

Appendix 1. Results of General Linear Models Examining the Independent Associations of Activity Diversity with Emodiversity Beyond Each Activity Time in MIDUS II

	Positive Emodiversity					Negative Emodiversity				
	<i>B</i>	<i>SE</i>	p-value	95% CI	β	<i>B</i>	<i>SE</i>	p-value	95% CI	β
Intercept	96.00	0.47	<.001	[95.09, 96.92]	0.00	19.38	0.82	<.001	[17.78, 20.98]	0.00
Activity diversity	0.05	0.01	<.001	[0.03, 0.07]	0.10	0.07	0.02	<.001	[0.03, 0.11]	0.05
Time at work	0.05	0.05	0.305	[-0.05, 0.16]	0.02	0.24	0.09	0.010	[0.06, 0.42]	0.04
Time with children	0.09	0.06	0.142	[-0.03, 0.22]	0.03	0.26	0.11	0.020	[0.04, 0.48]	0.03
Time in doing chores	0.16	0.12	0.189	[-0.08, 0.4]	0.02	0.51	0.22	0.018	[0.09, 0.93]	0.03
Time in leisure	-0.04	0.07	0.603	[-0.18, 0.11]	-0.01	-0.04	0.13	0.786	[-0.29, 0.22]	0.00
Time in physical activities	-0.36	0.14	0.008	[-0.63, -0.09]	-0.05	-0.85	0.24	0.000	[-1.31, -0.38]	-0.04
Time in volunteering	-0.24	0.09	0.009	[-0.42, -0.06]	-0.05	-0.20	0.16	0.217	[-0.51, 0.12]	-0.01
Time in giving help	-0.19	0.06	0.001	[-0.3, -0.08]	-0.06	-0.08	0.10	0.420	[-0.28, 0.12]	-0.01
Mean positive or negative emotions	7.18	0.19	<.001	[6.82, 7.55]	0.67	63.74	0.86	<.001	[62.04, 65.43]	0.88
Total # of days with positive or negative emotions	0.03	0.09	0.711	[-0.15, 0.21]	0.01	1.39	0.18	<.001	[1.04, 1.74]	0.09
Miwaukee (vs. not)	-1.20	0.60	0.046	[-2.37, -0.02]	-0.04	-2.84	1.06	0.007	[-4.92, -0.77]	-0.04
Age	0.02	0.01	0.231	[-0.01, 0.04]	0.03	-0.03	0.02	0.186	[-0.07, 0.01]	-0.02
Male (vs. female)	0.34	0.27	0.208	[-0.19, 0.87]	0.02	0.49	0.47	0.301	[-0.44, 1.42]	0.01
White (vs. non-White)	-0.70	0.47	0.136	[-1.62, 0.22]	-0.03	0.98	0.82	0.236	[-0.64, 2.59]	0.02
Education	-0.02	0.05	0.743	[-0.12, 0.09]	-0.01	0.25	0.09	0.007	[0.07, 0.43]	0.03
Physical health	0.50	0.14	<.001	[0.24, 0.77]	0.07	-0.83	0.23	<.001	[-1.29, -0.37]	-0.04
<i>Fit Statistics</i>										
<i>F</i> test	120.07		<.001			401.78		<.001		

Note. *N* = 2,012; 2,007 observations were used due to missing values in covariates. The main variable of interest is grey highlighted. Significant associations (at *p* < .05) are bolded.

Appendix 2. Results of General Linear Models Examining the Independent Associations of Activity Diversity with Emodiversity Beyond Each Activity Time in MIDUS Refresher

