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Emotion Regulation and Wellbeing:
A Cross-Cultural Study During the COVID-19 Outbreak

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Abstract

The present study sought to address the relationship between emotion regulation and wellbeing. Prior research has mainly focused on a subset of emotion regulation strategies, typically manipulated in lab settings, and has largely been based on the study of individuals from a very limited range of cultural contexts. In the present study, we examined the contribution of the *use* and *variability* of six key emotion regulation strategies to wellbeing within one large-scale study in the context of a shared stressor: the COVID-19 pandemic. We tested the cross-cultural consistency of our findings in a large sample ($N = 23,865$) with participants from 51 countries, using a wide variety of cultural orientations. In line with our pre-registered hypotheses, we found that acceptance and reappraisal were predictive of higher wellbeing, while rumination and suppression were predictive of lower wellbeing. Social sharing and distraction yielded more mixed findings. Notably, acceptance and rumination were the strongest predictors of wellbeing, thus emerging as the promise and peril of emotion regulation. Except for suppression, these effects were replicated in two separate representative samples ($N = 2000$). Moreover, we found a small but inconsistent positive association between emotion regulation variability and wellbeing, pointing to the importance of flexibly attuning regulatory strategies to situational demands. Finally, cultural orientations did not moderate these relationships, demonstrating a great degree of cross-cultural consistency in both the use of emotion regulation strategies, and their associations with wellbeing. These findings demonstrate that, across cultures, several emotion regulation strategies, particularly acceptance and rumination, shape wellbeing.

Keywords: Emotion Regulation, Wellbeing, Emotion Regulation Variability, Culture

In recent decades, there has been an upsurge in research on emotion regulation and its relationship with psychological wellbeing. This work has led to the characterization of certain emotion regulation (ER) strategies as generally adaptive (e.g., reappraisal) and other strategies as maladaptive (e.g., expressive suppression; for meta-analyses, see Aldao et al., 2010; Webb et al., 2012). Complimenting this body of literature, recent work has suggested that wellbeing is not only characterized by the chronic usage of adaptive (vs. maladaptive) ER strategies, but also by the flexible adaptation of these strategies to the demands of the specific environment (e.g., Aldao et al., 2015; Bonanno & Burton, 2013; Kashdan & Rottenberg, 2010). Although extant work has yielded many important insights, it has been characterized by several limitations. Firstly, most studies have examined only a subset of ER strategies, thereby precluding conclusions about the relative effects of different strategies and the *variability* with which these are employed (see Heij & Cheavens, 2014). Secondly, most studies have been conducted in lab settings, and consequently suffer from low ecological validity (Aldao, 2013). Recently, a growing body of work is examining ER in everyday life (see Koval et al., 2020), yet despite its high ecological validity, this work has been challenged by the great variation in experienced stressors between individuals. Thirdly, nearly all research on ER is based on the study of individuals from a very limited range of cultural contexts (so-called WEIRD societies; Henrich et al., 2010), and it is unclear to what extent findings are robust across cultural groups.

In the present study, we aimed to better understand what forms of emotion regulation – both *which specific* ER strategies, and the *variability* of strategy use – are associated with better psychological wellbeing, while seeking to address the above limitations. By examining how individuals from all over the world regulated their emotions in the context of the COVID-19 pandemic, the present study investigated the use and wellbeing outcomes of several key emotion regulation strategies: reappraisal,

acceptance, rumination, expressive suppression, social sharing, and distraction. The pandemic allowed for the study of emotion regulation in the context of a shared, global stressor constituting a highly ecologically valid situation. Furthermore, we examined the relationship between ER and wellbeing across a large and culturally diverse sample ($N = 23,865$ participants in 51 countries), as well as in two independent representative samples ($N = 2000$ participants) using pre-registered hypotheses and analyses. Below, we summarize the literature on the relationships between these six key emotion regulation strategies, as well as emotion regulation variability, and psychological wellbeing. We then review research examining cross-cultural variation in the use and consequences of these different emotion regulation strategies, and end with an overview of the present study.

Emotion Regulation and Wellbeing

Most research on emotion regulation draws on James Gross' process model, which outlines several key strategies that people may employ when trying to change (or maintain) their emotions, including reappraisal, acceptance, rumination, expressive suppression, social sharing and distraction (Gross, 1998, 2015). A large body of work has mapped out the consequences of these strategies for various aspects of psychological wellbeing. Findings to date have shown that reappraisal and acceptance are adaptive strategies. *Reappraisal* entails changing the way one thinks about the situation, such as putting it in perspective (Gross, 1998). Both when instructed in the lab and observed in daily life, as well as when measured as a dispositional tendency, reappraisal is associated with a wide range of benefits, including the experience of more positive and less negative affect, and fewer psychopathological symptoms, such as anxiety and depression (e.g., Aldao et al., 2010; Brans et al., 2013; Kalokerinos et al., 2015; Webb et al., 2012). Similarly, *acceptance* (the tendency to accept one's negative emotional experience) has been shown to predict reduced experience of negative affect and psychopathological symptoms, both based on experimental instructions and measured as the tendency to

accept one's negative emotional experience in daily life (e.g., Aldao et al., 2010; Kohl et al., 2012; Shallcross et al., 2010).

Rumination and expressive suppression, on the other hand, have been consistently identified as maladaptive strategies that impair psychological wellbeing. *Rumination* involves repetitive thinking about one's negative feelings and problems, and has been found to exert a wide range of detrimental effects, including increased negative affect and psychopathological symptoms such as depression and anxiety (e.g., Aldao et al., 2010; Koval et al., 2012; Nolen-Hoeksema et al., 2008). Similarly, *expressive suppression* (i.e., hiding one's emotional experience from others), has been consistently found ineffective in reducing negative emotions, and predictive of psychopathological symptoms such as depression, fatigue, and lower satisfaction with life (Aldao et al., 2010; Cameron & Overall, 2018; Webb et al., 2012).

While findings depicting reappraisal and acceptance as adaptive strategies, and rumination and suppression as maladaptive strategies, are remarkably consistent, the study of social sharing and distraction has produced more mixed results. *Social sharing* includes the verbal expression of one's emotions to others. While it is typically experienced as beneficial (Heiy & Cheavens, 2014; Zech & Rimé, 2005), studies examining social sharing induced in the lab and in daily life show a range of outcomes including increased positive affect (Brans et al., 2013), increased negative affect (Cameron & Overall, 2018), or no change in affect (Heiy & Cheavens, 2014; Rimé et al., 2020; Zech & Rimé, 2005). Similarly, *distraction* (i.e. thoughts and behaviors aimed to divert attention away from the emotional situation; Gross, 1998) is generally perceived as effective (Heiy & Cheavens, 2014), and has indeed been shown to positively affect mood and to reduce negative emotions, both in the lab and in daily life (Heiy & Cheavens, 2014; Webb et al., 2012). However, despite its potential to bring about immediate emotional relief by disengaging the person from the emotional experience, distraction does not allow evaluating,

processing, and remembering the emotional information, which may impede long-term recovery, and therefore psychological wellbeing (see Sheppes et al., 2014).

Furthermore, greater emotion regulation *variability* is associated with better psychological functioning (e.g., Aldao & Nolen-Hoeksema, 2012; Blanke et al., 2020; Cheng et al., 2014). Emotion regulation variability refers to the extent to which individuals vary in their use of one or more ER strategies across a number of situations (Aldao et al., 2015). While some strategies may overall be more adaptive than others, their effectiveness is also highly dependent on contextual demands (e.g., Aldao, 2013; Haines et al., 2016).¹ For example, there are situations in which reappraisal may not help (e.g., when the stressor is controllable; Troy et al., 2013), or suppression may not hurt (e.g., when preserving good social relations in the moment is essential; Kalokerinos et al., 2017). Consequently, the ability to implement ER strategies that are synchronized with contextual demands has been theorized to be crucial for psychological wellbeing (see reviews by Aldao et al., 2015; Bonanno & Burton, 2013; Kashdan & Rottenberg, 2010).

Emotion Regulation Across Cultures

Given that the vast majority of research on emotion regulation to date has focused on a narrow range of cultural contexts, it is currently not clear to what extent present findings generalize across different cultural settings. Indeed, there are reasons to expect some cross-cultural variation in the use and consequences of different emotion regulation strategies. Culture shapes which emotions are seen as appropriate and functional to experience and express in order to successfully navigate social relationships (e.g., De Leersnyder et al., 2013; Tsai, 2007). Consequently, culture may encourage emotional experiences, expressions and regulatory strategies that are conducive to attaining cultural values (De Leersnyder et al., 2013; Tsai, 2007). To the extent that these behaviors (such

¹ To the extent that emotion regulation variability is aligned with contextual demands, emotion regulation flexibility is said to occur (Aldao et al., 2015). Our data can only speak to emotion regulation *variability*, not *flexibility*. We return to this distinction in the Discussion.

as specific regulatory strategies) are in line with cultural values, they may be socially rewarded, leading them to be associated with greater wellbeing (De Leersnyder et al., 2013; Ford & Mauss, 2015).

Most of the work examining cross-cultural differences in the *use* of emotion regulation strategies has focused on expressive suppression and reappraisal. This work has consistently found that the use of suppression is negatively associated with individualism (Gross & John, 2003; Matsumoto et al., 2008; Soto et al., 2011). Reappraisal, on the other hand, has typically been found not to vary across cultures (e.g., English & John, 2013; Gross & John, 2003; Kim et al., 2011; Kwon et al., 2013; Matsumoto et al., 2008; Soto et al., 2011; Voswinckel et al., 2019). Cross-cultural research on social sharing, acceptance and rumination is scant and has overall yielded mixed findings (e.g., Chang et al., 2010; Kim et al., 2008; Kwon et al., 2013; Mehta et al., 2017; Singh-Manoux & Finkenauer, 2001; Voswinckel et al., 2019). Finally, we are not aware of any research on cross-cultural differences in the use of distraction.

Similarly, research examining cross-cultural differences in the consequences of ER strategies for wellbeing has predominantly focused on expressive suppression. These studies overall yield a somewhat mixed pattern (for a review, see Ford & Mauss, 2015). Some studies showed expressive suppression to be less detrimental (e.g., Butler et al., 2007; Kwon et al., 2013), not detrimental (e.g., Soto et al., 2011) or even beneficial (e.g., Le & Impett, 2013; Mauss & Butler, 2010) to the wellbeing of individuals representative of collectivistic (compared to individualistic) cultures. Yet other studies found expressive suppression to be equally detrimental (e.g., Roberts et al., 2008) to the wellbeing of individuals representative of collectivistic (compared to individualistic) cultures. Cross-cultural research on the consequences of reappraisal is scarce: Two studies have found no moderation by culture (Gross & John, 2003; Soto et al., 2011), while one study found that collectivism-representative Koreans benefitted more from using reappraisal than

individualism-representative Americans (Kwon et al., 2013). There is barely any research on the effects of social sharing, rumination, acceptance, and distraction across cultures. Overall, social sharing seems to be experienced as less beneficial in collectivistic cultures (e.g., East Asian culture) compared to individualistic cultures (e.g., European American culture; Ishii et al., 2017; Kim et al., 2008). Furthermore, two studies suggest that rumination might be less detrimental to psychological functioning for collectivism-representative groups (Chang et al., 2010; Grossmann & Kross, 2010). We are not aware of any studies examining potential cross-cultural differences in the consequences of acceptance or distraction for wellbeing.

