

Supplementary Materials

for

Lifetime and Perceived Stress, Social Support, Loneliness, and Health in Autistic Adults

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Supplementary item 1: Scale reliability analysis

Alpha coefficients (Cronbach's α) for each scale were calculated separately for the autistic (AU) group and non-autistic adult (NA) comparison group, and within these, for men and women separately. The STRAIN has no presumed underlying factor, so was exempt from this analysis. As our analysis used only the total scores for the UCLA Loneliness Scale and the Physical Health Questionnaire (PHQ), we did not examine the internal consistency of the subscales in these tests. (The Kessler 6-item Psychological Distress Inventory [K6], incidentally, only consists of a single factor.) We did, however, examine internal consistency for each subscale of the Interpersonal Support Evaluation List-12 (ISEL-12), as these were used as separate variables in our analysis. We did not use the ISEL-12 total score, but provide the alpha coefficient for transparency.

As can be seen below, internal consistency was generally strong for each measure, for each participant group. The one exception was for the tangible support subscale (ISEL-12) when assessed in the small NA male group (shown in red). This is unsurprising given the size of the group and not concerning, given that the relevant part of the analysis did not stratify the AU and NA groups by sex. The relevant reliability coefficient, that for the whole AU and the whole NA group, remained in the acceptable range (.720) for this subscale.

	<i>Non-autistic (NA) group</i>	<i>NA men</i>	<i>NA women</i>	<i>AU group</i>	<i>AU men</i>	<i>AU women</i>
UCLA Loneliness Scale: Total	.957	.958	.957	.937	.954	.929
Interpersonal Support Evaluation List-12 (ISEL-12): Total	.884	.830	.907	.897	.897	.898
Appraisal support	.785	.704	.821	.808	.786	.821
Belonging support	.790	.745	.813	.804	.793	.812
Tangible support	.720	.485	.810	.767	.807	.751

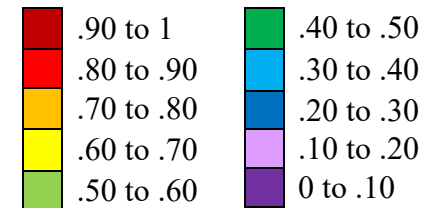
Physical Health Questionnaire (PHQ)	.829	.817	.832	.824	.858	.795
Kessler 6-Item Psychological Distress Inventory (K6)	.891	.895	.888	.845	.866	.842

Work: Exposure, <i>perceived severity</i>	1.52 (1.70, 0-7) 4.31 (4.46, 0-16)	1.66 (1.85, 0-6) 4.59 (4.91, 0-15)	1.43 (1.60, 0-7) 4.13 (4.17, 0-16)	2.67 (2.11, 0-8) 9.18 (6.02, 0-20)	3.05 (2.59, 0-8) 9.27 (6.84, 0-20)	2.51 (1.87, 0-8) 9.14 (5.69, 0-20)	.60 .92
Treatment/Health: Exposure, <i>perceived severity</i>	2.57 (2.45, 0-11) 7.30 (6.76, 0-28)	2.22 (2.21, 0-10) 6.51 (6.44, 0-28)	2.79 (2.59, 0-11) 7.81 (6.96, 0-27)	5.43 (3.43, 0-19) 16.62 (8.68, 0-45)	4.65 (3.10, 0-14) 14.30 (8.89, 0-38)	5.74 (3.52, 1-19) 17.58 (8.45, 3-45)	.96 1.20
Marital/partner: Exposure, <i>perceived severity</i>	2.13 (2.20, 0-13) 6.71 (5.77, 0-23)	2.15 (2.42, 0-12) 6.61 (6.02, 0-23)	2.11 (2.06, 0-9) 6.78 (5.65, 0-20)	3.95 (3.54, 0-16) 10.93 (6.84, 0-25)	3.97 (3.47, 0-14) 10.27 (7.40, 0-21)	3.94 (3.59, 0-16) 11.20 (6.62, 0-25)	.62 .67
Reproduction: Exposure, <i>perceived severity</i>	.14 (.40, 0-2) .50 (1.38, 0-5)	.02 (.16, 0-1) .12 (.78, 0-5)	.22 (.49, 0-2) .75 (1.62, 0-5)	.24 (.57, 0-3) .80 (1.96, 0-10)	.08 (.28, 0-1) .22 (.89, 0-5)	.30 (.64, 0-3) 1 (2.22, 0-10)	.20 .18
Financial: Exposure, <i>perceived severity</i>	1.05 (1.18, 0-6) 3.27 (3.21, 0-10)	.95 (1.26, 0-6) 2.80 (3.10, 0-10)	1.11 (1.12, 0-6) 3.57 (3.28, 0-10)	1.23 (1.38, 0-6) 3.76 (3.25, 0-10)	1.59 (1.91, 0-6) 4.08 (3.82, 0-10)	1.08 (1.07, 0-6) 3.62 (3.00, 0-10)	.14 .15
Legal/crime: Exposure, <i>perceived severity</i>	.15 (.57, 0-5) .39 (1.18, 0-5)	.34 (.85, 0-5) .80 (1.57, 0-5)	.03 (.18, 0-1) .13 (.73, 0-5)	.39 (.85, 0-6) 1.19 (2.17, 0-9)	.76 (1.23, 0-6) 1.78 (2.38, 0-9)	.23 (.58, 0-4) .94 (2.04, 0-9)	.33 .46
Other relationships: Exposure, <i>perceived severity</i>	3.07 (2.81, 0-15) 10.0 (7.77, 0-35)	3.46 (3.34, 0-15) 9.54 (7.46, 0-35)	2.81 (2.39, 0-9) 10.30 (8.02, 0-34)	5.39 (3.59, 0-15) 17.13 (9.40, 0-44)	4.27 (3.33, 0-12) 13.81 (8.41, 0-30)	5.84 (3.61, 0-15) 18.49 (9.09, 3-44)	.72 .83
Death: Exposure, <i>perceived severity</i>	2.65 (2.15, 0-7) 5.00 (4.03, 0-15)	2.39 (1.83, 0-7) 4.61 (3.64, 0-15)	2.83 (2.33, 0-7) 5.25 (4.27, 0-15)	2.85 (2.21, 0-7) 5.39 (4.17, 0-15)	3.23 (2.18, 0-7) 6.19 (4.11, 0-15)	2.69 (2.21, 0-7) 5.07 (4.18, 0-15)	.09 .10
Life-threatening situations: Exposure, <i>perceived severity</i>	1.64 (2.58, 0-16) 4.08 (5.06, 0-23)	1.95 (3.42, 0-16) 4.10 (5.57, 0-23)	1.44 (1.86, 0-9) 4.06 (4.74, 0-18)	4.63 (4.53, 0-19) 9.57 (7.36, 0-25)	5.00 (4.99, 0-19) 9.27 (6.93, 0-25)	4.48 (4.35, 0-18) 9.69 (7.57, 0-25)	.81 .87

