**Participants**

One hundred and ten participants recruited (N = 110) from word of mouth, participants had to identify as Hispanic to enroll in the study. Participants were compensated up to a 70 dollar gift card for Target for completing the daily surveys throughout the course of two weeks. Out of one hundred and ten participants 28 Identified as male (34.54%), 81 identified as female (73.63%), and 1 identified as trans/non-binary (.9%). The average age was 23 (M=23.64, SD = 6.804919) and 86 (78.18%) participants were U.S. natives while 24 (21.81%) were non-U.S. native.

**Procedure**

The study was completed through Qualtrics, an online survey software (<https://www.qualtrics.com/>). After E-mailing us and agreeing to participate, participants were asked to sign up for a video call through Zoom (<https://zoom.us/>) in order to explain their responsibilities over the two-week study and to ask any questions that may arise through this. In this video call, participants first completed the consent form then had the study and their responsibilities explained to them. Participants then completed the onboarding survey and gave us their contact information. Throughout the course of two weeks participants were sent a daily survey everyday at 6:00PM MT. On day 8, participants did an extended daily survey and on day 12 participants did the extended daily survey with a prostalgia measure added in. **Add in compensation.**

**Materials**

**Patient Health Questionnaire (PHQ-9).** Participants were asked 8 questions about problems they experienced over the past 2 weeks. Participants used a 4-point scale starting at 0 for not at all to 3 for nearly every day. The PHQ-9 measures the depression of the participant.

**GAD-7.** Participants were asked 8 questions about problems they experienced over the past 2 weeks. Participants used a 4-point scale starting at 0 for not at all to 3 for nearly every day. The GAD-7 measures the anxiety of the participant.

**National Nostalgia.** Participants were asked 6 questions related to the topic of nostalgia related to the history of the United States and the History of Americans and how much they thought of the question. Nostalgia was defined as a “sentimental longing for the past”. Participants used a 5-point scale starting at 0 for not at all to 4 for a great deal. Examples of a question is “How often do you bring to mind nostalgic experiences related to the way the United States was in the past?”

**National Prostalgia:** Participants were asked 6 questions related to the topic of prostalgia related to the future of Americans and the United States and how much they thought of the question. prostalgia was defined as a “sentimental longing for the future.” Participants used a 5-point scale starting at 0 for not at all to 4 for a great deal. Examples of a question is “How often do you bring to mind prostalgic experiences related to the way the United States will be in the future?”.

**Optimism:** Participants were asked 5 questions related to the topic of Optimism and how much they agree with the questions. Participants used a 4 point scale starting at 4 for strongly agree to 1 for strongly disagree. Examples of a question is “In uncertain times, I usually expect the best.

**Perceptions of culture dynamism:** Participants were asked 3 questions related to their perceptions of cultural dynamism. Participants used a 5 point scale starting at 1 for Strongly agree to 5 for Strongly Disagree. **Insert definition of Cultural Dynamism**. Example of a question is “As a country, I feel the US is changing a lot.”

**Multigroup Ethnic Identity Measure-Revised (MEIM-R):** The MEIM-R is designed to measure how much the participant’s identity is impacted by their own Ethnic Identity. The MEIM-R is split into two different Subcategories. The first Subcategory is exploration, which measures **how often the participant seeks information and experiences related to their ethnic identity(c),** An example of a question in the exploration category is “I have often done things that will help me understand my ethnic background better.” The second category is commitment, which measures **which measures the sense of belonging the participant feels towards their ethnic group (c),** An example of a question in the commitment category is “I understand pretty well what my ethnic group membership means to me.” Participants used a 5 point scale starting at 1 for Strongly Disagree to 5 for Strongly Agree.

**Mexican American Cultural Values Scale (Familism subscales only):** The MACVS measures the value and engagement the participants have with Hispanic culture. We looked at 4 different categories in the MACVS, Support, Obligation, Referent, and the whole MACVS category. The first subcategory is Support which measures **the desirability to maintain close relationships (c)**, an example of a question in the Support category is “Parents should teach their children that the family always comes first.”. The next subcategory is obligation which measures **the importance of tangible caregiving (c),** an example of a question in the obligation category is “If a relative is having a hard time financially, one should help them out if possible.” The final Subcategory is referent which measures **the reliance on communal interpersonal reflection to define self (c),** an example of a question in the referent category is “It is important to work hard and do one’s best because this work reflects on the family”. The final category is the combination of the whole MACVS which included other categories we did not specifically look at such as Gender, Respect, and Independence. Participants used a 5-point scale starting at 1 for Not at all to 5 for Completely.

**Satisfaction with life:** Participants were asked 6 questions related to their satisfaction with life. Participants used a 7-point scale starting at 1 for Strongly disagree to 5 for Strongly agree. Example of a question is “The conditions of my life are excellent.”

**Meaning in life:** Participants were asked 16 questions about how much they feel like their life has meaning. This scale is split up into 4 different subscales, the first being overall, which measures the participants overall feeling of meaning of life, an example of a question in the coherence category is “My life as a whole has meaning.” The second scale is Coherence which measures **Insert Measure**, an example of a question in the coherence category is “I can make sense of the things that happen in my life.” The next scale is purpose which measures **Insert Measure,** an example of a question in the purpose category is “I have a good sense of what I am trying to accomplish in life.” The final scale is mattering which measures **Insert Measure**, an example of a question in the mattering category is “Even considering how big the universe is, I can say that my life matters.” Participants used a 7-point scale starting at 1 for strongly disagree to 7 for strongly agree.

**Conservativism:** Participants were asked 3 questions to assess whether they leaned more liberal or conservative politically. Participants used a 7-point scale starting at 1 for very liberal to 7 for very conservative. Example of a question is “Overall, how would you describe your political ideology?”

**Trump and Ice:** Participants were asked 2 questions to see how much they believe Donald Trump impacted border policy and if they associated him with ICE. Participants used a 7-point scale starting at 1 for strongly agree and 7 for strongly disagree.