

**Table S1**— Ordinal Regression for Nightmare Frequency in Youth Sample (N = 680)

Predictor	t value	p	Effect size	Odds ratio	Confidence Interval	
					Lower	Upper
Age	4.6	<0.001	0.18	1.39	1.21	0.60
Sex	1.0	0.31	0.04	1.10	0.93	1.25
Non-White	-1.8	0.07	-0.07	0.89	0.78	1.01
Mood Disorder	1.1	0.27	0.05	1.11	0.92	1.33
Anxiety Disorder	0.7	0.50	0.03	1.06	0.89	1.28
Other Diagnosis	1.1	0.28	0.04	1.09	0.93	1.28
Neuroticism	2.5	0.01	0.11	1.21	1.04	1.41
Openness	1.4	0.16	0.05	1.10	0.96	1.27

Data exclude participants who checked off “Prefer not to answer”

**Table S2**— Ordinal Regression for Nightmare Frequency adding Current Stressors in Youth Sample (N = 680)

Predictor	t value	p	Effect size	Odds ratio	Confidence Interval	
					Lower	Upper
Age	4.5	<0.001	0.18	1.38	1.20	1.59
Sex	0.6	0.55	0.02	1.05	0.90	1.21
Non-White	-1.7	0.10	-0.06	0.89	0.78	1.02
Mood Disorder	0.4	0.67	0.02	1.04	0.87	1.25
Anxiety Disorder	0.6	0.56	0.03	1.06	0.88	1.26
Other Diagnosis	0.3	0.78	0.01	1.02	0.87	1.20
Neuroticism	-1.2	0.22	-0.06	0.90	0.76	1.07
Openness	1.5	0.13	0.06	1.11	0.97	1.27
DASS-21 Total	7.3	<0.001	0.35	1.88	1.59	2.23

Data exclude participants who checked off “Prefer not to answer”

**Table S3**— Ordinal Regression for Nightmare Frequency adding Current Stressors and COVID Anxiety in Youth Sample (N = 680)

Predictor	t value	p	Effect size	Odds ratio	Confidence Interval	
					Lower	Upper
Age	3.4	<0.001	0.14	1.29	1.11	1.49
Sex	0.03	0.97	0.001	1.00	0.87	1.16
Non-White	-1.9	0.05	-0.07	0.87	0.76	1.00
Mood Disorder	0.6	0.53	0.03	1.06	0.88	1.27
Anxiety Disorder	0.6	0.58	0.03	1.05	0.88	1.26
Other Diagnosis	0.3	0.76	0.01	1.02	0.87	1.20
Neuroticism	-1.3	0.19	-0.06	0.89	0.75	1.06
Openness	1.2	0.21	0.05	1.09	0.95	1.25
DASS-21 Total	6.1	<0.001	0.29	1.71	1.44	2.03
COVID-related Anxiety	4.6	<0.001	0.19	1.41	1.22	1.63

Data exclude participants who checked off “Prefer not to answer”

**Table S4**— Ordinal Regression for Nightmare Distress adding Current Stressors and COVID Anxiety in Youth Sample (N = 544)

Predictor	t value	p	Effect size	Odds ratio	Confidence Interval	
					Lower	Upper
Nightmare Frequency	8.3	<0.001	0.52	2.58	2.06	3.23
Age	0.1	0.92	0.004	1.00	0.85	1.19
Sex	-1.6	0.12	-0.07	0.87	0.74	1.03
Non-White	-0.2	0.82	-0.01	0.98	0.83	1.15
Mood Disorder	0.4	0.67	0.02	1.04	0.85	1.28
Anxiety Disorder	0.8	0.42	0.05	1.09	0.88	1.34
Other Diagnosis	1.6	0.10	0.08	1.16	0.97	1.39
Neuroticism	0.2	0.85	0.01	1.02	0.84	1.24
Openness	-0.3	0.79	-0.01	0.98	0.83	1.15
DASS-21 Total	4.2	<0.001	0.23	1.51	1.25	1.84
COVID-related Anxiety	3.3	<0.001	0.16	1.34	1.13	1.59

Data exclude participants who do not experience nightmares and have those who have checked off "Prefer not to answer".