Possessions: Exposure, <i>perceived severity</i>	.38 (1.04, 0-5) .60 (1.45, 0-5)	.41 (1.14, 0-5) .68 (1.54, 0-5)	.35 (.97, 0-5) .54 (1.40, 0-5)	.39 (.89, 0-5) .87 (1.71, 0-5)	.62 (1.19, 0-5) 1.19 (1.94, 0-5)	.30 (.73, 0-7) .73 (1.59, 0-15)	.01 .17
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Moderated mediation and moderation analyses used the following STRAIN variables, which are displayed using the same colour key for coefficient values. Participants are pooled. As before, CT reflects stressor count, the number or frequency of each type of stressor; S reflects perceived severity of that stressor type or category. A single asterisk (*) indicates correlations significant at $p < .05$; double asterisks indicate correlations significant at $p < .01$; triple asterisks indicate correlations significant at $p < .001$.

Key: correlation coefficients



Correlations between STRAIN variables: total stressor exposure and perception, and stressors categorised by social-psychological characteristics	Total stressors (CT)	Total stressors (S)	Interpersonal loss (CT)	Interpersonal loss (S)	Physical danger (CT)	Physical danger (S)	Humiliation (CT)	Humiliation (S)	Entrapment (CT)	Entrapment (S)	Role change/disruption (CT)	Role change/disruption (S)
Total stressors (CT)												
Total stressors (S)	***											
Interpersonal loss (CT)												
Interpersonal loss (S)			***									
Physical danger (CT)			***	***								
Physical danger (S)			***	***	***							

Humiliation (CT)		***	***	***	***								
Humiliation (S)		***	***	***	***	***							
Entrapment (CT)		***	***	***	***	***	***						
Entrapment (S)		***	***	***	***	***	***	***					
Role change/disruption (CT)		***	***	***	***	***	***	***	***				
Role change/disruption (S)		***	***	***	***	***	***	***	***	***			

Descriptive statistics for these variables are as follows. Averages are shown with SD in brackets and range in italics. Again, effect sizes (Cohen's *d*) for the magnitude of the difference between averages in the NA and AU groups are shown in the final column.

Stressor types	NA group	NA men	NA women	AU group	AU men	AU women	<i>d</i> (NA / AU)
Total lifetime stressors:							
Exposure	19.09 (12.98, 0-93)	19.68 (16.33, 3-93)	18.70 (10.37, 1-44)	36.33 (19.45, 3-103)	35.62 (21.89, 3-92)	36.62 (18.48, 6-103)	1.04
<i>Perceived severity</i>	<i>47.99 (30.23, 3-174)</i>	<i>46.34 (32.03, 6-174)</i>	<i>49.06 (29.22, 3-115)</i>	<i>89.04 (42.03, 4-223)</i>	<i>82.92 (44.32, 4-174)</i>	<i>91.56 (41.05, 13-223)</i>	<i>1.12</i>
Social-psychological characteristics:							
Interpersonal loss:							
Exposure,	5.05 (3.05, 0-18)	4.83 (2.90, 1-18)	5.19 (3.16, 0-12)	7.06 (3.92, 0-17)	7.08 (4.05, 0-15)	7.04 (3.89, 0-17)	.57
<i>Perceived severity</i>	<i>12.97 (7.77, 0-39)</i>	<i>12.51 (6.88, 3-39)</i>	<i>13.27 (8.3, 0-35)</i>	<i>18.36 (9.02, 0-40)</i>	<i>17.57 (10.02, 0-40)</i>	<i>18.69 (8.61, 0-40)</i>	<i>.64</i>
Physical danger:							
Exposure,	3.47 (4.21, 0-26)	3.54 (4.99, 0-26)	3.43 (3.66, 0-18)	8.38 (6.72, 0-34)	8.41 (7.19, 0-29)	8.37 (6.55, 1-34)	.88
<i>Perceived severity</i>	<i>7.99 (7.97, 0-33)</i>	<i>7.61 (8.51, 0-33)</i>	<i>8.24 (7.66, 0-28)</i>	<i>20.23 (12.97, 0-59)</i>	<i>18.43 (12.60, 0-50)</i>	<i>20.97 (13.12, 2-59)</i>	<i>1.17</i>

Humiliation: Exposure, <i>Perceived severity</i>	2.97 (3.26, 0-18) <i>8.06 (6.70, 0-30)</i>	3.63 (4.12, 0-18) <i>8.17 (6.95, 0-30)</i>	2.54 (2.50, 0-10) <i>7.98 (6.58, 0-30)</i>	5.97 (3.90, 0-19) <i>16.51 (7.69, 3-34)</i>	6.08 (4.64, 0-19) <i>15.95 (8.51, 3-34)</i>	5.92 (3.59, 0-15) <i>16.76 (7.37, 3-34)</i>	.83 <i>1.17</i>
Entrapment: Exposure, <i>Perceived severity</i>	2.03 (1.41, 0-5) <i>7.49 (5.75, 0-22)</i>	1.85 (1.30, 0-4) <i>6.83 (5.53, 0-19)</i>	2.14 (1.48, 0-5) <i>7.92 (5.90, 0-22)</i>	2.76 (1.65, 0-6) <i>11.52 (7.17, 0-30)</i>	2.35 (1.62, 0-6) <i>9.51 (7.26, 0-28)</i>	2.92 (1.64, 0-6) <i>12.34 (7.78, 0-30)</i>	.48 <i>.62</i>
Role change/disruption: Exposure, <i>Perceived severity</i>	4.26 (4.11, 0-27) <i>11.48 (9.59, 0-53)</i>	4.44 (5.00, 0-27) <i>11.22 (10.20, 0-53)</i>	4.14 (3.46, 0-16) <i>11.65 (9.26, 0-35)</i>	9.48 (6.77, 0-29) <i>22.41 (12.35, 0-65)</i>	9.30 (7.80, 0-29) <i>21.46 (13.01, 0-49)</i>	9.56 (6.35, 0-29) <i>22.80 (12.12, 0-65)</i>	.93 <i>.99</i>

Supplementary item 3: Descriptive statistics and correlations between moderating variables, STRAIN variables and outcome variables.

Descriptive statistics are depicted for all participants pooled, for autistic participants, and for the NA participants. Averages are given with SD in brackets and range in italics.