Finally, in terms of cross-cultural differences in the consequences of emotion regulation *variability*, a meta-analysis has shown that the positive association between coping flexibility and psychological wellbeing was stronger in samples from individualistic vs. collectivistic countries (Cheng et al., 2014). However, coping flexibility here was composed of a variety of different conceptualizations, including (but not limited to) emotion regulation variability. Consequently, this meta-analysis does not allow any specific conclusions regarding cross-cultural differences in the relationship between emotion regulation variability and wellbeing.

In sum, there is some evidence for cross-cultural differences in both the use and consequences of emotion regulation strategies across cultures. However, studies to date are relatively few and have mostly focused on expressive suppression. Furthermore, conclusions have been largely limited to two cultural orientations: collectivism and individualism, and two cultural groups (Asians and Asian Americans compared to European Americans; for a similar argument, see Ford & Mauss, 2015; Vignoles et al., 2016). Indeed, several recent calls advocate for new research examining cross-cultural consistencies or differences in the use and consequences of other emotion regulation strategies beyond suppression and reappraisal (Ford & Mauss, 2015; Kim et al., 2011), as

well as of emotion regulation variability (De Vaus et al., 2018). Furthermore, appeals have been made to expand emotion regulation research to other value systems (e.g., hierarchy, tradition; Ford & Mauss, 2015; Greenaway et al., 2018).

The Present Study

In the present study, we aimed to obtain a more comprehensive understanding of how emotion regulation is associated with increased wellbeing. To this end, we conducted an online, preregistered survey, offered in 50 languages, with $N = 23,865$ participants from 51 countries around the world. We additionally tested the robustness of our findings using two additional representative samples from the US and the UK ($N = 2000$). We sought to contribute to the literature in three main ways. Firstly, we examined the contribution of the use and variability of six key emotion regulation strategies to wellbeing within one study. Secondly, we examined emotion regulation in response to a shared and highly ecologically valid stressor: the COVID-19 pandemic, which has been shown to impact mental health of people all around the world (e.g., Brooks et al., 2020; González-Sanguino et al., 2020; Wang et al., 2020). Thirdly, given limited and mixed evidence for cross-cultural variation in emotion regulation processes, we explored the cross-cultural consistency of our findings across 51 countries.

Specifically, we sought to test the following predictions (see [OSF](#) for the pre-registration of hypotheses and analyses): First, regarding the association between specific emotion regulation strategies and wellbeing, we predicted reappraisal and acceptance to be positively related to wellbeing (Hypothesis 1a), and rumination and suppression to be negatively related to wellbeing (Hypothesis 1b). Given prior research suggesting both positive and detrimental consequences of social sharing and distraction for wellbeing, we did not specify directional predictions for these two emotion regulation strategies. Second, we predicted that greater variability in the use of different emotion regulation strategies would be positively related to wellbeing (Hypothesis 2). Finally, given the inconsistent

findings in the literature, we did not make predictions regarding (a) the association between culture and the use of ER strategies, nor how culture may moderate the association between (b) the different ER strategies and wellbeing, and (c) ER variability and wellbeing. To explore any potential cross-cultural differences, we used a variety of cultural orientations, including individualism, collectivism, tightness-looseness (Gelfand et al., 2011), and Schwartz's (2009), Inglehart's (Inglehart et al., 2004) and Hofstede's (2011) value dimensions. We examined all our hypotheses across three positive indicators of wellbeing (Wellness, Resilience and Health) and one negative indicator of wellbeing (Distress).

Method

Participants and Procedure

Cross-cultural sample. We conducted an online survey offered in 50 languages. Translations were done from English by a native speaker and checked by a second native speaker. The survey included a range of topics related to the impact of COVID-19 on emotions, wellbeing, and behaviors (for a detailed description, see [OSF](#)). To maximize the number and variability of participants, we utilized personal networks, social media, and news media for recruitment. The study received approval from the University of Amsterdam Department of Psychology Ethics Committee, and all participants provided digital informed consent.

The survey was conducted between April 17th and May 15th 2020 and involved 29,744 respondents from 157 countries. In order to ensure power and representativeness, we first selected countries with a minimum of 200 participants in each country that had at least one effective answer to the questionnaire. Among these participants, 23,865 participants from 51 countries finished all six ER questions and were therefore retained in the analyses. The criteria of sample size to be 200 per country was adopted from Fetzer et al. (2020). A sensitivity analysis conducted in G-power suggested that with the standard

criteria ($\alpha = 0.05$), a multiple linear regression with 112 participants per country has a power of 0.80 to detect a small to medium effect ($f^2 = 0.20$). In our final sample (66.84% female), participants were between 16 and 101 years old ($M = 37.2$, $SD = 14.2$). See Table S2 in the Supplemental Materials for an overview of descriptive statistics for each of the countries separately.

Representative samples. Two age, sex and ethnicity representative samples from the United Kingdom and the United States were recruited through the panel Prolific.co to verify our findings from the cross-cultural sample. Each representative sample consisted of 1000 participants. In the UK sample, 517 participants were female, with an age ranging from 18 to 83 years old ($M = 46.6$, $SD = 15.8$). In the US sample, 514 participants were female, with an age ranging from 17 to 83 years old ($M = 45.9$, $SD = 16.3$)

Measures

Emotion regulation strategies. Participants rated their use of six ER strategies in response to their negative emotions in the last seven days with one item for each strategy. The item stem was “In the past week, when experiencing negative emotions, to what extent did you...”. The items were taken (and in the case of suppression, adapted) from Brans et al. (2013), Kalokerinos et al. (2019), and Medland et al. (2020): Rumination (“continually think about what was bothering you?”), reappraisal (“think of other ways to interpret the situation?”), suppression (“try not to show your emotions to others?”), social sharing (“talk to others about your emotions?”), distraction (“distract yourself from your emotions?”), acceptance (“accept your emotions the way they were?”). The items were rated on a scale from 0 (not at all) to 6 (very much).

Emotion regulation variability. We calculated emotion regulation (ER) variability in the same way as Blanke et al. (2020), originally proposed by Aldao et al. (2015). We first calculated the average intensity of emotion regulation by calculating the

mean of all six emotion regulation strategies (M). We then calculated the standard deviation (SD) of the six emotion regulation strategies for ER variability as follows:

$$SD = \sqrt{\frac{1}{N-1} \sum_{i=1}^N (x_i - M)^2}$$

Wellbeing. To assess wellbeing, we included two questions measuring resilience, two questions measuring eudaimonic wellbeing (flourishing), one question measuring satisfaction with life, and one item each measuring stress, tiredness, depression, mental health, and physical health (for details, see [OSF](#)). In the current project, we used the same four-factor structure of wellbeing as employed in Sun et al. (2020). The four factors, each of which was defined by the items in the subsequent parentheses, were henceforth labelled *Wellness* (the two eudaimonic items and satisfaction with life), *Resilience* (the two resilience items), *Health* (feeling mentally healthy and physically healthy), and *Distress* (stressed, tired, and depressed). The magnitude of inter-factor correlations ranged from 0.37 to 0.74. The reliability of the subscales was high (Wellness: $\alpha = .83$, Resilience: $\alpha = .82$, Health: $\alpha = .74$, and Distress: $\alpha = .82$). Further details can be founded in Sun et al. (2020; extended data Tables S2-S3). The same four-factor structure was replicated in the representative samples from the UK (CFI = 0.99, RMSEA = 0.08, SRMR = 0.01) and the US (CFI = 0.99, RMSEA = 0.07, SRMR = 0.01; see Sun et al., 2020; extended data Table S12). The reliability of the subscales was high in both the UK sample (Wellness: $\alpha = .88$, Resilience: $\alpha = .89$, Health: $\alpha = .72$, and Distress: $\alpha = .83$) and the US sample (Wellness: $\alpha = .90$, Resilience: $\alpha = .87$, Health: $\alpha = .73$, and Distress: $\alpha = .86$).

Cultural orientations. We included country-level Individualism (IND) and Collectivism (COL) into our analyses. Following Vignoles et al. (2016), our IND country scores are taken from Hofstede et al. (2010). Our COL country scores were taken from House et al. (2004). Specifically, we used Institutional Collectivism (the degree to which organizational and societal institutional practices encourage and reward collective

distribution of resources and collective action) and In-group Collectivism (the degree to which individuals express pride, loyalty, and cohesiveness in their organizations or families) scores in our analyses. In our sample, 30 countries had an Individualism score, 25 countries had an Institutional Collectivism score and 25 countries had an In-group Collectivism score. Only those countries were retained in the respective analyses.

Control variables. Several control variables were included to make the emotional impact of the global stressor as comparable as possible across participants. In the cross-cultural sample, at the individual level, we controlled for participants' age, gender, education, subjective socioeconomic status (SES), and the number of COVID-19 deaths per million in the participant's country on the day they completed the questionnaire. Recent cross-cultural work has shown that younger individuals, women, those with less education, those with lower subjective socioeconomic status experience, and those living in regions where the severity of the pandemic is worse experience elevated stress and reduced wellbeing during COVID-19 (Fetzer et al., 2020; Kowal et al., 2020; Sun et al., 2020; Zhang et al., 2020).

Furthermore, at the country level, we controlled for the gross domestic product per capita (GDP), the Gini Index and policy stringency. Countries' policy stringency toward COVID-19 was included as a control variable because it has been found to be negatively related to wellbeing (Fetzer et al., 2020; Sun et al., 2020). Countries' GDP was included as an index of country-level wealth, and the Gini index was included as a measure of equality of distribution of resources within each country, because past research has suggested that people in more affluent countries are on average happier than those in poorer countries (de Neve et al., 2018), and economic inequality is generally associated with reduced health and wellbeing (Okulicz-Kozaryn & Mazelis, 2017). Both GDP and Gini index were based on public data from the World Bank. Given that the two

representative samples were taken from single countries, these analyses only included participants' age, gender, education, and subjective SES as control variables.

Data Analytic Strategy

Model specifications. For the cross-cultural dataset, we first calculated the intraclass correlation (ICC) for each emotion regulation strategy, emotion regulation variability and wellbeing measure (see Table S1). The ICC represents the proportion of the total variability that is attributable to the country level. All ICCs ranged from 0.02 to 0.07, suggesting relatively small between-country variance. Therefore, we did not separate within- vs. between-country variance and all variables were grand-mean centered and standardized before being entered in the multilevel models.

