

*Supplementary Table 1.* Summary of hierarchical linear regression model with childhood adversity and emotion regulation strategies predicting changes in symptoms of anxiety.

| <b>Predictor</b>                            | <b><i>B</i></b> | <b><i>SE B</i></b> | <b><math>\beta</math></b> | <b><i>p</i></b> | <b><i>R</i><sup>2</sup></b> |
|---|-----------------|--------------------|---------------------------|-----------------|-----------------------------|
| <b>Step 1</b>                               |                 |                    |                           |                 |                             |
| Age   | <b>-.10</b>     | <b>.03</b>         | <b>-.24</b>               | <b>&lt;.001</b> |                             |
| Sex   | .26             | .66                | .03                       | .699            |                             |
| Annual income                               | -.24            | .20                | -.08                      | .234            |                             |
| Anxiety symptoms (Time 1)                   | -.18            | .19                | -.06                      | .345            |                             |
| Depressive symptoms (Time 1)                | <b>.43</b>      | <b>.19</b>         | <b>.14</b>                | <b>.026</b>     |                             |
| Childhood adversity                         | <b>1.66</b>     | <b>.34</b>         | <b>.32</b>                | <b>&lt;.001</b> |                             |
| Cognitive reappraisal                       | -.28            | .32                | -.05                      | .378            |                             |
| Cognitive reappraisal x Childhood adversity | -.25            | .30                | -.05                      | .408            |                             |
| Expressive suppression                      | <b>.77</b>      | <b>.32</b>         | <b>.15</b>                | <b>.017</b>     |                             |
|   |                 |                    |                           |                 | <b>.28</b>                  |
| <b>Step 2</b>                               |                 |                    |                           |                 |                             |
| Age   | <b>-.09</b>     | <b>.03</b>         | <b>-.25</b>               | <b>&lt;.001</b> |                             |
| Sex   | .26             | .66                | .03                       | .697            |                             |

|   |             |            |            |                 |
|---|-------------|------------|------------|-----------------|
| Annual income                                   | -.26        | .20        | -.08       | .190            |
| Anxiety symptoms<br>(Time 1)                    | -.18        | .19        | -.06       | .328            |
| Depressive symptoms<br>(Time 1)                 | <b>.42</b>  | <b>.19</b> | <b>.14</b> | <b>.029</b>     |
| Childhood adversity                             | <b>1.62</b> | <b>.34</b> | <b>.31</b> | <b>&lt;.001</b> |
| Cognitive reappraisal                           | -.27        | .31        | -.05       | .388            |
| Cognitive reappraisal x<br>Childhood adversity  | -.19        | .30        | -.04       | .527            |
| Expressive suppression                          | <b>.73</b>  | <b>.32</b> | <b>.14</b> | <b>.025</b>     |
| Childhood adversity x<br>Expressive suppression | .43         | .31        | .09        | .173            |

.29

**Note: Sex was coded as follows: Female =1, Male =2  
Statistically significant predictors are listed in bold**