	ISEL-Appraisal support	ISEL-Belonging support	ISEL-Tangible support	Loneliness	Physical health (PHQ)	Mental health (K6)
All participants pooled (<i>n</i> = 231)	7.31 (3.03) <i>1-12</i>	5.75 (3.31) <i>1-12</i>	7 (3.10) <i>1-12</i>	29.74 (15.61) <i>0-59</i>	40.76 (13.73) <i>13-81</i>	17.59 (6.42) <i>6-30</i>
Non-autistic (NA) group (<i>n</i> = 104)	8.59 (2.84), <i>1-12</i>	7.30 (3.03) <i>1-12</i>	8.41 (2.66) <i>1-11</i>	20.22 (14.04) <i>0-54</i>	36.36 (12.33) <i>13-75</i>	14.33 (5.93) <i>6-30</i>
Autistic (AU) group (<i>n</i> = 127)	6.26 (2.78) <i>1-12</i>	4.49 (2.98) <i>1-12</i>	5.85 (2.96) <i>1-12</i>	37.54 (12.14) <i>1-59</i>	44.36 (13.80) <i>16-81</i>	20.26 (5.52) <i>6-30</i>

As the participants were pooled for this moderation analysis, correlation coefficients (*r*) are depicted for the whole group only. Triple asterisks reflect correlations that were significant at $p < .001$; double asterisks reflect correlations significant at $p = .01$; single asterisks reflect correlations significant at $p = .05$.

	ISEL-Appraisal support	ISEL-Belonging support	ISEL-Tangible support	Loneliness	Total stressor exposure	Total perceived stressor severity	Physical health (PHQ)	Mental health (K6)
ISEL-Appraisal support								
ISEL-Belonging support	.64***							
ISEL-Tangible support	.64***	.74***						
Loneliness	-.69***	-.72***	-.64***					
Total stressor exposure	-.43***	-.40***	-.46***	.52***				
Total perceived stressor severity	-.41***	-.43***	-.44***	.56***	.95***			
Physical health (PHQ)	-.19**	-.25***	-.21**	.41***	.38***	.43***		
Mental health (K6)	-.44***	-.50***	-.47***	.69***	.49***	.54***	.59***	

Supplementary item 4: Relations between physical health, total life stressors, and social-psychological stressor types (moderated mediation analysis)

i) Relation of total stressor exposure to physical health as mediated by perceived stressor severity (sex and current relationship status as covariates):

	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Total stressor exposure	2.15 (.10)	21.09	< .001			
Diagnosis (moderator)	10.07 (3.53)	2.86	.0047			
Interaction term 1 (Total stressor exposure x diagnosis)	-.15 (.12)	-1.29	NS			
Sex (covariate)	5.70 (1.90)	3.01	.0030			
Current relationship (covariate)	-3.07 (1.92)	-1.60	NS			
Model	$R^2 = .90, F(5, 221) = 411.73, p < .001$					
Total stressor exposure				-.13 (.23)	-.56	NS

Perceived stressor severity (mediator)		.24 (.10)	2.28	.0238
Diagnosis (moderator)		7.12 (3.45)	2.06	.0403
Interaction term 1 (Total stressor exposure x diagnosis)		.05 (.28)	.18	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.11 (.13)	-.87	NS
Sex (covariate)		5.59 (1.74)	3.22	.0015
Current relationship (covariate)		2.43	1.40	NS
Model		$R^2 = .25, F(7, 219) = 10.40, p < .001$		
Conditional indirect effects of total stressor exposure on physical health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.25 (.18)	-.12	.59	
Diagnosis: NA	.51 (.20)	.08	.89	
Index of moderated mediation (difference between conditional indirect effects)				

	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.25 (.27)	-.77	.27

- ii) Relations between social-psychological stressor types and physical health as mediated by perceived stressor severity (sex and current relationship status as covariates):

Interpersonal loss stressors						
	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	2.16 (.15)	21.09	< .001			
Diagnosis (moderator)	2.87 (1.25)	2.30	.0226			
Interaction term 1 (Stressor exposure x diagnosis)	-.25 (.18)	-1.36	NS			
Sex (covariate)	.61 (.65)	.94	NS			
Current relationship (covariate)	-.18 (.66)	-.28	NS			

Model	$R^2 = .74, F(5, 221) = 126.45, p < .001$			
Stressor exposure		-0.13 (.23)	-0.56	NS
Perceived stressor severity (mediator)		.57 (.30)	1.90	.0594
Diagnosis (moderator)		6.81 (3.60)	1.89	.0600
Interaction term 1 (Stressor exposure x diagnosis)		.41 (.93)	.44	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.31 (.38)	-.82	NS
Sex (covariate)		6.03 (1.76)	3.42	.0007
Current relationship (covariate)		1.97 (1.79)	1.10	NS
Model	$R^2 = .20, F(7, 219) = 7.85, p < .001$			
Conditional indirect effects of interpersonal loss stressor exposure on physical health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.50 (.54)	-.54	1.58	

Diagnosis: NA	.51 (.20)	.09	2.43
Index of moderated mediation (difference between conditional indirect effects)			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.74 (.80)	-2.27	.82

Physical danger stressors						
	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	1.66 (.13)	12.96	< .001			
Diagnosis (moderator)	4.08 (1.07)	3.80	.0002			
Interaction term 1 (Stressor exposure x diagnosis)	.00 (.15)	.03	NS			
Sex (covariate)	1.59 (.77)	2.07	.0398			
Current relationship (covariate)	-.68 (.78)	-.87	NS			

Model	$R^2 = .82, F(5, 221) = 195.66, p < .001$			
Stressor exposure		- .89 (.59)	-1.51	NS
Perceived stressor severity (mediator)		1.05 (.31)	3.36	.0009
Diagnosis (moderator)		7.25 (3.60)	1.89	.0600
Interaction term 1 (Stressor exposure x diagnosis)		.35 (.67)	.52	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.58 (.35)	-1.62	NS
Sex (covariate)		5.53 (1.73)	3.19	.0016
Current relationship (covariate)		1.97 (1.79)	1.10	NS
Model	$R^2 = .24, F(7, 219) = 9.71, p < .001$			
Conditional indirect effects of physical danger stressor exposure on physical health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.79 (.30)	.22	1.41	

Diagnosis: NA	1.74 (.60)	.69	3.07
Index of moderated mediation (difference between conditional indirect effects)			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.95 (.66)	-2.39	.22