In the analyses of the cross-cultural data, we built multi-level models and entered the variables in the models in a stepwise manner. In the first step, the individual-level variables age, gender, education, SES, and number of deaths per million and the country-level variables SES, GDP, Gini index, and COVID-19 stringency were included as controls (i.e., baseline models). In the ensuing step, we added the key predictors (these predictors are reported separately for each model below) to investigate the fixed effects, allowing the intercepts of the key predictors (at the individual level, i.e. level 1) to vary randomly across countries (i.e., level 2). Next, we added the random slopes of these measures to investigate the random effects (Barr et al., 2013; Matuschek et al., 2017), while setting up the random intercepts and slopes to be uncorrelated to reduce convergence issues. Models were run separately for each of the outcomes of interest (see outcomes reported separately for each model below). In the analyses of the representative samples from the United Kingdom and the United States, corollary models (i.e., linear regressions without the country-level structure) were built. Below, we report the main analyses for the cross-country sample and the representative samples separately.

Model comparisons and parameter estimates. To evaluate if key predictors explained variance above and beyond the effects of the control variables, we used comparisons of goodness of fit between models with and without these key predictors (see details in the Supplemental Tables). To test if there were random effects, we relied on the random-intercept-only vs. random-intercept-and-slope models. To estimate effect size, we calculated pseudo- R^2 measures (Bartón, 2020), though note that these should be interpreted with caution (LaHuis et al., 2014). All analyses were pre-registered on the [Open Science Framework](#) (OSF) where the exact steps of the statistical models were specified. Data preparation and statistical tests were conducted in the program R, version 3.6.3 (R Core Team, 2020). The full reproducible code will be available in the OSF project folder after acceptance for publication. Descriptive statistics are shown in Table S2.

Results

Main Analyses: Cross-Cultural Sample

1. Use of ER strategies and wellbeing. First, we examined whether the use of emotion regulation strategies was related to wellbeing. A set of multilevel models (Models 1) was built to predict each of the four facets of wellbeing from emotion regulation use (see Table S3). The six ER strategies (Rumination, Reappraisal, Suppression, Social Sharing, Distraction, and Acceptance) were the key predictors. The outcomes were four facets of wellbeing (Wellness, Resilience, Health, and Distress). An overview of the fixed effects of the six ER strategies across all four facets of wellbeing can be found in Figure 1. Details of the random effects and the effects of the control variables can be found in the Supplemental Materials (Figure S1 and Table S3, respectively).

Regarding the fixed effects, in line with **Hypothesis 1**, almost all ER strategies were related to wellbeing. Specifically, Reappraisal and Acceptance were positively

related to Wellness, Resilience, and Health, and negatively related to Distress. In contrast, both Rumination and Suppression were negatively related to Wellness, Resilience, and Health, and positively related to Distress. Social Sharing was weakly and positively associated with Resilience and Health, but also with Distress; it had no relationship with Wellness. Distraction was not associated with Wellness, but positively predicted Resilience and Distress, and negatively predicted Health.

In sum, in line with **Hypothesis 1a** and **1b**, Reappraisal and Acceptance were positively related to wellbeing, and Rumination and Suppression were negatively related to wellbeing. For Social Sharing and Distraction we did not specify any directional hypotheses, and both positive and negative, albeit weak, relationships with wellbeing were observed. The coefficients were highest for Rumination and Acceptance, and smallest for Social Sharing and Distraction.

2. ER variability and wellbeing. Second, we tested whether the variability in the use of different ER strategies would be positively related to wellbeing. For each facet of wellbeing, multilevel models (Models 2a, see Table S4.1) were built with emotion regulation variability (calculated based on the formula of Blanke et al., 2020) as the key predictor and the six ER strategies as additional control variables. The outcomes were four facets of wellbeing. In these models, ER variability was a significant positive predictor of Resilience, but not of any of the other facets of wellbeing.

Following our plan in the preregistration, we ran almost identical models (Models 2b, see Table S4.2) to test whether there would be different results due to different ways of operationalizing ER variability (i.e., *SD* while controlling for the six ER strategies separately vs. *SD* while controlling for the overall mean strategy endorsement across the six ER strategies as previously done by Blanke et al., 2020). Specifically, in Models 2b the 6 ER strategies were replaced by the mean of the six ER strategies (i.e., *ER strategy*

endorsement). In this model, ER variability was a significant positive predictor of Wellness, Resilience and Health, and a negative predictor of Distress.

Taken Models 2a and 2b together, there is partial support for **Hypothesis 2** that greater variability in the use of different ER strategies is positively related to enhanced wellbeing. The most consistent support for this hypothesis concerned the positive relationship between ER variability and Resilience observed across both models. The relationships between ER variability and Wellness, Health, and Distress were only evident in models where ER endorsement (rather than the 6 ER strategies) was controlled for. An overview of the fixed effects of ER variability on all four aspects of wellbeing can be found in Figure 2. The random effects of ER variability can be found in the Supplemental Materials (Tables S4.1 and S4.2).

3a. Cross-cultural consistency and differences in use of ER strategies. Next, to test whether there were any cross-cultural differences in use of ER strategies, we ran multilevel models predicting the use of ER strategies from country scores of cultural orientations. The outcomes were the six ER strategies (Rumination, Reappraisal, Suppression, Social Sharing, Distraction, and Acceptance). In the variations of Model 3a, the use of ER strategies was predicted by the country score of Individualism, Institutional Collectivism or Ingroup Collectivism as the key predictor (see Table S5.1, S5.2, and S5.3). Results indicated that none of these three cultural orientations was a significant predictor of any of the ER strategies. In sum, with regards to **Hypothesis 3a**, the use of ER strategies was consistent across individualistic and collectivistic cultures.

3b. Cross-cultural consistency and differences in the relationship between use of ER strategies and wellbeing. Next, we tested for cross-cultural differences in the relationship between the use of ER strategies (Rumination, Reappraisal, Suppression, Social Sharing, Distraction, and Acceptance) and wellbeing. Multilevel models (Models 3b) were built to predict wellbeing from the six ER strategies and the country score of

Individualism, Institutional Collectivism or Ingroup Collectivism. Here we were interested in the interactions between cultural orientation and the six ER strategies on wellbeing. Even though there were some significant interactions (see Table S6.1, S6.2, and S6.3), the models with the interaction terms had worse goodness of fit than the models without them, and we therefore refrain from interpreting these interactions. In sum, with regards to **Hypothesis 3b**, the relationships between ER strategies and wellbeing were consistent across individualistic and collectivistic cultures.

3c. Cross-cultural consistency and differences in the relationship between ER variability and wellbeing. Next, we investigated whether there were cross-cultural differences in the relationship between ER *variability* and wellbeing. Multilevel models (Models 3c) were built to predict wellbeing from ER variability and Individualism, Institutional Collectivism or Ingroup Collectivism scores, while controlling for six ER strategies. The models with the interaction terms either had comparable or worse goodness of fit than the models without them (see Table S7.1, S7.2, and S7.3). We therefore concluded that there were no noteworthy interactions between ER variability and Individualism, Institutional Collectivism, or Ingroup Collectivism on wellbeing.

Finally, to test whether there would be different results due to different ways of operationalizing ER variability, we also ran models that were almost identical to Models 3c, except that we again replaced the six ER strategies by the mean of these ER strategies (i.e., ER strategy endorsement) as a control variable. The model comparisons indicated no interactions between ER variability and Individualism and Collectivism on wellbeing (see Table S7.4, S7.5, and S7.6). In sum, with regards to **Hypothesis 3c**, the relationship between ER variability and wellbeing was consistent across individualistic and collectivistic cultures.

Main Analyses: Representative Samples

In addition to the cross-cultural sample, we sought to replicate our individual-level findings pertaining to Hypotheses 1 and 2 in two independent, representative samples. Linear regressions were run separately for the UK and the US samples. Gender, age, education, and SES were first included as controls (i.e., baseline models) and in the ensuing step, the key predictors were added (see Table S.8.1, S8.2, S8.3 and S8.4 for the UK sample, and Table S9.1, S9.2, S9.3, and S9.4 for the US sample).

1. Use of different ER strategies use and wellbeing. To examine whether the use of emotion regulation strategies was related to wellbeing, models predicting wellbeing from emotion regulation use were built, including the six ER strategies as the key predictors. The outcomes were four facets of wellbeing. With a few exceptions, the results were largely similar to those in the cross-cultural sample. In general, the use of the six ER strategies was predictive of wellbeing. In line with **Hypothesis 1a**, Reappraisal and Acceptance were positively related to wellbeing (except that Reappraisal did not relate to Distress in the UK sample). In line with **Hypothesis 1b**, Rumination was negatively related to all four facets of wellbeing, both in the UK and the US. Suppression, however, was largely unrelated to wellbeing (except for a positive association with Distress in the UK sample, and a negative association with Wellness in the US sample). Lastly, the weak relationships between Social Sharing, Distraction and wellbeing that were found in the cross-cultural sample were also not consistently found in the UK and US samples.

2. ER variability and wellbeing. To test whether variability in the use of different ER strategies would be related to wellbeing, models predicting wellbeing from emotion regulation *variability* were built, with the six ER strategies and ER variability as the key predictors. The outcomes were the four facets of wellbeing. Results indicated that ER variability was not a significant predictor of wellbeing in either sample. We also ran four more almost identical models, replacing the six ER strategies with the mean of the ER strategies (i.e., ER strategy endorsement) as a control variable. Results indicated a

negative association between ER variability and Distress in the UK sample. In the US sample, ER variability was positively related to Wellness, Health, and Resilience, and negatively related to Distress. In sum, support for the relationship between ER variability and wellbeing was somewhat weaker in the representative samples than in the cross-cultural sample.

Discussion

The present study sought to address the relationship between emotion regulation and wellbeing. To this end, we examined the contribution of the *use* and *variability* of six key emotion regulation strategies to wellbeing within one study in the context of the COVID-19 pandemic. We tested the cross-cultural consistencies of our findings in a large sample ($N = 23,865$) with participants from 51 countries. Consistent with our pre-registered hypotheses, our findings showed that acceptance and reappraisal were predictive of higher wellbeing, while rumination and suppression were predictive of lower wellbeing. Social sharing and distraction yielded more mixed findings. As predicted, emotion regulation variability – that is, the variability with which individuals employed different regulatory strategies across situations – was associated with overall greater wellbeing. However, this effect was small, not found in one of the two representative samples, and dependent on the statistical method of controlling for general ER strategy use. Finally, findings were largely cross-culturally consistent: With the exception of suppression², no cross-cultural differences emerged in the use of the six emotion regulation strategies, nor in emotion regulation variability. Furthermore, the relationships between the different ER strategies and wellbeing did not differ across cultural orientations.

