

Psychological resources and flexibility predict resilient mental
health trajectories during the French covid-19 lockdown :
Supplementary Figures and Tables

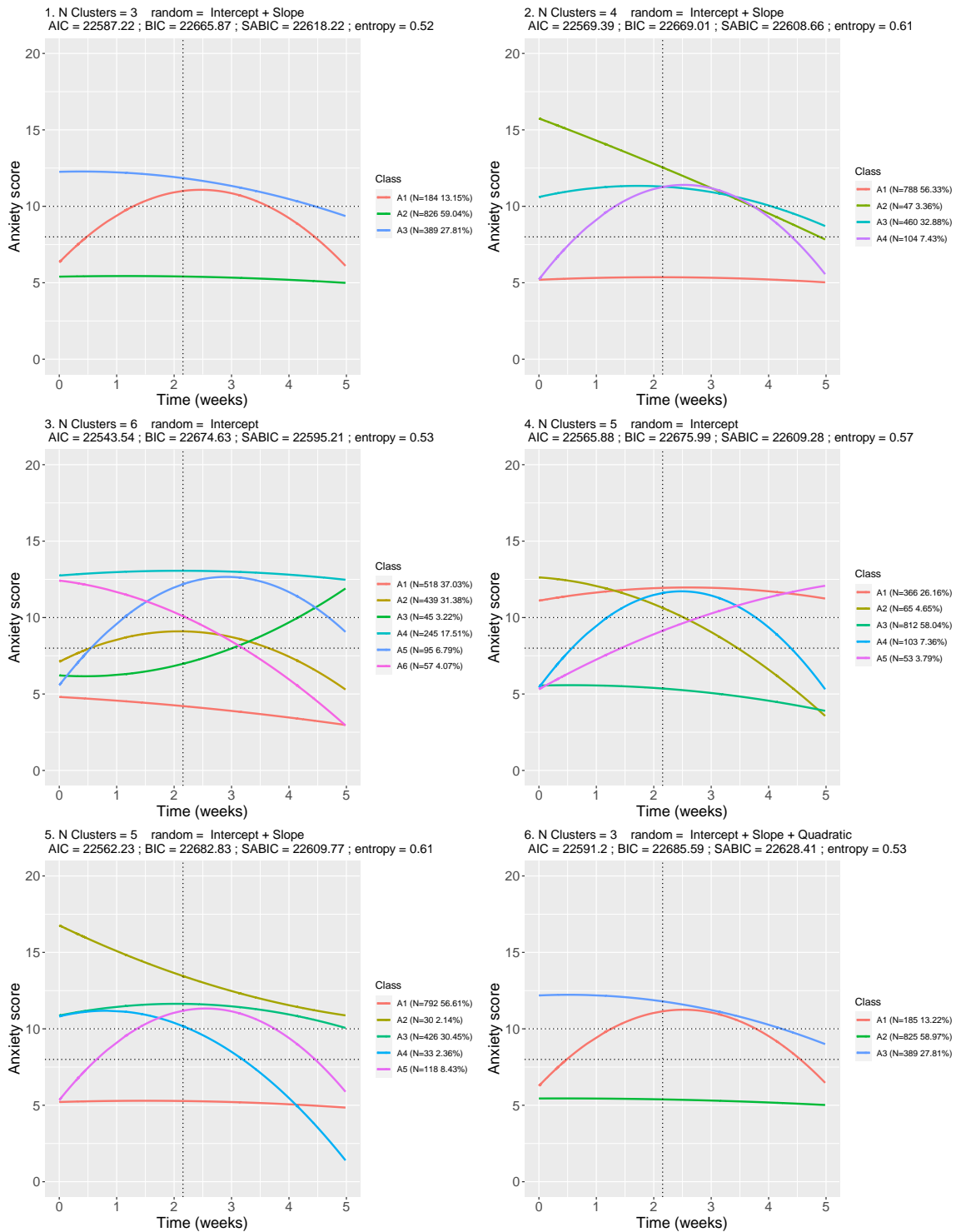


Figure S1. Predicted trajectories from the six best growth mixture model of depression ranked by BIC. Dashed horizontal lines represent symptomatic thresholds for depression (i.e., 8 and 10). The dashed vertical line depicts the moment lockdown happened.