Humiliation stressors						
	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	1.62 (.14)	11.85	< .001			
Diagnosis (moderator)	4.16 (.97)	4.30	< .001			
Interaction term 1 (Stressor exposure x diagnosis)	-.07 (.17)	-.40	NS			
Sex (covariate)	1.30 (.64)	2.04	.0429			
Current relationship (covariate)	-.76 (.64)	-1.18	NS			

Model	$R^2 = .72, F(5, 221) = 115.74, p < .001$			
Stressor exposure		1.54 (.60)	2.58	.0105
Perceived stressor severity (mediator)		.03 (.29)	.12	NS
Diagnosis (moderator)		5.84 (3.28)	1.78	.0759
Interaction term 1 (Stressor exposure x diagnosis)		-.81 (.75)	-1.08	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		.05 (.37)	.14	NS
Sex (covariate)		7.38 (1.76)	4.20	< .001
Current relationship (covariate)		1.92 (1.75)	1.09	NS
Model		$R^2 = .23, F(7, 219) = 9.33, p < .001$		
Conditional direct effects of humiliation stressor exposure on physical health				
	Direct effect (SE)	<i>p</i>	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	1.54 (.60)	.0105	.36	2.71

Diagnosis: NA	.73 (.46)	NS	-.18	1.63
Conditional indirect effects of humiliation stressor exposure on physical health - by moderator				
	Indirect effect (SE)		LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	.13 (.43)		-.75	.97
Diagnosis: NA	.06 (.62)		-.31	1.13
Index of moderated mediation (difference between conditional indirect effects)				
	Indirect effect (SE)		LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	.08 (.75)		-1.29	1.64

Entrapment stressors						
	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	3.90 (.13)	29.64	< .001			
Diagnosis (moderator)	-.41 (.47)	-.88	NS			

Interaction term 1 (Stressor exposure x diagnosis)	.60 (.17)	3.62	.0004	<div style="border: 1px dashed red; padding: 5px; color: red;"> NA group: b = 3.90 (.13), t = 29.64, p < .001 AU group: b = 4.50 (.10), t = 43.88, p < .001 </div>		
Sex (covariate)	.11 (.27)	.40	NS			
Current relationship (covariate)	-.29 (.27)	-1.09	NS			
Model	$R^2 = .93, F(5, 221) = 633.93, p < .001$					
Stressor exposure				-3.63 (3.09)	-1.17	NS
Perceived stressor severity (mediator)				1.49 (.76)	1.96	.0511
Diagnosis (moderator)				8.05 (3.17)	2.54	.0118
Interaction term 1 (Stressor exposure x diagnosis)				-.97 (4.03)	-.24	NS
Interaction term 2 (Perceived stressor severity x diagnosis)				-.16 (.94)	-.17	NS
Sex (covariate)				5.51 (1.77)	3.12	.0021
Current relationship (covariate)				1.95 (1.79)	1.09	NS

Model				$R^2 = .20, F(7, 219) = 8.00, p < .001$
Conditional indirect effects of entrapment stressor exposure on physical health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	5.98 (3.45)	-.22	13.33	
Diagnosis: NA	5.80 (3.35)	-.68	12.47	
Index of moderated mediation (difference between conditional indirect effects)				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis	.18 (4.78)	-8.96	9.73	

Role change/disruption stressors						
	Relation to perceived stressor severity (mediator)			Relation to physical health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	2.14 (.11)	18.83	< .001			
Diagnosis (moderator)	4.92 (1.01)	4.87	< .001			

Interaction term 1 (Stressor exposure x diagnosis)	-.51 (.13)	-3.95	.0001	<div style="border: 1px dashed red; padding: 5px; color: red;"> NA group: b = 2.14 (.11), t = .18.83, p < .001 AU group: b = 1.63 (.06), t = 25.94, p < .001 </div>					
Sex (covariate)	.87 (.67)	1.31	NS						
Current relationship (covariate)	-1.25 (.68)	-1.86	.0647						
Model	$R^2 = .86, F(5, 221) = 271.68, p < .001$								
Stressor exposure	<div style="border: 1px dashed red; padding: 5px; color: red;"> NA group: b = -1.81 (.74), t = -2.44, p = .0153 AU group: b = -.18 (.36), t = -.48, p = NS </div>			-1.81 (.74)	-2.44	.0153			
Perceived stressor severity (mediator)				1.22 (.32)	3.86	.0001			
Diagnosis (moderator)				5.79 (3.04)	1.90	.0584			
Interaction term 1 (Stressor exposure x diagnosis)				1.63 (.82)	1.98	.0488			
Interaction term 2 (Perceived stressor severity x diagnosis)				<div style="border: 1px dashed red; padding: 5px; color: red;"> NA group: b = 1.22 (.32), t = 3.86, p = .0001 AU group: b = .40 (.20), t = 1.99, p = .0469 </div>			-0.82 (.37)	-2.19	.0295
Sex (covariate)				5.71 (1.71)	3.35	.0010			
Current relationship (covariate)				2.13 (1.73)	1.23	NS			

Model				$R^2 = .25, F(7, 219) = 10.68, p < .001$	
Conditional direct effects of role change/disruption stressor exposure on physical health					
	Direct effect (SE)	<i>p</i>	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	-0.18 (.36)	NS	-0.89	0.54	
Diagnosis: NA	-1.81 (.74)	.0153	-3.26	-0.35	
Conditional indirect effects of role change/disruption stressor exposure on physical health - by moderator					
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)		
Diagnosis: AU	.66 (.38)	-0.09	1.41		
Diagnosis: NA	2.61 (.69)	1.36	4.07		
Index of moderated mediation (difference between conditional indirect effects)					
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)		
Diagnosis	-1.96 (.79)	-3.60	-0.53		

Supplementary item 5: Relations between mental health, total life stressors, and social-psychological stressor types (moderated mediation analysis)

i) Relation of total stressor exposure to mental health as mediated by perceived stressor severity (sex and current relationship status as covariates):

	Relation to perceived stressor severity (mediator)			Relation to mental health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Total stressor exposure	2.16 (.10)	21.09	< .001			
Diagnosis (moderator)	10.07 (3.53)	2.86	.0047			
Interaction term 1 (Total stressor exposure x diagnosis)	-.15 (.12)	-1.29	NS			
Sex (covariate)	5.70 (1.90)	3.01	.0030			
Current relationship (covariate)	-3.07 (1.92)	-1.59	NS			
Model	$R^2 = .90, F(5, 221) = 411.73, p < .001$					
Total stressor exposure				-.04 (.10)	-.42	NS