² While the use of Suppression was not predicted by any of our measures of Individualism and Collectivism as described in the Results, our supplemental analyses did reveal several significant associations between Suppression and four other cultural orientations (i.e., Embeddedness (Schwartz, 2009), Affective Autonomy (Schwartz, 2009), Intellectual Autonomy (Schwartz, 2009) and Secular-Rational Authority (Inglehart et al., 2004)). These findings are further described in the Supplemental Materials.

Main Findings and Theoretical Implications

In line with our hypothesis, we found that reappraisal was associated with increased wellbeing. This finding aligns with a large body of literature showing that trying to see the situation in a different, more positive perspective is an effective regulatory strategy to increase positive emotions and decrease negative emotions (for a meta-analysis, see Webb et al., 2012), and is typically associated with reduced psychopathological symptoms, such as anxiety and depression (for a meta-analysis, see Aldao et al., 2010). Moreover, in line with our prediction and prior research (e.g. Aldao et al., 2010; Webb et al., 2012), we found that suppression was associated with poorer wellbeing. However, it is worth noting that this effect was rather small and mostly did not replicate in our two representative samples. The current findings thus suggest that suppression might be less of a strong predictor of wellbeing than prior research suggests. One explanation for these dissimilar findings may be that prior research has largely studied the effect of suppression in the absence of other ER strategies, whereas we examined its unique predictive value when controlling for five other ER strategies. Furthermore, we mostly examined positive aspects of wellbeing, whereas most research to date has examined the effects of suppression on psychopathology. Indeed, in our cross-cultural sample, suppression most strongly predicted Distress, compared to the other three more positive aspects of wellbeing (i.e., Wellness, Health and Resilience).

As predicted, rumination was found to negatively predict wellbeing, while acceptance positively predicted wellbeing. Notably, these two emotion regulation strategies emerged as by far the strongest predictors of wellbeing; they are also two of the most frequently used regulation strategies for dealing with negative emotions in daily life (Heij & Cheavens, 2014). Acceptance and rumination can be considered two sides of the same coin: Both are focused on attending to the emotional experience, yet in contrasting ways and leading to opposite outcomes. Rumination reflects *getting stuck* in the

experience of a negative emotion by repetitively focusing on its causes and consequences; it has consistently been identified as a maladaptive emotion regulation strategy associated with psychopathological symptoms including depression and anxiety (e.g., Aldao et al., 2010; Koval et al., 2012; Nolen-Hoeksema et al., 2008). In contrast, acceptance is characterized by *embracing* one's negative emotions and allowing them to naturally resolve on their own, which has consistently been found to benefit psychological wellbeing (e.g., Aldao et al., 2010; Kashdan et al., 2006; Kohl et al., 2012; Shallcross et al., 2010; Troy et al., 2018). Importantly, acceptance involves *not* trying to escape, avoid or control one's emotions, but instead being non-judgmental about oneself having negative emotions (Kivity et al., 2016). The present results thus suggest that accepting (as opposed to changing) one's emotions is in fact a stronger predictor of psychological wellbeing. This insight is mirrored in contemporary psychotherapies (e.g., cognitive behavioral therapy) shifting from a primary focus on reappraisal to include more acceptance-based principles (e.g. mindfulness-based cognitive therapy, acceptance and commitment therapy; Hayes et al., 2011).

We found that social sharing and distraction had somewhat more mixed and weaker effects on wellbeing. Social sharing was associated with small increases in positive wellbeing (e.g., Resilience and Wellness), but also with a small increase in Distress, though the effects varied somewhat across the samples. Distraction was associated with a small increase in Resilience, but also with increased Distress. This is in line with previous research on the efficacy of these emotion regulation strategies, which has also yielded mixed findings, which was the reason that we did not specify directional a priori hypotheses for these strategies. These findings may point to the adaptiveness of these strategies being more context dependent. Indeed, the effectiveness of social sharing is largely dependent on the *response* of the social environment (for a review, see Rimé et al., 2020). Social sharing in the context of perceived social support is typically

experienced as beneficial, presumably because it engenders interpersonal benefits, such as feeling relieved, supported, and closer to others (Cameron & Overall, 2018; Rimé et al., 2020). However, it typically does not alleviate the negative emotions that derive from negative experiences, and may in fact aggravate them if sharing becomes repetitive and takes on the form of ruminating together (Curci & Rimé, 2012; Zech & Rimé, 2005). Similarly, distraction may be beneficial depending on the situational demands. Given its potential to bringing about immediate emotional relief (Webb et al., 2012), distraction can be functional to achieve short-term goals, such as getting work done (cf. English et al., 2017). However, given that distraction does not allow processing of the event, it carries the danger of impeding long-term recovery (Sheppes et al., 2014). Moreover, when distraction is habitual and develops into avoidance, it can be harmful for psychological functioning (Aldao et al., 2010). Thus, while both social sharing and distraction can be beneficial for wellbeing, overreliance on either of these strategies may be harmful, speaking to the importance of a delicate balance between engaging and disengaging with one's emotions.

We hypothesized that emotion regulation variability would be associated with enhanced wellbeing. Although we found support for this prediction, the effect did not replicate across all samples and statistical models, and emotion regulation variability carried less predictive value for wellbeing than the individual ER strategies. One plausible reason for this small but positive relationship concerns the broad conceptualization of emotion regulation variability. Emotion regulation variability has been defined as the variation in use of one or more ER strategies across a number of situations (Aldao et al., 2015). To the extent that variability is aligned with contextual demands, emotion regulation *flexibility* is said to occur (Aldao et al., 2015), which is considered crucial for psychological wellbeing (see reviews by Bonanno & Burton, 2013; Kashdan & Rottenberg, 2010). Given the cross-sectional nature of the present study, our data only

allowed us to speak to the encompassing construct of ER *variability*, not to the more context-dependent ER *flexibility*. While previous research has shown that both ER variability (Blanke et al., 2020) and emotion regulation flexibility (Cheng et al., 2014) are associated with greater psychological wellbeing, a recent meta-analysis showed that this association is dependent on the specific definition of these closely related yet different concepts (Cheng et al., 2014). For example, effect sizes were larger for measures assessing the extent that people employed regulatory strategies that were appropriate to contextual demands, compared to measures assessing the breadth of ER strategy repertoire (i.e. variability; Cheng et al., 2014). In light of previous research, our findings thus suggest that variability in strategy use is somewhat beneficial to wellbeing, but likely most beneficial when aligned with specific situational demands (cf. Aldao et al., 2015; Bonanno & Burton, 2013).

The present findings demonstrate a great degree of cross-cultural consistency in emotion regulation. With the exception of the use of suppression, we found that none of the cultural orientations that we assessed (individualism, collectivism, tightness-looseness, Schwartz's, Inglehart's and Hofstede's value dimensions) predicted ER strategy use, meaning that the types of strategies people employed to regulate their negative emotions in the context of the current pandemic were largely consistent across cultural orientations. Furthermore, none of these cultural variables moderated the association between ER strategies and wellbeing. Finally, both the level of emotion regulation variability and its association with wellbeing was consistent across cultures.³ We did observe a certain degree of between-*country* variation in the strength of the relationship between ER strategy use and wellbeing. This suggests that the specific

³ It should be noted that one exception occurred (i.e., the association between ER variability and one aspect of wellbeing (i.e., Wellness) was moderated by the cultural orientation Secular-Rational Authority versus Traditional Authority, see Figure S5 in the Supplemental Materials). However, given the large number of exploratory analyses examining cross-cultural moderation effects, and the fact that this interaction was only found for one out of four facets of wellbeing, this finding should be interpreted with caution.

emotion regulation strategies related somewhat differently to wellbeing across countries, but that these differences could not be accounted for by the country-level cultural orientations. The observed between-country variation might thus be driven by differences other than cultural orientation, such as personality, which has been found to vary across countries (see Matsumoto, 2006). Together, these findings suggest that emotion regulation tendencies and their relationships with wellbeing are remarkably consistent across different cultural orientations.

Limitations, Strengths and Future Directions

Several limitations of the present study are worth noting. Firstly, we relied on single items to assess ER strategy use. While we are conscious of the limitations of single item measures for reliability and validity (see Brose et al., 2020), it was necessary in the present study in order to reduce participant burden and obtain a large cross-cultural sample. We borrowed our items from previous research, though no research has yet established their validity (Brans et al., 2013; Kalokerinos et al., 2019; Medland et al., 2020).

Secondly, the present study was cross-sectional. This allows for examination of individual differences in ER strategy use in relation to wellbeing, but precludes causal conclusions. However, participants rated their ER strategy use over the course of *the past week*, whereas they rated their *current* wellbeing, implying a potential temporal ordering of the relationship. It should be noted that by having participants report their strategy use over the past week, we may have tapped into more habitual strategy use, which may reflect underlying emotion regulation abilities or potential (see Tull & Aldao, 2015). This could also explain the observed importance of rumination and acceptance in explaining psychological wellbeing, as habitual or dispositional use of these strategies respectively constitutes a major risk vs. protective factor of psychopathology (Aldao et al., 2010). Another implication of the current set-up is that it required participants to implicitly

average across contexts, thereby limiting our insight into the impact of the direct interplay between specific situations and ER strategies. Future research is thus warranted to better understand the role of contextual factors in explaining the (mal)adaptiveness of ER strategies, ideally examining factors at the individual (e.g., personality), situational (e.g., social relationships) and cultural (e.g., social norms) level, as well as their interactions (cf. Greenaway et al., 2018).

Finally, it should be noted that we assessed cultural values at the country level. It thus remains possible that the personal endorsement of cultural values, rather than membership of a cultural group, may shape the use and consequences of specific ER strategies (see Butler et al., 2007; Ford & Mauss, 2015). Future research investigating the role of individual-level cultural orientation across a wide range of countries and cultural value systems is thus warranted for a more complete understanding of the degree of cross-cultural consistency in emotion regulation processes.

These limitations notwithstanding, the present research is characterized by several strengths. First, we investigated the importance of the use of six key ER strategies, as well as the variability with which these were employed, for wellbeing. By examining these factors simultaneously within one study, the present study gives a more comprehensive account of the unique contribution of each of these six ER strategies, as well as ER variability, to wellbeing. Second, we examined ER processes in the context of a global, shared stressor (i.e., COVID-19), thereby enhancing both internal and external validity. Indeed, mounting evidence shows that the pandemic constitutes a major life stressor that is impacting mental health of people all around the world, due to factors such as increased uncertainty, economic strain, restricted face-to-face social contact, and repercussions for work-life balance (e.g., Brooks et al., 2020; González-Sanguino et al., 2020; Wang et al., 2020). Third, we examined the cross-cultural consistency of our findings using a large, cross-culturally diverse sample, going beyond comparisons of only two cultural groups or

countries, or a focus on a single cultural value system (see Ford & Mauss, 2015). We collected data from participants in 51 different countries from all over the world, and examined a wide variety of cultural orientations. Finally, we pre-registered all our analyses and verified the robustness of our findings using two additional independent, representative samples.

