Sample characteristics and variables included in each of the datasets

Variables	Study1: Dataset 1		Study1: Dataset 2		Study1: Dataset 3		Study2	
	M (*SD*)	α	*M* (*SD*)	α	*M* (*SD*)	α	*M* (*SD*)	α
Expressive suppression	3.29 (1.38)	.80	3.27 (1.16)	.73	3.23 (1.15)	.76	3.33 (1.24)	.78
Satisfaction with life	4.06 (1.37)	.94	3.76 (1.29)	.87	4.12 (1.25)	.90	3.85 (1.43)	.91
Psychological well-being			3.99 (0.60)	.93			4.81 (0.78)	.85
Autonomy			3.72 (0.72)	.76			4.59 (1.11)	.66
Environmental mastery			3.40 (0.73)	.76			4.41 (1.12)	.66
Personal growth			4.40 (0.69)	.76			5.68 (0.95)	.76
Positive relations with others			4.27 (0.84)	.83			4.81 (1.22)	.58
Purpose in life			4.09 (0.80)	.79			4.83 (1.26)	.61
Self-acceptance			3.76 (0.89)	.87			4.54 (1.27)	.78
Peace of mind					3.89 (0.88)	.93		
Depression (CESD)			1.96 (0.51)	.93			1.45 (0.58)	.86
N	154		137		188		205	
Age (SD)	19.82 (1.72)		20.61 (2.30)		21.70 (1.91)		28.12 (6.75)	
Male	32.47%		43.07%		34.43%		45.37%	

Note. Empty cells mean that the variable is not included in the dataset. Except for Satisfaction with life, Studies 1 and 2 employed different version of the scales (see text).

Standardized regression coefficients (β) *of multiple linear regression*

	Study 1: Dataset 1		Study 1: Dataset 2		Study 1: Dataset 3		Study 2	
Criterion	Positive	Negative	Positive	Negative	Positive	Negative	Positive	Negative
Well-being indices								
Satisfaction with life	-.10	-.01	-.19*	.03	-.22**	.01	-.23**	-.01
Psychological well-being			-.33***	-.09			-.49***	-.05
Autonomy			-.17†	-.06			-.24***	-.13†
Environmental mastery			-.27**	-.02			-.39***	.07
Personal growth			-.32***	-.09			-.30***	-.08
Positive relations with others			-.36***	.04			-.33***	-.04
Purpose in life			-.06	-.23**			-.27***	-.08
Self-acceptance			-.31***	-.08			-.44***	.03
Peace of mind					-.18*	.05		
Ill-being index								
Depression			.27**	-.03			.38***	-.07

Note. $^{\dagger}p$ <.10, $^{*}p$ < .05**, p < .01, $^{***}p$ < .001. Empty cells mean that the variable is not included in the dataset.

Mean comparisons

	General		Suppression of neg		Suppression of pos		Omnibus test		Paired comparison between suppression of neg and pos		
	Mean	SD	Mean	SD	Mean	SD	*F*	*p*	*t*	*p*	*d*
DS1	3.49	1.61	3.37	1.82	2.81	1.50	15.415 (3,459)	<.001	3.595 (153)	<.001	0.29
DS2	3.61	1.43	3.10	1.51	2.76	1.42	20.139 (3.408)	<.001	2.2353 (136)	0.027	0.19
DS3	3.50	1.44	3.10	1.43	2.84	1.37	18.369 (3,561)	< .001	2.1763 (187)	0.031	0.16

Reliability coefficients of the entire scale and if the item on suppression of positive or of negative emotions was dropped in Study 1

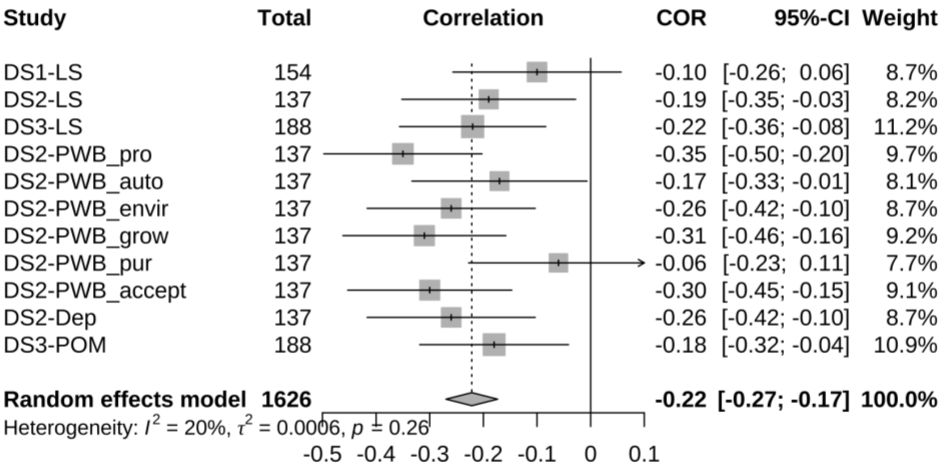
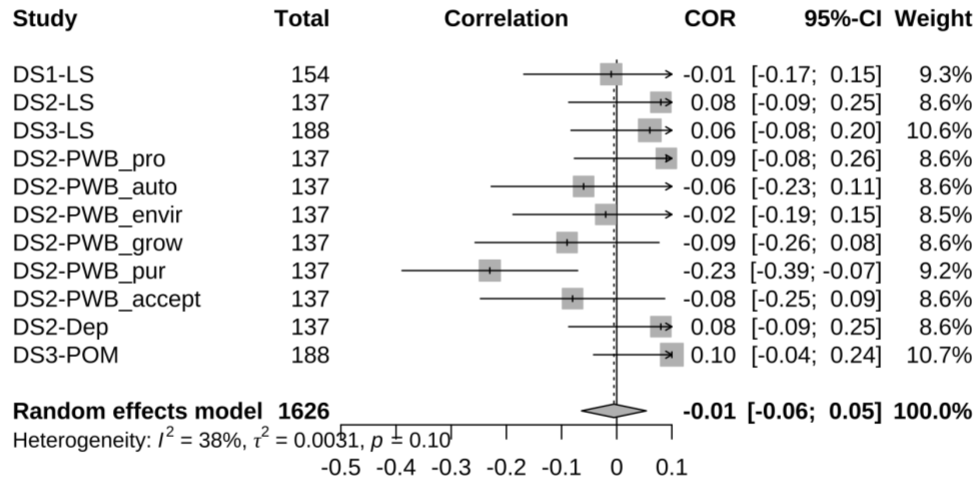
Dataset	Original alpha	Dropping positive item	Dropping negative item
DS 1	.80	.84	.69
DS 2	.73	.77	.64
DS 3	.76	.76	.71
All Datasets	.77	.80	.68

Zero-order correlation among suppression of different valences in Study 1

Suppression	DS1 / DS2 / DS3 / All	
	Emotions in general	Positive emotions
Positive emotions	.40/.24/.33/.38	
Negative emotions	.77/.61/.52/.64	.32/.25/.32/.30
Z statistic (Positive – Negative emotions)	-5.19/-3.80/-2.27/-5.53	

Note. All coefficients were significant at p < .01.

The synthesized effect of suppression of *positive* emotions



The synthesized effect of suppression of *negative* emotions