Perceived stressor severity (mediator)		.13 (.04)	2.92	.0038
Diagnosis (moderator)		6.81 (1.45)	4.68	< .001
Interaction term 1 (Total stressor exposure x diagnosis)		-.03 (.12)	-.24	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.05 (.05)	-1.03	NS
Sex (covariate)		.63 (.73)	.86	NS
Current relationship (covariate)		1.43 (.73)	1.96	.0581
Model		$R^2 = .39, F(7, 219) = 19.83, p < .001$		
Conditional indirect effects of total stressor exposure on mental health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.15 (.10)	.00	.27	
Diagnosis: NA	.27 (.07)	.08	.46	
Index of moderated mediation (difference between conditional indirect effects)				

	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.13 (.12)	-.37	.10

- ii) Relations between social-psychological stressor types and mental health as mediated by perceived stressor severity (sex and current relationship status as covariates):

Interpersonal loss stressors						
	Relation to perceived stressor severity (mediator)			Relation to mental health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	2.16 (.15)	21.09	< .001			
Diagnosis (moderator)	2.87 (1.25)	2.30	.0226			
Interaction term 1 (Stressor exposure x diagnosis)	-.25 (.18)	-1.36	NS			
Sex (covariate)	.61 (.65)	.94	NS			
Current relationship (covariate)	-.18 (.66)	-.28	NS			
Model	$R^2 = .74, F(5, 221) = 126.45, p < .001$					

Stressor exposure		-0.09 (.34)	-0.25	NS
Perceived stressor severity (mediator)		.28 (.13)	2.12	.0350
Diagnosis (moderator)		6.08 (1.59)	3.84	.0002
Interaction term 1 (Stressor exposure x diagnosis)		-.12 (.41)	-.29	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.06 (.17)	-.37	NS
Sex (covariate)		.80 (.78)	1.03	NS
Current relationship (covariate)		.98 (.79)	1.25	NS
Model		$R^2 = .28, F(7, 219) = 12.66, p < .001$		
Conditional indirect effects of interpersonal loss stressor exposure on mental health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.43 (.20)	.06	.83	
Diagnosis: NA	.61 (.29)	.05	1.21	

Index of moderated mediation (difference between conditional indirect effects)			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.19 (.35)	-.89	.51

Physical danger stressors						
	Relation to perceived stressor severity (mediator)			Relation to mental health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	1.66 (.13)	12.96	< .001			
Diagnosis (moderator)	4.08 (1.07)	3.80	.0002			
Interaction term 1 (Stressor exposure x diagnosis)	.00 (.15)	.03	NS			
Sex (covariate)	1.59 (.77)	2.07	.0398			
Current relationship (covariate)	-.68 (.78)	-.87	NS			
Model	$R^2 = .82, F(5, 221) = 195.66, p < .001$					

Stressor exposure		- .33 (.26)	-1.30	NS
Perceived stressor severity (mediator)		.50 (.14)	3.64	.0003
Diagnosis (moderator)		5.90 (1.17)	5.04	< .001
Interaction term 1 (Stressor exposure x diagnosis)		.38 (.29)	1.29	NS
Interaction term 2 (Perceived stressor severity x diagnosis)	<div style="border: 1px dashed red; padding: 5px; color: red; text-align: center;"> NA group: b = .50 (.14), t = 3.64, p = .0003 AU group: b = .10 (.07), t = 1.39, p = NS </div>	-.39 (.15)	-2.55	.0113
Sex (covariate)		.82 (.75)	1.10	NS
Current relationship (covariate)		1.11 (.75)	1.47	NS
Model		$R^2 = .24, F(7, 219) = 9.71, p < .001$		
Conditional indirect effects of physical danger stressor exposure on mental health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.17 (.14)	-.11	.42	
Diagnosis: NA	.82 (.26)	.41	1.45	

Index of moderated mediation (difference between conditional indirect effects)			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-0.65 (.29)	-1.35	-.19

Humiliation stressors						
	Relation to perceived stressor severity (mediator)			Relation to mental health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	1.62 (.14)	11.85	< .001			
Diagnosis (moderator)	4.16 (.97)	4.30	< .001			
Interaction term 1 (Stressor exposure x diagnosis)	-.07 (.17)	-.40	NS			
Sex (covariate)	1.30 (.64)	2.04	.0429			
Current relationship (covariate)	-.76 (.64)	-1.18	NS			
Model	$R^2 = .72, F(5, 221) = 115.74, p < .001$					

Stressor exposure		.45 (.25)	1.79	.0746
Perceived stressor severity (mediator)		.27 (.12)	2.24	.0261
Diagnosis (moderator)		5.68 (1.38)	4.12	.0001
Interaction term 1 (Stressor exposure x diagnosis)		-.07 (.31)	-.22	NS
Interaction term 2 (Perceived stressor severity x diagnosis)		-.21 (.16)	-1.36	NS
Sex (covariate)		1.41 (.74)	1.90	.0586
Current relationship (covariate)		1.28 (.74)	1.73	.0846
Model		$R^2 = .37, F(7, 219) = 18.58, p < .001$		
Conditional direct effects of humiliation stressor exposure on mental health				
	Direct effect (SE)	<i>p</i>	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	.38 (.19)	.0496	.00	.76
Diagnosis: NA	.45 (.25)	.0746	-.05	.94

Conditional indirect effects of humiliation stressor exposure on mental health - by moderator			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	.10 (.15)	-.20	.38
Diagnosis: NA	.44 (.23)	-.04	.88
Index of moderated mediation (difference between conditional indirect effects)			
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis	-.35 (.27)	-.86	.20

Entrapment stressors						
	Relation to perceived stressor severity (mediator)			Relation to mental health		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	3.90 (.13)	29.64	< .001			
Diagnosis (moderator)	-.41 (.47)	-.88	NS			
Interaction term 1	.60 (.17)	3.62	.0004			

(Stressor exposure x diagnosis)				
Sex (covariate)	.11 (.27)	.40	NS	
Current relationship (covariate)	-.29 (.27)	-1.09	NS	
Model	$R^2 = .93, F(5, 221) = 633.93, p < .001$			
Stressor exposure				-1.21 (1.33)
Perceived stressor severity (mediator)				-.91
Diagnosis (moderator)				NS
Interaction term 1 (Stressor exposure x diagnosis)				.71 (.33)
Interaction term 2 (Perceived stressor severity x diagnosis)				2.19
Sex (covariate)				.0299
Current relationship (covariate)				7.76 (1.37)
Model				5.68
				< .001
				-1.36 (1.74)
				-.78
				NS
				-.04 (.41)
				.78
				NS
				.59 (.76)
				1.42
				NS
				1.09 (.77)
				1.42
				NS
				$R^2 = .32, F(7, 219) = 14.70, p < .001$