Concluding Summary

In a pre-registered, large-scale, cross-cultural study we found that, even when controlling for relevant individual and country-level differences, the use of acceptance, reappraisal, social sharing, distraction, suppression, and rumination all explained unique variance in wellbeing. Except for suppression, these effects were replicated in two separate representative samples, with pre-registered analyses. Importantly, acceptance and rumination emerged as the promise and peril of emotion regulation for psychological wellbeing, with implications for clinical treatment. Moreover, we found a small and somewhat inconsistent positive association between emotion regulation variability and wellbeing. This finding hints at the importance of flexibly attuning regulatory strategies to situational demands, yet also points to the need for future research to build a better understanding of the interplay between specific contextual factors and (adaptive) emotion regulation. Finally, our findings demonstrated a great degree of cross-cultural consistency in both the use of emotion regulation strategies, and its associations with wellbeing.

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Figure Captions

Figure 1. Emotion regulation strategies as predictors of wellbeing. The bar plot displays the estimates of the fixed effect and associated standard error of the six ER strategies (Rumination, Reappraisal, Suppression, Social Sharing, Distraction and Acceptance) on four facets of wellbeing (Wellness, Resilience, Health and Distress). Note that the effects of the 6 ER strategies are from Models 1 (see Table S3). Asterisks denote significant levels (* $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$).

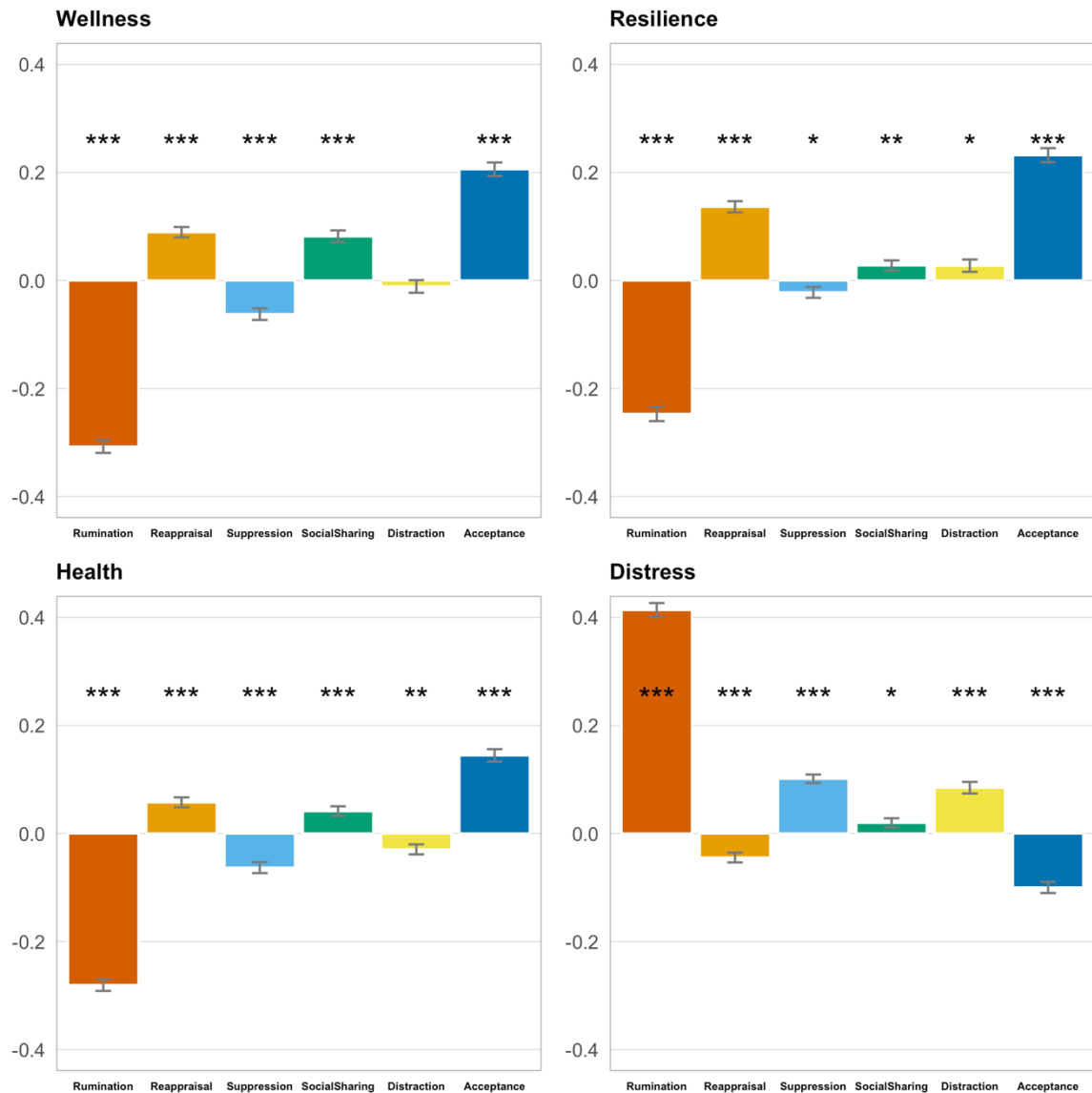
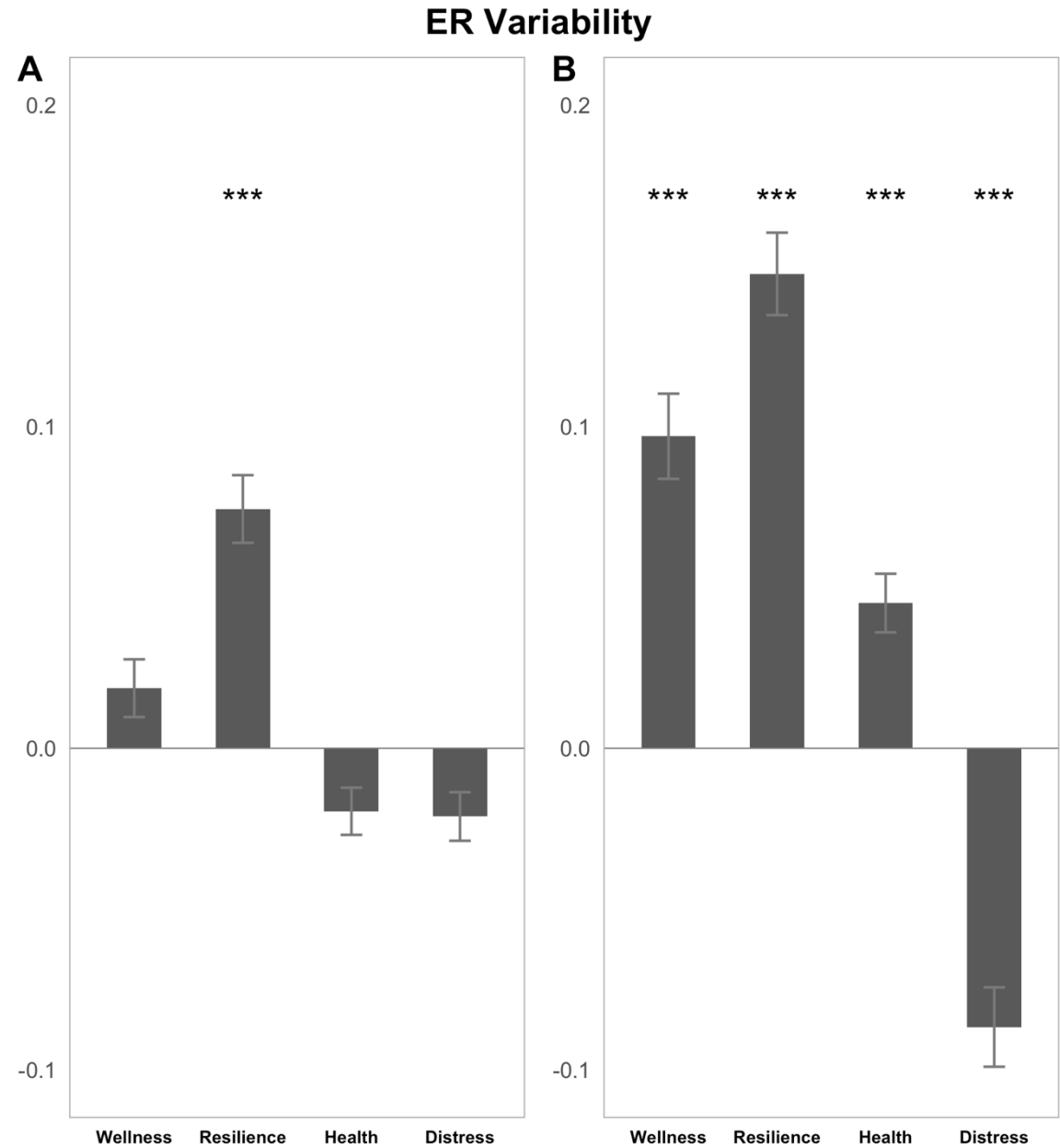


Figure 2. Emotion regulation variability as predictors of wellbeing. The bar plot displays the estimates of the fixed effect and associated standard error of emotion regulation variability on four facets of wellbeing (Wellness, Resilience, Health and Distress) as predicted in Model 2a (when controlling for all six ER strategies; Panel A) and Model 2b (when controlling for mean ER strategy endorsement; Panel B).



Author Contributions

Rui Sun, Disa Sauter, Lisanne Pauw and TuongVan Vu designed the studies.

Rui Sun, Disa Sauter, Lisanne Pauw, TuongVan Vu and Laura Vuiller formulated the hypotheses and analysis plan for the pre-registration.

Rui Sun, Disa Sauter, Lisanne Pauw, TuongVan Vu, Laura Vuillier, , and collaborators (for a complete list of collaborators, see [here](#) for the pre-print) collected the data.

TuongVan Vu and Rui Sun analyzed the data.

Lisanne Pauw wrote the introduction and discussion. Rui Sun and TuongVan Vu wrote the methods. TuongVan Vu wrote the results and supplementary material.

Disa Sauter, Laura Vuillier, Anne Milek and Lisanne Pauw provided critical feedback and contributed to all sections of the manuscript.

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Supplemental Materials

Additional details of the main analyses in the cross-cultural sample

Below we report additional details of the main analyses in the main text. We follow the same structure as the Results section in the main text (i.e. using the same headings) yet only discuss the random effects of the key predictors and the fixed effects of the control variables that were in the same models, but were not reported in the main text.