	Positive Emodiversity					Negative Emodiversity				
	<i>B</i>	<i>SE</i>	p-value	95% CI	β	<i>B</i>	<i>SE</i>	p-value	95% CI	β
Intercept	94.87	0.53	<.001	[93.82, 95.92]	0.00	19.73	1.06	<.001	[17.65, 21.81]	0.00
Activity diversity	0.06	0.02	0.004	[0.02, 0.1]	0.10	0.12	0.04	0.004	[0.04, 0.2]	0.07
Time at work	0.02	0.09	0.859	[-0.15, 0.18]	0.01	0.19	0.17	0.250	[-0.14, 0.53]	0.03
Time with children	-0.26	0.10	0.008	[-0.44, -0.07]	-0.08	0.14	0.19	0.465	[-0.23, 0.51]	0.02
Time in doing chores	-0.03	0.22	0.907	[-0.45, 0.4]	0.00	0.22	0.43	0.612	[-0.63, 1.06]	0.01
Time in leisure	-0.30	0.11	0.005	[-0.52, -0.09]	-0.08	0.08	0.22	0.726	[-0.35, 0.5]	0.01
Time in physical activities	-0.46	0.19	0.014	[-0.83, -0.09]	-0.06	-0.23	0.37	0.537	[-0.95, 0.5]	-0.01
Time in volunteering	-0.11	0.15	0.462	[-0.42, 0.19]	-0.02	-0.02	0.31	0.959	[-0.62, 0.59]	0.00
Time in giving help	0.13	0.11	0.250	[-0.09, 0.35]	0.03	0.12	0.23	0.588	[-0.32, 0.57]	0.01
Mean positive or negative emotions	7.74	0.28	<.001	[7.19, 8.29]	0.72	61.63	1.40	<.001	[58.88, 64.37]	0.84
Total # of days with positive or negative emotions	-0.16	0.13	0.210	[-0.41, 0.09]	-0.03	0.20	0.27	0.463	[-0.33, 0.72]	0.01
Age	-0.03	0.02	0.115	[-0.07, 0.01]	-0.05	-0.10	0.04	0.008	[-0.18, -0.03]	-0.06
Male (vs. female)	0.81	0.42	0.055	[-0.02, 1.65]	0.05	-0.47	0.84	0.573	[-2.12, 1.18]	-0.01
White (vs. non-White)	0.72	0.55	0.190	[-0.36, 1.81]	0.03	1.62	1.10	0.140	[-0.53, 3.77]	0.03
Education	0.17	0.09	0.060	[-0.01, 0.34]	0.05	0.59	0.18	<.001	[0.24, 0.93]	0.07
Physical health	0.36	0.20	0.081	[-0.04, 0.76]	0.05	-0.67	0.40	0.094	[-1.45, 0.11]	-0.03
<i>Fit Statistics</i>										
<i>F</i> test	62.61		<.001			149.18		<.001		

Note. *N* = 779; 775 observations were used due to missing values in covariates. The main variable of interest is grey highlighted. Significant associations (at *p* < .05) are bolded.

Appendix 3. Results of General Linear Models Examining the Associations of Activity Diversity with Emodiversity Across Different Emodiversity Metrics in MIDUS II and Refresher

	Activity Diversity → Positive Emodiversity					Activity Diversity → Negative Emodiversity				
	<i>B</i>	<i>SE</i>	p-value	95% CI	β	<i>B</i>	<i>SE</i>	p-value	95% CI	β
MIDUS II (<i>n</i> = 2,012)										
Shannon's entropy	0.05	0.01	<.001	[0.03, 0.07]	0.09	0.07	0.02	<.001	[0.03, 0.10]	0.05
Gini coefficient	0.06	0.01	<.001	[0.04, 0.09]	0.07	0.05	0.01	<.001	[0.03, 0.07]	0.06
Simpson coefficient	0.03	0.01	<.001	[0.01, 0.04]	0.09	0.09	0.03	<.001	[0.04, 0.15]	0.06
MIDUS Refresher (<i>n</i> = 779)										
Shannon's entropy	0.08	0.02	<.001	[0.04, 0.12]	0.13	0.12	0.04	.001	[0.05, 0.19]	0.07
Gini coefficient	0.10	0.02	<.001	[0.05, 0.14]	0.10	0.07	0.02	<.001	[0.03, 0.10]	0.06
Simpson coefficient	0.03	0.01	.043	[0.001, 0.05]	0.07	0.17	0.06	.002	[0.06, 0.28]	0.08

Note. *n* = 2,007, 775 were used in the models for MIDUS II and MIDUS Refresher, respectively, due to missing values in covariates. Significant associations (at *p* < .05) are bolded. Models adjusted for all covariates.