Conditional direct effect of entrapment stressor exposure on mental health				
	Direct effect (SE)	<i>p</i>	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	-2.58 (1.12)	.0218	-4.78	-.38
Diagnosis: NA	-1.21 (1.33)	NS	-3.84	1.42
Conditional indirect effects of entrapment stressor exposure on mental health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	3.03 (1.04)	1.09	5.22	
Diagnosis: NA	2.79 (1.48)	-.15	5.70	
Index of moderated mediation (difference between conditional indirect effects)				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis	.24 (1.84)	-3.39	3.87	

Role change/disruption stressors		
	Relation to perceived stressor severity (mediator)	Relation to mental health

	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Stressor exposure	2.14 (.11)	18.83	< .001			
Diagnosis (moderator)	4.92 (1.01)	4.87	< .001			
Interaction term 1 (Stressor exposure x diagnosis)	-.51 (.13)	-3.95	.0001			
Sex (covariate)	.87 (.67)	1.31	NS			
Current relationship (covariate)	-1.25 (.68)	-1.86	.0647			
Model	$R^2 = .86, F(5, 221) = 271.68, p < .001$					
Stressor exposure				-.49 (.31)	-1.58	NS
Perceived stressor severity (mediator)				.53 (.13)	3.96	.0001
Diagnosis (moderator)				5.75 (1.28)	4.50	< .001
Interaction term 1 (Stressor exposure x diagnosis)				.07 (.35)	.19	NS
Interaction term 2				-.18 (.16)	-1.17	NS

(Perceived stressor severity x diagnosis)				
Sex (covariate)		.76 (.72)	1.06	NS
Current relationship (covariate)		1.42 (.73)	1.95	.0523
Model		$R^2 = .39, F(7, 219) = 20.31, p < .001$		
Conditional direct effects of role change/disruption stressor exposure on mental health				
	Direct effect (SE)	<i>p</i>	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)
Diagnosis: AU	-.43 (.15)	.0060	-.73	-.12
Diagnosis: NA	-.49 (.31)	NS	-1.10	.12
Conditional indirect effects of role change/disruption stressor exposure on mental health - by moderator				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	
Diagnosis: AU	.56 (.13)	.32	.82	
Diagnosis: NA	1.13 (.28)	.62	1.74	
Index of moderated mediation (difference between conditional indirect effects)				
	Indirect effect (SE)	LL (95%) CI (bootstrapped)	UL (95%) CI (bootstrapped)	

Diagnosis	-.57 (.31)	-1.21	.00
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Supplementary item 6: Moderating effects of loneliness and social support on the association between total stressor exposure and perceived stressor severity

Covariates: sex, current relationship status

Model 1: Diagnosis and loneliness as moderators			
Model	$R^2 = .91, F(7, 219) = 308.14, p < .001$		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Total stressor exposure	2.17 (.14)	15.53	< .001
Diagnosis (moderator)	2.28 (4.57)	.50	NS
Interaction term 1 (Total stressor exposure x diagnosis)	.03 (.15)	.23	NS
Loneliness	.39 (.14)	2.84	.0049
Interaction term 2 (Total stressor exposure x loneliness)	-.01 (.00)	-1.39	NS
Sex (covariate)	5.55 (1.87)	2.96	.0034

Current relationship (covariate)	-4.16 (1.92)	-2.17	.0314
Combined moderation effect	R^2 change: .00, $F(2, 219) = 1.27$, $p = NS$		
Model 2: Diagnosis and appraisal support as moderators			
Model	$R^2 = .91$, $F(7, 219) = 307.15$, $p < .001$		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Total stressor exposure	1.68 (.16)	10.22	< .001
Diagnosis (moderator)	4.93 (3.88)	1.27	NS
Interaction term 1 (Total stressor exposure x diagnosis)	-.01 (.13)	-.06	NS
Appraisal support	-1.69 (.64)	-2.66	.0084
Interaction term 2 (Total stressor exposure x appraisal support)	.06 (.02)	3.26	.0013
Sex (covariate)	5.52 (1.86)	2.96	.0034

Current relationship (covariate)		-2.42 (1.93)	-1.26	.2104	
Combined moderation effect	R^2 change: .01, $F(2, 219) = 6.20, p = .0024$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Appraisal support scores	<i>b (SE)</i>	<i>p</i>	LLCI	ULCI
AU	4 (1 st tertile)	1.95 (.06)	< .001	1.82	2.08
AU	7 (2 nd tertile)	2.10 (.07)	< .001	1.96	2.23
AU	11 (3 rd tertile)	2.33 (.12)	< .001	2.09	2.56
NA	4 (1 st tertile)	1.96 (.12)	< .001	1.72	2.19
NA	7 (2 nd tertile)	2.10 (.10)	< .001	1.90	2.31
NA	11 (3 rd tertile)	2.33 (.12)	< .001	2.10	2.56
Model 3: Diagnosis and belonging support as moderators					
Model	$R^2 = .91, F(7, 219) = 303.57, p < .001$				
		<i>b (SE)</i>	<i>t</i>	<i>p</i>	
Total stressor exposure		1.88 (.16)	11.70	< .001	

Diagnosis (moderator)	4.35 (4.13)	1.06	NS		
Interaction term 1 (Total stressor exposure x diagnosis)	.03 (.14)	.19	NS		
Belonging support	-1.61 (.56)	-2.86	.0047		
Interaction term 2 (Total stressor exposure x belonging support)	.03 (.02)	2.18	.0302		
Sex (covariate)	5.51 (1.87)	2.94	.0036		
Current relationship (covariate)	-4.12 (1.99)	-2.06	.0407		
Combined moderation effect	R^2 change: .00, $F(2, 219) = 3.16$, $p = .0444$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Belonging support scores	<i>b (SE)</i>	<i>p</i>	LLCI	ULCI
AU	2 (1 st tertile)	1.92 (.07)	< .001	1.78	2.05
AU	6 (2 nd tertile)	2.05 (.07)	< .001	1.90	2.19
AU	9 (3 rd tertile)	2.15 (.10)	< .001	1.94	2.35
NA	2 (1 st tertile)	1.89 (.15)	< .001	1.60	2.18

NA	6 (2 nd tertile)	2.02 (.11)	< .001	1.80	2.24
NA	9 (3 rd tertile)	2.12 (.10)	< .001	1.92	2.32