1. Use of different ER strategies and wellbeing

In the models pertaining to research question 1 and predicting the four facets of wellbeing by the different ER strategies (i.e., Models 1), several of our control variables were also significant predictors of wellbeing (see Table S3). In these models, gender was related to all aspects of wellbeing: Men reported greater Wellness, Resilience, and Health and less Distress than women. Age positively predicted all aspects of wellbeing (i.e. Wellness, Resilience, and Health) and negatively predicted Distress. Education positively predicted Distress, yet had non-significant relationships with Wellness, Resilience and Health. SES was a strong, positive predictor of all aspects of wellbeing (i.e. Wellness, Resilience, and Health) and negatively predicted Distress. Number of deaths negatively predicted Wellness and Resilience. COVID-19 stringency negatively predicted Distress. GDP and Gini index did not significantly predict wellbeing.

Regarding the random effects, the random-intercept-only vs. random-intercept-and-slope model comparison indicated that a small amount (between 0.85% and 1.39%) of the variance of (all 4 facets of) wellbeing was explained by the random effects of ER strategies across countries.

Importantly, including the random slopes across countries did not change the fixed effects (see Table 1 for the model comparison indices and Figure S1 for the visual illustration of the between-country variation in the relationship between the ER strategies and each of the four aspects of wellbeing). Note that the amount of explained variances of the fixed effects ranged between 10.41% to 21.31%.

2. ER variability and wellbeing

With regards to the research question 2, in Models 2a where we asked whether the variability in the use of different ER strategies would be related to wellbeing, the results indicated a significant, small random effect of ER variability on Wellness and Resilience. This means that there was a small degree of between-country variation in the relationship between ER variability and these two aspects of wellbeing (see Table S4.1, the amount of explained variance ranged from 0.12% to 0.13%).

Concerning the same research question, in Model 2b where we controlled for ER endorsement instead of the 6 ER strategies, the results indicated that there were also small degrees of between-country variation in the relationship between ER variability and Wellness, Resilience, and Distress (see Table S4.2, the amount of explained variance ranged from 0.29% to 0.39%). The random effect of ER variability on Health is less clear. Although the addition of the random slope of ER variability increased model goodness of fit, it did not increase the explained variance.

3a. Cross-cultural consistency and differences in ER strategy use

In Models 3a (see Table S5.1, S5.2, and S5.3) where we predicted ER strategy use from cultural orientations, the strongest predictors were gender (men used all 6 ER strategies to a lesser extent than women) and age (older people typically used all ER strategies to a lesser extent than younger people, except for Acceptance, which they used more). Furthermore, education was a significant predictor of the use of some ER strategies: the more highly educated people were, the less Suppression and the more Social Sharing and Acceptance they used (and the more Distraction, but only in Model 3a3 with Ingroup Collectivism). SES was a significant positive predictor of Social Sharing, and Acceptance, and a negative predictor of Rumination and Suppression. Higher number of deaths on the day participants took part in the survey was related to higher use of Rumination (in all 3 models 3a) and Distraction (only in Model 3a1 with Individualism).

3b. Cross-cultural consistency and differences in the relationship between ER strategy use and wellbeing

In Models 3b1, Individualism was not a significant predictor of any facet of wellbeing. In Model 3b2, Institutional Collectivism was negatively related to Wellness, Resilience, and Health, yet not related to Distress. In Models 3b3, Ingroup Collectivism was not related to any measure of wellbeing.

Exploratory analyses

Below we report the results of the exploratory analyses for the exploratory research questions (ERQs). Similar to the models in the main analyses, the multilevel models here were also built in a stepwise manner, starting from the baseline models that included the same control

variables (see the main text for the list of control variables). Given the large number of statistical tests involved in investigating the interaction effects, we corrected for multiple comparisons using the Benjamini & Hochberg's methods (Benjamini & Hochberg, 1995). The "BH" method of Benjamini and Hochberg controls for the false discovery rate, i.e. the expected proportion of false discoveries amongst the rejected hypotheses. The false discovery rate is a less stringent condition than the family-wise error rate, so this method is less stringent and has greater power than the Bonferroni correction.

ERQ1. Negative affect intensity as a potential moderator of the relationship between ER strategies and wellbeing

First, we tested whether the relationships between the ER strategies and wellbeing were moderated by negative emotional intensity, using the average of all experienced negative emotions in the past week (i.e., anger, anxiety/worry, boredom, confusion, disgust, fear, frustration, loneliness, regret and sadness) as an indicator for negative affect (NA). To this end, we ran multilevel models with the six ER strategies and the score of mean NA as the key predictors, and the four facets of wellbeing as the outcome (see Table S10). NA itself was a significant negative predictor of Wellness, Resilience and Health and a significant positive predictor of Distress. Yet we were primarily interested in the interactions between the six ER strategies and NA on wellbeing. After corrections, the following significant interactions emerged:

- Between Rumination and NA on Wellness, Resilience, and Health.
- Between Reappraisal and NA on Wellness, Resilience, and Health.
- Between Social Sharing and NA on Wellness and Health.

- Between Acceptance and NA on Wellness and Health.
- Between Distraction and NA on Resilience.

As can be seen in the plots (see Figures S2, S3, and S4), the main effects of the ER strategies (as reported in the main manuscript) were more pronounced in the context of high (as compared to low) NA. More specifically, for those experiencing greater (vs. lower) NA, Rumination predicted a stronger decline in Wellness, Resilience and Health. Conversely, Reappraisal predicted a stronger increase in Wellness, Resilience and Health for those experiencing greater (vs. lower) NA. Similarly, the positive relationships between Social Sharing and Acceptance on the one hand, and Wellness and Health on the other hand, were stronger for those high (vs. low) in NA. Finally, the negative relationship between Distraction and Resilience was stronger for those high (vs. low) in NA. Taken together, while those who experienced greater NA overall experienced reduced wellbeing compared to those experienced lower NA, they did seem to benefit more from the ‘adaptive’ ER strategies, and to suffer more from the ‘maladaptive’ strategies. However, given the large amount of exploratory analyses that was run and the small amount of additionally explained variance of these interactions (0.26% for the models with Wellness and Resilience and 0.35% for the model with Health), these results should be interpreted with caution.

ERQ2. Gender as a potential moderator of the relationship between 6 ER strategies and wellbeing

To test whether the associations between the 6 ER strategies and the different facets of wellbeing were moderated by gender, we ran multilevel models with the six ER strategies and gender as the key predictors and the four facets of wellbeing as the outcome. Results indicated

no significant interactions between ER strategy use and gender predicting wellbeing, suggesting that the relationship between ER strategy use and wellbeing is similar across men and women.

ERQ3. Cross-cultural consistency and differences in the relationship between ER use and wellbeing (other cultural value dimensions)

To examine whether ER use and its association with wellbeing would be consistent across cultures that vary along cultural dimensions other than individualism and collectivism, we also investigated several other cultural orientations: Tightness-Looseness, Schwartz's (2009), Inglehart's (2004) and Hofstede's (2011) value dimensions. In our sample, 20 countries had a Tightness-Looseness score, 41 countries had the Schwartz's scores, 38 countries had the Inglehart's scores, and 40 countries had the Hofstede's scores (except for Long-Term Orientation (46 countries) and Indulgence vs. Restraint (45 countries)).

Tightness-Looseness scores reflect the overall strength of social norms and tolerance of deviance within countries and were taken from Gelfand et al. (2011).

The seven Schwartz' cultural values (2009) taken from He, van der Vijver and Kulikova (2017, p. 169) were as follows: "Harmony (fitting into the social and natural world, trying to appreciate and accept rather than to change, direct, or exploit); Embeddedness (maintaining the status quo and restraining actions that jeopardize ingroup solidarity and order); Hierarchy (relying on hierarchical systems of ascribed roles to insure responsible, productive behaviour); Mastery (encouraging active self-assertion to master, direct, and change the natural and social environment to attain group or personal goals); Affective Autonomy (encouraging individuals to pursue affectively positive experience for themselves); Intellectual Autonomy (encouraging individuals to pursue their own ideas and intellectual directions independently); and

Egalitarianism (encouraging people to recognize one another as moral equals who share basic interests as human beings)”).

Ingleharts’ cultural values (Inglehart et al., 2004) were also taken from He et al. (2017, p. 169). Specifically, these included the following cultural value dimensions: “Secular-Rational Authority versus Traditional Authority (authority is legitimated by rational-legal norms, linked with an emphasis on economic accumulation and individual achievement) and Self-Expression versus Survival values (emphasizing the quality of life, emancipation of women and sexual minorities, and related post-materialist priorities)”).

Finally, Hofstede’s cultural value dimensions (Hofstede, 2011) were similarly taken from He et al. (2017). These included the following six value dimensions: “Power Distance (the extent to which the less powerful members of organizations and institutions accept and expect that power is distributed unequally); Individualism (the degree to which individuals are autonomous instead of integrated into groups); Masculinity (the distribution of emotional roles between the genders); Uncertainty Avoidance (a society’s tolerance for uncertainty and ambiguity); and Long-Term Orientation (the extent to which a society fosters pragmatic virtues oriented towards future rewards, in particular saving, persistence, and adapting to changing circumstances)” (He et al., 2017, pp. 168-169) and Indulgence vs. Restraint (the degree to which a society allows vs. controls relatively free gratification of basic human desires by means of social norms).

On the basis of these data, we first examined whether the use of the six different ER strategies varied across any of these cultural dimensions. To this end, we ran multilevel models that were similar to Model 3a (described in the main text) but with these extra cultural dimensions instead. The results indicated that the use of Suppression was positively associated with Embeddedness (Schwartz, 2009) and negatively associated with Affective Autonomy

(Schwartz, 2009), Intellectual Autonomy (Schwartz, 2009), and a greater Secular-Rational Authority (Inglehart et al., 2004). All other ER strategies were employed to a similar degree across cultures.

Next, we examined to what extent our findings regarding Hypothesis 1 (i.e. the relationship between ER strategies and wellbeing) and Hypothesis 2 (i.e. the relationship between ER variability and wellbeing) would be consistent across these other cultural dimensions. To this end, we ran multilevel models that were similar to Models 3b and 3c (described in the main text) but with the extra cultural dimensions instead. Only one significant interaction increased model fit. Specifically, the association between ER variability and Wellness was moderated by Secular-Rational Authority versus Traditional Authority (Inglehart et al., 2004). In countries that score high in Secular-Rational Authority, ER variability had stronger association with Wellness than in those that score low in Secular-Rational Authority (see Figure S5). It should be noted that this interaction explained a rather low amount of variance (i.e., 0.08%) and should be interpreted with caution.

ERQ4. Individuals' deviation from their country-mean ER strategies use and wellbeing

Previous research has argued that emotional experiences and emotion regulation are a realization of cultural mandates. People who share the same cultural background can be subjected to similar emotional patterns and emotion regulation that are congruent with the cultural models (De Leersnyder, 2017; De Leersnyder et al., 2013; Mesquita et al., 2014). Some empirical research has also provided support for the notion that a greater match between one's own emotional patterns and the emotional patterns of the majority in the cultural group contributes to one's well-being (De Leersnyder et al., 2014).

