For our investigation of countries that have experienced declines in the democratic quality of their government, we included countries from four lists.

1. **Breakdown recovery.** We included countries that, since 2000, have experienced a transition away from democracy as well as a return to democracy. We also only included countries from that subset that have remained democracies until 2020. Using the GsoD data, we filtered out any countries that did not go through any such transitions, as well as countries that are not currently democracies. This left us with a list of 9 countries as well as the year(s) in which they transitioned back to democracy: Bolivia (2020), Georgia (2012), Guinea-Bissau (2005, 2014), Nigeria (2011), Kenya (2013), Madagascar (2013), Sri Lanka (2015), Nepal (2008), and Fiji (2001, 2015).
2. **Backslide recovery**. Our second list looked at countries that have experienced democratic backsliding and recovered. Backsliding is defined by the GsoD as a net decline of at least 0.1 points on the average score of Checks on Government and Civil Liberties over a period of 5 years. We filtered for countries who experienced backsliding, and whose backsliding has stopped at some point since 2000. We then filtered out countries that did not remain democracies the year after their backsliding ended or that were not democracies in 2020. This left us with three countries: North Macedonia and Ukraine, whose backsliding ended in 2017, and Romania, which stopped backsliding in 2020.
3. **Backsliders.** Our third list included countries that continue to experience backsliding into 2020: The United States, Hungary, Poland, Slovenia, India, the Philippines, and Brazil.
4. **Breakdowns.** Our fourth and final list contains countries that had complete breakdowns of democracy between 2000 and 2020, meaning that they were once democracies and are now either hybrid or authoritarian regimes. There are 18 countries on this list, including Honduras, Turkey, Serbia, and Venezuela, among others.