Model 4: Diagnosis and tangible support as moderators

Model	$R^2 = .91, F(7, 219) = 360.43, p < .001$			
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	
Total stressor exposure	1.69 (.19)	9.01	< .001	
Diagnosis (moderator)	4.23 (4.01)	1.06	NS	
Interaction term 1 (Total stressor exposure x diagnosis)	.04 (.14)	.33	NS	
Tangible support	-1.69 (.62)	-2.73	.0069	
Interaction term 2 (Total stressor exposure x tangible support)	.05 (.02)	2.87	.0045	
Sex (covariate)	5.74 (1.87)	3.06	.0025	
Current relationship (covariate)	-2.83 (1.96)	-1.44	.1506	

Combined moderation effect	R^2 change: .00, $F(2, 219) = 4.98, p = .0076$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Tangible support scores	<i>b</i> (SE)	<i>p</i>	LLCI	ULCI
AU	4 (1 st tertile)	1.92 (.07)	< .001	1.78	2.05
AU	7 (2 nd tertile)	2.11 (.08)	< .001	1.96	2.26
AU	10 (3 rd tertile)	2.27 (.12)	< .001	2.04	2.50
NA	4 (1 st tertile)	1.87 (.14)	< .001	1.60	2.15
NA	7 (2 nd tertile)	2.06 (.11)	< .001	1.85	2.27
NA	10 (3 rd tertile)	2.22 (.11)	< .001	2.01	2.43

Supplementary item 7: Moderating effects of loneliness and social support on the association between perceived stressor severity and physical health

Covariates: sex and current relationship status

Model 1: Diagnosis and loneliness as moderators			
Model	$R^2 = .27, F(7, 219) = 11.65, p < .001$		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Perceived stressor severity	.16 (.05)	2.91	.0040
Diagnosis (moderator)	2.80 (4.43)	.63	NS
Interaction term 1 (Perceived stressor severity x diagnosis)	-.05 (.06)	-.84	NS
Loneliness	.24 (.13)	1.82	.0705
Interaction term 2 (Perceived stressor severity x loneliness)	-.00 (.00)	-.50	NS
Sex (covariate)	6.08 (1.66)	3.60	.0004

Current relationship (covariate)	1.36 (1.75)	.78	NS
Combined moderation effect	R^2 change: .01, $F(2, 219) = 1.16, p = NS$		
Model 2: Diagnosis and appraisal support as moderators			
Model	$R^2 = .25, F(7, 219) = 10.54, p < .001$		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Perceived stressor severity	.14 (.07)	1.90	.0586
Diagnosis (moderator)	6.34 (3.86)	1.64	NS
Interaction term 1 (Perceived stressor severity x diagnosis)	-.08 (.05)	-1.52	NS
Appraisal support	-.28 (.62)	-.46	NS
Interaction term 2 (Perceived stressor severity x appraisal support)	.01 (.01)	.93	NS
Sex (covariate)	5.85 (1.71)	3.43	.0007

Current relationship (covariate)	2.68 (1.76)	1.52	NS
Combined moderation effect	R^2 change: .02, $F(2, 219) = 2.47, p = .0871$		
Model 3: Diagnosis and belonging support as moderators			
Model	$R^2 = .25, F(7, 219) = 10.64, p < .001$		
	<i>b</i> (SE)	<i>t</i>	<i>p</i>
Perceived stressor severity	.11 (.07)	1.70	.0910
Diagnosis (moderator)	4.72 (3.82)	1.19	NS
Interaction term 1 (Perceived stressor severity x diagnosis)	-.05 (.05)	-.97	NS
Belonging support	-.62 (.54)	-1.15	NS
Interaction term 2 (Perceived stressor severity x belonging support)	.01 (.01)	1.36	NS
Sex (covariate)	5.95 (1.70)	3.50	.0006
Current relationship (covariate)	2.38 (1.83)	1.30	NS

Combined moderation effect	R^2 change: .02, $F(2, 219) = 2.80, p = .0630$		
Model 4: Diagnosis and tangible support as moderators			
Model	$R^2 = .26, F(7, 219) = 10.77, p < .001$		
	<i>b</i> (SE)	<i>t</i>	<i>p</i>
Perceived stressor severity	.08 (.08)	1.06	NS
Diagnosis (moderator)	4.49 (3.89)	1.15	NS
Interaction term 1 (Perceived stressor severity x diagnosis)	-.05 (.05)	-.92	NS
Tangible support	-.80 (.60)	-1.32	NS
Interaction term 2 (Perceived stressor severity x tangible support)	.01 (.01)	1.59	NS
Sex (covariate)	5.91 (1.70)	3.47	.0006
Current relationship (covariate)	2.67 (1.79)	1.49	NS

Combined moderation effect	R^2 change: .02, $F(2, 219) = 3.16, p = .0445$
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Supplementary item 8: Moderating effects of loneliness and social support on the association between perceived stressor severity and mental health

Covariates: sex and current relationship status

Model 1: Diagnosis and loneliness as moderators			
Model	$R^2 = .52, F(7, 219) = 34.31, p < .001$		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Perceived stressor severity	.06 (.02)	3.10	.0022
Diagnosis (moderator)	3.18 (1.67)	1.90	.0596
Interaction term 1 (Perceived stressor severity x diagnosis)	-.04 (.05)	-1.83	.0682
Loneliness	.21 (.05)	4.30	< .001
Interaction term 2 (Perceived stressor severity x loneliness)	.00 (.00)	-.08	NS
Sex (covariate)	1.09 (.64)	1.71	.0878

Current relationship (covariate)		.26 (.66)		.40		NS
Combined moderation effect	R^2 change: .01, $F(2, 219) = 2.80, p = .0629$					
<i>Conditional effects at different levels of the moderators</i>						
Diagnosis	Loneliness scores	<i>b (SE)</i>	<i>p</i>	LLCI	ULCI	
AU	11 (1 st tertile)	.02 (.02)	NS	-.02	.06	
AU	32 (2 nd tertile)	.02 (.01)	.0838	-.00	.04	
AU	45 (3 rd tertile)	.02 (.01)	.0562	-.00	.04	
NA	11 (1 st tertile)	.06 (.02)	.0003	.03	.10	
NA	32 (2 nd tertile)	.06 (.02)	.0005	.03	.10	
NA	45 (3 rd tertile)	.06 (.02)	.0073	.02	.11	
Model 2: Diagnosis and appraisal support as moderators						