In line with such ideas, we tested whether individuals' deviation from their country-mean use of the ER strategies predicted wellbeing. We ran multilevel models including individuals' deviation from their country-mean ER use as the key predictor and the four facets of wellbeing as the outcomes. Although there were some cases where the deviation significantly predicted wellbeing, the models did not significantly improve in terms of goodness of fit. We therefore did not conclude that individuals' deviation from their country-mean ER strategies use was related to wellbeing.

ERQ5. Cultural consistency and differences in ER variability

Finally, we exploratorily examined whether ER variability varied across cultural orientations. To this end, we ran three separate multilevel models with ER variability as the outcome variable and Individualistic, Institutional Collectivistic and Ingroup Collectivistic cultural orientations as the key predictors (separately for each cultural dimension). The results indicated that none of these cultural orientations predict ER variability, suggesting that ER variability was largely consistent across individualistic and collectivistic cultures.

Data analysis tools

Data preparation and statistics were conducted in the program R version 3.6.3 (R Core Team, 2020) using the following packages: nlme (Pinheiro et al., 2020), tidyverse (Wickham et al., 2019), reshape2 (Wickham, 2007), readr (Wickham et al., 2018), MuMIn (Bartoń, 2020), stargazer (Marek, 2018), reghelper (Hughes, 2020), ggpubr (Kassambara, 2020), matrixStats (Bengtsson, 2020), buildmer (Voeten, 2020), and ggplot2 (Wickham, 2016).

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Supplemental Tables

Table S1

Intraclass Correlation (ICC) for Six ER Strategies,
ER Variability, and Wellbeing Outcomes

	ICC
Rumination	0.04
Reappraisal	0.04
Suppression	0.03
Social Sharing	0.03
Distraction	0.04
Acceptance	0.02
ER variability	0.02
Wellness	0.04
Resilience	0.04
Health	0.07
Distress	0.04

Table S2

Descriptive statistics for each country separately: Number of participants (N), percentage of male participants, and means and associated standard deviations between brackets for all our predictor and outcome variables.

