				-.438	(.807)			-.420	(.799)
Heavy drinker				3.820	(1.250)	**		3.808	(1.229) **
Takes blood pressure medications				2.910	(.848)	**		2.895	(.842) **
Did not fast before collection				-4.211	(2.514)			-3.999	(2.329)
Intercept	76.522	(.426)	***	78.411	(3.078)	***	76.002	(.738)	***
Adjusted R-squared	.036			.194			.036		.196

Notes: Unstandardized coefficients are reported with robust standard errors in parentheses. All estimates adjust for post-stratification weighting and clustering at the census block group level. GSS=goal-striving stress. Scaled GSS scores are mean-centered.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$  (two-tailed).

**Table S10.** Distributional properties of stress hormone variables.

	Mean	SD	Min.	Max.	Skewness	Kurtosis	Kolmogorov-Smirnov	N
<b>Non-transformed</b>								
Cortisol (ug/L)	10.91	11.41	1.00	194.00	4.22	36.91	.17 ***	1,159
DHEAS (ug/dL)	149.18	105.47	15.00	868.00	1.71	8.01	.13 ***	1,140
Cortisol:DHEAS ratio	.12	.18	.00	2.56	6.26	63.42	.26 ***	1,090
<b>Log-transformed</b>								
Cortisol (ug/L)	2.03	.84	.00	5.27	.10	2.80	.03	1,159
DHEAS (ug/dL)	4.76	.74	2.71	6.77	-.37	2.76	.04 *	1,140
Cortisol:DHEAS ratio	-2.71	1.04	-5.85	.94	.12	3.04	.03	1,090

Note: Statistics were derived from non-imputed data.

\* $p < .05$ , \*\*\* $p < .001$ .

**Table S11.** Average marginal predictions of hormone levels by race and GSS grouping (n=1,252).

	Cortisol (ug/L)	DHEAS (ug/dL)	Cortisol:DHEAS ratio
White, low GSS	7.22	120.09	.06
White, middle GSS	7.12	123.51	.06
White, high GSS	7.42	117.88	.06
Black, low GSS	6.63	116.58	.06
Black, middle GSS	8.45	99.03	.09
Black, high GSS	9.96	95.47	.10

Notes: Estimates adjust for post-stratification weighting and clustering at the census block group level.

Covariates and biomarker controls are held at their respective means.