Model	$R^2 = .41, F(7, 219) = 21.42, p < .001$				
	<i>b (SE)</i>	<i>t</i>	<i>p</i>		
Perceived stressor severity	.11 (.03)	3.58	.0004		
Diagnosis (moderator)	6.37 (1.61)	3.97	.0001		
Interaction term 1 (Perceived stressor severity x diagnosis)	-.06 (.02)	-3.02	.0028		
Appraisal support	-.28 (.26)	-1.08	NS		
Interaction term 2 (Perceived stressor severity x appraisal support)	-.00 (.00)	-.38	NS		
Sex (covariate)	.91 (.71)	1.28	NS		
Current relationship (covariate)	.97 (.73)	1.33	NS		
Combined moderation effect	R^2 change: .03, $F(2, 219) = 4.90, p = .0083$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Appraisal support scores	<i>b (SE)</i>	<i>p</i>	LLCI	ULCI

AU	4 (1 st tertile)	.04 (.01)	.0013	.02	.06
AU	7 (2 nd tertile)	.04 (.01)	.0027	.01	.06
AU	11 (3 rd tertile)	.03 (.02)	NS	-.01	.07
NA	4 (1 st tertile)	.10 (.02)	< .001	.06	.14
NA	7 (2 nd tertile)	.10 (.02)	< .001	.06	.13
NA	11 (3 rd tertile)	.09 (.02)	< .001	.06	.13

Model 3: Diagnosis and belonging support as moderators

Model	$R^2 = .43, F(7, 219) = 23.23, p < .001$			
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	
Perceived stressor severity	.10 (.03)	3.72	.0003	
Diagnosis (moderator)	6.21 (1.62)	3.82	.0002	
Interaction term 1 (Perceived stressor severity x diagnosis)	-.07 (.02)	-2.92	.0038	
Belonging support	-.43 (.22)	-1.95	.0525	
Interaction term 2	-.00 (.00)	-.27	NS	

(Perceived stressor severity x belonging support)					
Sex (covariate)		.74 (.70)		1.06	NS
Current relationship (covariate)		.40 (.75)		.53	NS
Combined moderation effect	R^2 change: .03, $F(2, 219) = 5.30, p = .0056$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Belonging support scores	<i>b</i> (SE)	<i>p</i>	LLCI	ULCI
AU	2 (1 st tertile)	.03 (.01)	.0055	.01	.06
AU	6 (2 nd tertile)	.03 (.01)	.0100	.01	.05
AU	9 (3 rd tertile)	.03 (.02)	.0769	-.00	.06
NA	2 (1 st tertile)	.10 (.02)	< .001	.05	.14
NA	6 (2 nd tertile)	.10 (.02)	< .001	.06	.13
NA	9 (3 rd tertile)	.09 (.02)	< .001	.06	.13
Model 4: Diagnosis and tangible support as moderators					
Model	$R^2 = .42, F(7, 219) = 23.07, p < .001$				

	<i>b (SE)</i>	<i>t</i>	<i>p</i>		
Perceived stressor stress	.11 (.03)	3.57	.0004		
Diagnosis (moderator)	6.76 (1.60)	4.23	< .001		
Interaction term 1 (Perceived stressor severity x diagnosis)	-.07 (.02)	-3.33	.0010		
Tangible support	-.37 (.25)	-1.49	NS		
Interaction term 2 (Perceived stressor severity x tangible support)	-.00 (.00)	-.54	NS		
Sex (covariate)	1.02 (.70)	1.45	NS		
Current relationship (covariate)	.64 (.73)	.87	NS		
Combined moderation effect	R^2 change: .03, $F(2, 219) = 6.35, p = .0021$				
<i>Conditional effects at different levels of the moderators</i>					
Diagnosis	Tangible support scores	<i>b (SE)</i>	<i>p</i>	LLCI	ULCI
AU	4 (1 st tertile)	.03 (.01)	.0081	.01	.06

AU	7 (2 nd tertile)	.03 (.01)	.0321	.00	.05
AU	10 (3 rd tertile)	.02 (.02)	NS	-.01	.06
NA	4 (1 st tertile)	.10 (.02)	<.001	.06	.15
NA	7 (2 nd tertile)	.10 (.02)	<.001	.07	.13
NA	10 (3 rd tertile)	.10 (.02)	<.001	.06	.13

Supplementary item 9: Post-hoc mediation analysis of loneliness, appraisal, belonging and tangible support on the association between diagnosis and mental health

	Relation to loneliness (mediator)			Relation to appraisal support (mediator)			Relation to Belonging support (mediator)		
	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>	<i>b (SE)</i>	<i>t</i>	<i>p</i>
Diagnosis	16.58 (1.77)	9.35	< .001	-2.14 (.39)	-5.55	< .001	-2.36 (.40)	-5.91	< .001
Sex (covariate)	-.97 (1.83)	-1.81	NS	.32 (.39)	.81	NS	-.16 (.41)	-.38	NS
Current relationship (covariate)	3.61 (1.83)	1.97	.0497	-.81 (.40)	-2.04	.0422	-1.75 (.41)	-4.25	< .001
Model	R ² = .33, F (3, 233) = 50.36, p < .001			R ² = .16, F (3, 233) = 14.61, p < .001			R ² = .24, F (3, 233) = 23.85, p < .001		
	Relation to tangible support (mediator)								
	<i>b (SE)</i>	<i>t</i>	<i>p</i>						
Diagnosis	-2.32 (.87)	-5.98	< .001						
Sex (covariate)	.42 (.40)	1.05	NS						

Current relationship (covariate)	-1.15 (.40)	-2.87	.0045		
Model	R ² = .20, F (3, 233) = 18.96, p < .001				
	Relation to mental health				
	<i>b (SE)</i>	<i>t</i>	<i>p</i>		
Diagnosis	1.24 (.75)	1.64	.1030		
Loneliness	.27 (.03)	7.97	< .001		
Appraisal support	.23 (.15)	1.52	NS		
Belonging support	.05 (.16)	.32	NS		
Tangible support	-.24 (.16)	-1.53	NS		
Sex (covariate)	1.31 (.66)	1.99	.0474		
Current relationship (covariate)	-.35 (.68)	-.51	NS		
Model	R ² = .49, F (7, 219) = 30.44, p < .001				
<i>b (SE)</i>				<i>t</i>	<i>p</i>
				LLCI	ULCI

Total effect of diagnosis on mental health	5.61 (.78)	7.16	< .001	4.07	7.16
Direct effect of diagnosis on mental health	1.24 (.75)	1.64	.1030	-.25	2.72
Indirect effect of diagnosis via loneliness (mediator)	4.44 (.70)			3.14	5.87
Indirect effect of diagnosis via appraisal support (mediator)	-.49 (.35)			-1.24	.16
Indirect effect of diagnosis via belonging support (mediator)	-.12 (.38)			-.91	.60
Indirect effect of diagnosis via tangible support (mediator)	.55 (.37)			-.13	1.33