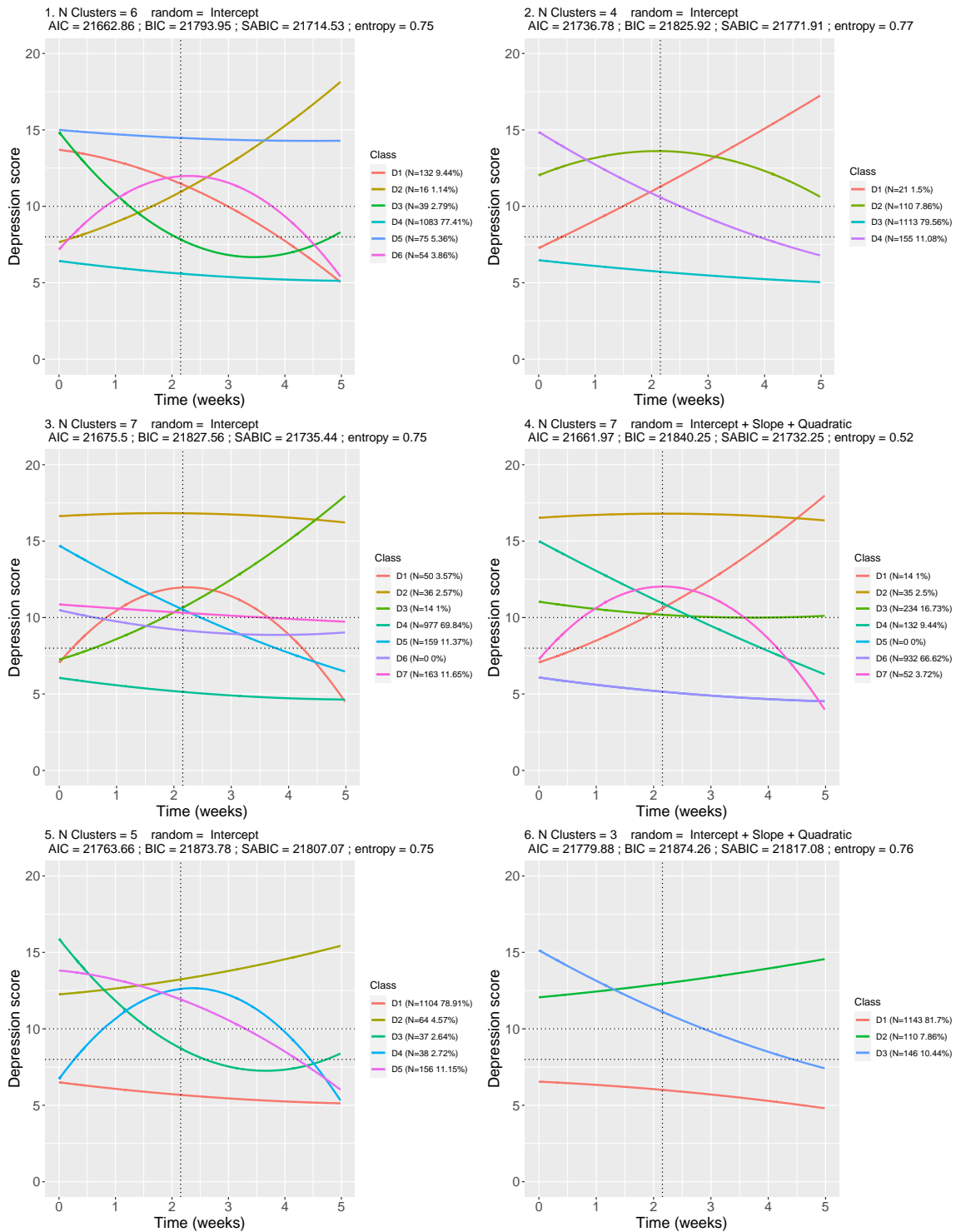


Figure S2. Predicted trajectories from the six best growth mixture model of anxiety ranked by BIC. Dashed horizontal lines represent symptomatic thresholds for anxiety (i.e., 8 and 10). The dashed vertical line depicts the moment of unlockdown.

Table S1

Results of the linear regression model with psychological flexibility (AAQII) being predicted by psychological resources.

Predictor	<i>b</i>	95% CI	<i>t</i> (1390)	<i>p</i>
Intercept	-0.34	[-0.65, -0.03]	-2.18	.029
Gratitude-world	0.04	[-0.01, 0.09]	1.62	.105
Self-Transcendence	-0.11	[-0.15, -0.07]	-5.07	< .001
Wisdom	0.51	[0.45, 0.58]	15.84	< .001
Optimism	0.04	[0.00, 0.08]	1.94	.053
Self-efficacy	0.08	[0.03, 0.13]	3.41	.001
Hope	0.20	[0.15, 0.25]	7.90	< .001
Gratitude-being	0.08	[0.04, 0.12]	3.50	< .001
Peaceful disengagement	0.13	[0.09, 0.18]	5.80	< .001

Table S2

Results of the linear regression model with psychological inflexibility (AFQ) being predicted by psychological resources.

Predictor	<i>b</i>	95% CI	<i>t</i> (1389)	<i>p</i>
Intercept	4.94	[4.69, 5.19]	38.77	< .001
Gratitude-world	-0.05	[-0.09, -0.01]	-2.28	.023
Self-Transcendence	0.09	[0.06, 0.13]	5.34	< .001
Wisdom	-0.47	[-0.52, -0.42]	-17.91	< .001
Optimism	-0.02	[-0.05, 0.02]	-0.92	.356
Self-efficacy	-0.01	[-0.04, 0.03]	-0.31	.754
Hope	-0.12	[-0.16, -0.08]	-5.64	< .001
Gratitude-being	0.01	[-0.03, 0.04]	0.34	.732
Peaceful disengagement	-0.10	[-0.13, -0.06]	-5.21	< .001