

Supplementary materials

Table S1. Correlations between variables (Pearson’s and Spearman’s coefficients); AGE/ Δ /ED/NA/PAT/NAT/PAS/NAS; (Δ – “Instability Coefficients”, ED – Emotion Dysregulation, NA – Negative Affect, PAT – Positive Affect of Trait, NAT – Negative Affect of Trait, PAS – Positive Affect of State, PAT – Positive Affect of State).

	AGE		AGE	
	Mean	SD	<i>r</i>	<i>p</i>
Δ ED	4.839	1.802	0.031	0.639
Δ strategies	2.176	1.535	0.049	0.450
Δ awareness	1.486	1.131	0.005	0.934
Δ impulse	2.022	1.224	0.030	0.650
Δ goals	1.684	1.282	-0.042	0.517
Δ clarity	2.043	1.364	0.111	0.089
ED	73.823	18.571	0.111	0.090
NA	36.53	13.15	-0.068	0.301
PAT	31.03	6.815	-0.090	0.166
NAT	18.62	6.777	-0.109	0.093
PAS	28.52	6.866	0.072	0.272
NAS	18.14	7.886	-0.002	0.976

Table S2. Differences between groups (Independent Samples T-Test). Gender groups: Gr. 1 - Females; Gr. 2 – Males.

	Females N = 189		Males N = 94		<i>t</i>	<i>p</i>
	Mean	SD	Mean	SD		
Δ ED	4.471	1.832	5.039	1.733	-1.196	0.233
Δ strategies	2.235	1.638	2.056	1.304	0.837	0.403
Δ awareness	1.439	1.074	1.579	1.240	-0.849	0.374
Δ impulse	1.967	1.216	2.135	1.239	-0.986	0.322
Δ goals	1.679	1.244	1.694	1.362	-0.084	0.931
Δ clarity	1.867	1.323	2.199	1.385	-2.815	0.009
ED	74.19	19.574	73.08	16.448	0.432	0.647
NA	36.70	13.584	36.18	12.300	0.283	0.770
PAT	31.25	6.086	30.59	8.120	0.632	0.487
NAT	18.85	6.805	18.15	6.038	0.740	0.458
PAS	29.33	6.250	26.83	7.766	2.451	0.016
NAS	17.96	7.870	18.50	7.961	-0.486	0.626

** . The difference is significant at the $p \leq 0.004$ level (Bonferroni adjusted *p*-value).

Table S3. Correlations between variables (Pearson’s and Spearman’s coefficients); Δ /ED; Δ /NA. Chronic Disease Group (N = 137); (Δ = “Instability Coefficients”; ED = Emotion Dysregulation; NA = Negative Affect).

	ED		NA	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Δ ED	-0.027	0.777	-0.206	0.030
Δ strategies	0.081	0.401	-0.100	0.298
Δ awareness	-0.058	0.544	-0.050	0.599

Δimpulse	0.075	0.435	-0.163	0.087
Δgoals	0.011	0.812	-0.071	0.460
Δclarity	-0.017	0.860	-0.152	0.112

** Correlation is significant at the 0.008 level (Bonferroni adjusted p -value).

Table S4. Correlations between variables (Pearson's coefficients); Δ /ED; Δ /NA; .Hypertension Group (N = 41); (Δ – "Instability Coefficients"; ED – Emotion Dysregulation; NA = Negative Affect).

	ED		NA	
	r	p	r	p
ΔED	0.090	0.625	0.237	0.192
Δstrategies	0.113	0.538	0.109	0.553
Δawareness	-0.071	0.700	0.096	0.602
Δimpulse	0.208	0.254	-0.001	0.894
Δgoals	0.013	0.942	-0.172	0.346
Δclarity	0.207	0.257	0.275	0.127

** Correlation is significant at the 0.008 level (Bonferroni adjusted p -value).