Country name	N	Male percentage	Age	Education	SES	Wellness	Resilience	Health	Distress	Rumination	Reappraisal	Suppression	Social Sharing	Distraction	Acceptance	ER Endorsement	R Variability
Australia	374	0.35	39.46 (15.75)	16.47 (3.45)	6.23 (1.59)	4.04 (1.25)	4.28 (1.23)	4.46 (1.37)	2.75 (1.63)	2.56 (1.76)	2.78 (1.69)	2.86 (1.81)	2.57 (1.76)	3.02 (1.80)	3.56 (1.65)	2.99 (1.08)	1.35 (0.71)
Brazil	320	0.31	43.96 (15.82)	17.90 (4.98)	6.59 (1.53)	3.92 (1.29)	4.11 (1.32)	4.17 (1.46)	2.92 (1.68)	3.68 (1.75)	3.92 (1.54)	3.49 (1.90)	2.92 (1.91)	3.78 (1.60)	3.79 (1.49)	3.61 (0.88)	1.52 (0.64)
Bulgaria	266	0.18	41.13 (13.03)	17.49 (3.57)	6.32 (1.57)	3.89 (1.37)	4.23 (1.36)	4.59 (1.29)	2.39 (1.72)	3.03 (1.93)	3.69 (1.84)	3.14 (1.93)	3.50 (1.97)	3.65 (1.83)	4.11 (1.69)	3.53 (0.93)	1.67 (0.70)
Canada	285	0.28	37.69 (14.27)	17.71 (4.06)	6.50 (1.68)	3.55 (1.38)	3.94 (1.35)	4.06 (1.40)	3.04 (1.65)	3.29 (1.69)	3.40 (1.49)	3.14 (1.89)	2.94 (1.74)	3.59 (1.71)	3.63 (1.46)	3.53 (0.87)	1.48 (0.61)
Chile	487	0.22	32.95 (12.42)	18.62 (3.49)	6.20 (1.83)	3.74 (1.36)	4.11 (1.22)	3.79 (1.47)	3.41 (1.57)	3.80 (1.64)	3.89 (1.54)	3.37 (1.91)	3.40 (1.71)	3.77 (1.73)	4.02 (1.47)	3.73 (0.77)	1.55 (0.57)
China	1980	0.4	35.31 (12.97)	15.54 (3.50)	5.52 (1.78)	4.18 (1.36)	4.40 (1.39)	4.84 (1.34)	2.66 (1.66)	2.51 (1.90)	2.62 (1.83)	2.72 (1.85)	2.47 (1.78)	3.09 (1.88)	3.53 (1.77)	2.95 (1.13)	1.40 (0.74)
Colombia	236	0.33	41.00 (15.79)	17.84 (3.90)	6.77 (1.68)	4.43 (1.20)	4.46 (1.21)	4.65 (1.28)	2.71 (1.62)	3.11 (1.72)	3.71 (1.60)	3.09 (2.05)	3.14 (1.83)	3.57 (1.87)	4.15 (1.45)	3.51 (0.92)	1.54 (0.66)
Croatia	506	0.2	28.04 (9.58)	15.18 (2.76)	6.13 (1.46)	3.76 (1.28)	3.90 (1.27)	4.47 (1.30)	2.77 (1.69)	3.62 (1.67)	3.54 (1.55)	3.21 (1.77)	3.15 (1.67)	3.16 (1.66)	3.83 (1.39)	3.48 (0.83)	1.41 (0.59)
Curacao	233	0.2	51.63 (13.06)	17.24 (4.34)	6.97 (1.33)	4.08 (1.23)	4.49 (1.15)	4.84 (1.14)	2.15 (1.65)	2.82 (1.95)	3.33 (1.72)	2.81 (1.84)	3.04 (1.79)	3.19 (1.73)	4.12 (1.43)	3.25 (0.99)	1.50 (0.65)
Denmark	231	0.28	45.17 (17.16)	16.24 (4.82)	6.62 (1.53)	3.94 (1.32)	4.09 (1.34)	4.62 (1.23)	2.30 (1.61)	2.69 (1.68)	3.13 (1.68)	2.60 (1.83)	3.45 (1.62)	2.94 (1.73)	4.03 (1.53)	3.22 (0.83)	1.56 (0.61)
Egypt	813	0.18	23.24 (5.84)	14.72 (3.55)	6.17 (1.80)	3.82 (1.45)	3.79 (1.39)	3.13 (1.59)	2.63 (1.69)	3.84 (1.90)	3.57 (1.79)	4.36 (1.80)	2.40 (1.95)	3.62 (1.83)	3.68 (1.82)	3.47 (0.92)	1.71 (0.70)
Finland	280	0.24	38.78 (19.56)	14.99 (4.63)	6.95 (1.74)	3.99 (1.27)	4.27 (1.11)	4.40 (1.22)	2.77 (1.66)	3.53 (1.66)	2.78 (1.67)	2.67 (1.83)	3.17 (1.77)	3.11 (1.70)	3.83 (1.44)	3.24 (0.88)	1.51 (0.57)
France	354	0.32	44.23 (14.38)	15.54 (4.45)	6.47 (1.47)	3.71 (1.30)	4.05 (1.32)	4.60 (1.29)	2.40 (1.61)	2.85 (1.84)	3.23 (1.68)	2.96 (2.00)	2.73 (1.80)	3.27 (1.81)	3.87 (1.59)	3.17 (0.94)	1.59 (0.68)
Georgia	236	0.24	31.41 (8.97)	16.63 (4.22)	6.22 (1.66)	3.64 (1.44)	4.26 (1.36)	4.93 (1.21)	2.81 (1.79)	3.30 (1.80)	3.28 (1.83)	3.21 (1.96)	3.03 (1.89)	3.67 (1.77)	3.90 (1.64)	3.43 (0.88)	1.59 (0.74)
Germany	565	0.35	36.83 (13.59)	17.17 (3.91)	6.59 (1.67)	3.54 (1.50)	3.70 (1.52)	4.28 (1.56)	2.64 (1.68)	3.14 (1.77)	3.13 (1.78)	3.02 (1.95)	3.12 (1.94)	3.16 (1.80)	3.68 (1.68)	3.21 (0.95)	1.59 (0.66)
Ghana	317	0.49	32.31 (9.96)	17.81 (4.85)	6.09 (1.66)	4.47 (1.09)	4.60 (1.09)	4.81 (1.14)	2.20 (1.72)	3.02 (1.83)	3.31 (1.68)	3.31 (2.03)	2.40 (1.78)	3.30 (1.77)	3.09 (1.81)	3.05 (1.04)	1.45 (0.67)
Greece	254	0.27	38.29 (11.95)	17.67 (3.44)	6.07 (1.59)	3.81 (1.33)	4.08 (1.27)	4.27 (1.32)	2.81 (1.59)	3.33 (1.80)	3.36 (1.65)	2.66 (1.85)	3.19 (1.65)	2.99 (1.88)	3.86 (1.60)	3.32 (0.82)	1.58 (0.63)
Hong Kong (S.A.R)	228	0.36	32.30 (11.40)	17.17 (3.44)	5.67 (1.42)	3.51 (1.21)	3.84 (1.22)	4.25 (1.12)	3.41 (1.47)	2.73 (1.80)	2.80 (1.69)	2.85 (1.64)	2.67 (1.68)	3.14 (1.53)	3.69 (1.34)	3.06 (0.97)	1.29 (0.61)
Hungary	454	0.3	34.24 (12.19)	17.37 (3.47)	6.22 (1.54)	3.90 (1.36)	4.14 (1.37)	4.54 (1.42)	2.87 (1.76)	3.47 (1.82)	3.60 (1.68)	3.10 (1.91)	3.42 (1.86)	3.32 (1.72)	3.77 (1.55)	3.46 (0.88)	1.53 (0.67)
Iceland	347	0.1	43.58 (14.29)	7.75 (6.51)	6.07 (1.94)	3.83 (1.36)	4.07 (1.40)	3.93 (1.56)	2.61 (1.62)	2.13 (1.80)	2.50 (1.67)	2.73 (2.12)	2.76 (1.77)	2.68 (1.79)	3.62 (1.67)	2.87 (0.93)	1.62 (0.63)
India	237	0.31	34.22 (14.28)	17.86 (3.62)	6.56 (1.40)	3.87 (1.43)	4.25 (1.25)	4.34 (1.46)	2.48 (1.78)	3.08 (1.91)	3.46 (1.66)	3.21 (2.01)	2.72 (1.75)	3.09 (1.94)	4.00 (1.62)	3.35 (0.95)	1.58 (0.64)
Indonesia	641	0.29	31.56 (10.16)	16.72 (3.82)	6.49 (1.63)	4.41 (0.97)	4.10 (1.06)	4.86 (1.02)	2.21 (1.63)	3.01 (1.68)	3.70 (1.43)	3.55 (1.66)	2.68 (1.69)	3.72 (1.60)	3.66 (1.42)	3.48 (0.91)	1.30 (0.65)
Iran	191	0.45	36.46 (9.43)	17.04 (3.38)	5.09 (1.76)	3.03 (1.59)	3.35 (1.51)	3.71 (1.63)	3.04 (1.85)	3.36 (1.74)	3.02 (1.64)	3.36 (1.83)	2.30 (1.77)	2.86 (1.72)	3.43 (1.47)	3.00 (0.82)	1.57 (0.63)
Ireland	345	0.22	34.75 (13.47)	16.66 (3.27)	6.11 (1.46)	3.59 (1.32)	4.01 (1.27)	3.98 (1.43)	2.86 (1.54)	3.33 (1.80)	3.07 (1.59)	3.30 (1.94)	3.63 (1.85)	3.36 (1.77)	3.57 (1.57)	3.26 (0.89)	1.54 (0.63)
Israel	204	0.31	43.30 (14.39)	14.99 (5.48)	7.07 (1.31)	4.09 (1.14)	4.33 (1.09)	4.80 (1.02)	2.58 (1.65)	2.90 (1.59)	3.03 (1.56)	2.36 (1.72)	3.45 (1.47)	2.87 (1.54)	3.88 (1.30)	3.18 (0.74)	1.45 (0.59)
Italy	462	0.26	38.33 (16.16)	16.04 (4.06)	6.36 (1.43)	3.71 (1.26)	3.98 (1.21)	4.46 (1.27)	2.90 (1.55)	2.98 (1.68)	3.23 (1.53)	2.96 (1.83)	3.12 (1.74)	3.11 (1.64)	3.72 (1.57)	3.21 (0.89)	1.44 (0.64)
Japan	1366	0.47	43.04 (12.64)	17.53 (3.48)	6.32 (1.64)	3.52 (1.28)	3.53 (1.29)	4.38 (1.31)	2.64 (1.49)	2.56 (1.70)	3.42 (1.52)	2.88 (1.61)	2.76 (1.80)	2.54 (1.65)	3.54 (1.42)	2.92 (0.87)	1.42 (0.66)
Jordan	228	0.39	35.53 (12.94)	14.84 (4.27)	5.99 (2.01)	3.97 (1.53)	4.16 (1.57)	4.04 (1.71)	2.44 (1.80)	3.57 (1.98)	3.30 (1.91)	3.57 (2.05)	2.45 (2.02)	3.54 (1.95)	3.97 (1.90)	3.26 (1.03)	1.68 (0.77)
Kazakhstan	293	0.25	35.32 (12.96)	15.29 (4.14)	5.94 (1.78)	3.91 (1.46)	4.03 (1.57)	4.56 (1.45)	2.50 (1.92)	3.28 (1.96)	3.30 (1.92)	3.26 (2.03)	2.71 (1.99)	3.49 (1.95)	3.96 (1.65)	3.31 (1.07)	1.59 (0.68)
Kenya	198	0.54	30.64 (11.75)	16.68 (4.03)	5.31 (1.70)	3.98 (1.27)	4.09 (1.36)	4.19 (1.50)	2.48 (1.70)	3.33 (1.88)	3.55 (1.76)	3.60 (1.98)	2.34 (1.82)	3.61 (1.87)	3.64 (1.84)	3.31 (0.99)	1.59 (0.73)
Malaysia	213	0.3	33.01 (8.92)	17.34 (4.58)	6.04 (1.59)	4.26 (1.22)	4.21 (1.15)	4.59 (1.30)	2.34 (1.67)	2.70 (1.80)	3.34 (1.53)	3.19 (1.89)	2.69 (1.81)	3.53 (1.75)	3.75 (1.55)	3.27 (1.11)	1.32 (0.66)
Malta	1249	0.3	38.14 (14.44)	17.87 (5.09)	6.27 (1.43)	3.47 (1.34)	3.72 (1.33)	3.84 (1.42)	3.19 (1.60)	3.48 (1.75)	3.33 (1.63)	3.48 (1.88)	2.82 (1.76)	3.50 (1.66)	3.64 (1.53)	3.42 (0.86)	1.49 (0.64)
Mongolia	215	0.22	33.40 (7.51)	15.99 (3.55)	6.40 (1.48)	4.10 (1.23)	3.66 (1.25)	4.45 (1.38)	2.64 (1.62)	2.72 (1.63)	2.87 (1.50)	2.86 (1.71)	2.77 (1.74)	2.81 (1.60)	3.28 (1.60)	2.91 (0.99)	1.21 (0.64)
Netherlands	1325	0.25	38.54 (13.03)	17.44 (3.81)	6.52 (1.67)	3.71 (1.29)	3.95 (1.29)	4.35 (1.23)	2.68 (1.57)	3.09 (1.72)	3.24 (1.58)	2.82 (1.84)	3.27 (1.70)	3.31 (1.66)	3.88 (1.48)	3.30 (0.86)	1.46 (0.63)
New Zealand	259	0.21	35.58 (13.45)	17.05 (3.91)	6.05 (1.61)	3.78 (1.41)	4.08 (1.27)	4.35 (1.41)	2.74 (1.68)	2.90 (1.89)	2.96 (1.74)	2.90 (1.85)	2.97 (1.72)	3.08 (1.77)	3.59 (1.60)	3.16 (1.00)	1.45 (0.62)
Pakistan	541	0.48	24.97 (9.65)	14.96 (3.37)	6.27 (1.82)	3.87 (1.34)	3.71 (1.41)	4.08 (1.57)	2.78 (1.76)	3.12 (1.82)	3.13 (1.63)	3.58 (1.88)	2.35 (1.82)	3.13 (1.78)	3.42 (1.69)	3.16 (1.00)	1.49 (0.67)
Peru	352	0.3	46.40 (16.53)	18.14 (4.03)	7.57 (1.51)	4.53 (1.06)	4.61 (1.00)	4.84 (1.17)	2.54 (1.52)	3.21 (1.68)	3.55 (1.67)	3.08 (1.83)	3.24 (1.73)	3.82 (1.71)	4.22 (1.35)	3.57 (0.89)	1.47 (0.65)
Russia	580	0.19	36.52 (12.54)	16.73 (3.78)	5.87 (1.54)	3.79 (1.32)	3.86 (1.37)	4.53 (1.24)	2.74 (1.76)	3.16 (1.80)	3.33 (1.75)	2.86 (1.92)	3.22 (1.84)	3.14 (1.80)	4.10 (1.44)	3.33 (0.96)	1.54 (0.61)
Serbia	352	0.3	41.99 (11.22)	15.28 (2.85)	6.15 (1.67)	4.07 (1.26)	4.40 (1.25)	4.87 (1.19)	2.30 (1.62)	3.17 (1.65)	3.34 (1.60)	2.94 (1.73)	2.99 (1.81)	3.24 (1.65)	3.97 (1.39)	3.34 (0.93)	1.38 (0.62)
Singapore	204	0.37	36.27 (13.55)	16.59 (3.16)	6.11 (1.52)	3.88 (1.13)	4.13 (1.13)	4.42 (1.21)	2.82 (1.63)	3.15 (1.64)	3.35 (1.51)	3.49 (1.80)	2.75 (1.73)	3.38 (1.68)	3.70 (1.38)	3.35 (0.91)	1.35 (0.62)
South Africa	418	0.26	37.07 (14.16)	16.67 (3.86)	6.12 (1.63)	3.84 (1.25)	4.27 (1.26)	4.28 (1.47)	2.75 (1.70)	3.32 (1.78)	3.59 (1.54)	3.35 (1.85)	2.91 (1.76)	3.41 (1.71)	3.77 (1.49)	3.45 (0.82)	1.52 (0.62)
Spain	412	0.28	47.78 (16.01)	18.56 (5.18)	6.49 (1.40)	4.23 (1.16)	4.37 (1.21)	4.53 (1.29)	2.45 (1.65)	2.86 (1.71)	3.21 (1.64)	2.80 (1.82)	3.15 (1.60)	3.05 (1.73)	4.22 (1.35)	3.33 (0.82)	1.51 (0.66)
Sweden	521	0.3	49.98 (15.10)	17.21 (4.21)	7.07 (1.63)	4.04 (1.28)	3.85 (1.32)	4.72 (1.24)	2.44 (1.54)	2.46 (1.64)	2.88 (1.62)	2.48 (1.81)	3.41 (1.74)	2.79 (1.78)	3.98 (1.50)	3.08 (0.85)	1.58 (0.64)
Syria	249	0.35	33.41 (11.00)	15.91 (4.02)	5.74 (2.18)	3.44 (1.77)	3.69 (1.82)	3.47 (1.85)	2.05 (1.89)	3.06 (2.05)	2.74 (2.00)	3.11 (2.20)	2.13 (1.94)	3.10 (2.10)	3.17 (2.01)	2.81 (1.17)	1.65 (0.82)
Taiwan	752	0.29	39.19 (13.38)	17.88 (4.12)	6.35 (1.39)	4.01 (1.18)	4.23 (1.16)	4.64 (1.09)	2.80 (1.51)	2.49 (1.82)	2.68 (1.75)	2.63 (1.73)	2.75 (1.64)	3.09 (1.75)	3.97 (1.50)	3.07 (1.03)	1.39 (0.67)
Trinidad and Tobago	327	0.17	35.73 (10.39)	18.53 (3.85)	5.68 (1.49)	3.54 (1.41)	3.96 (1.35)	3.77 (1.46)	3.20 (1.73)	3.68 (1.77)	3.58 (1.60)	3.69 (1.94)	2.85 (1.86)	3.53 (1.82)	3.42 (1.66)	3.45 (0.92)	1.53 (0.65)
Turkey	336	0.4	41.47 (14.65)	16.64 (3.58)	6.73 (1.69)	3.73 (1.28)	3.96 (1.33)	4.34 (1.39)	2.69 (1.79)	3.03 (1.88)	3.75 (1.70)	3.06 (1.94)	3.12 (1.78)	3.60 (1.77)	3.65 (1.60)	3.23 (0.98)	1.52 (0.68)
Ukraine	683	0.33	33.14 (9.92)	15.83 (2.48)	6.04 (1.53)	3.80 (1.25)	4.07 (1.37)	4.46 (1.24)	2.94 (1.79)	3.44 (1.70)	3.27 (1.57)	3.17 (1.88)	2.95 (1.87)	3.49 (1.69)	3.83 (1.47)	3.35 (0.86)	1.51 (0.59)
United Kingdom (UK)	661	0.24	38.91 (14.54)	17.91 (3.86)	6.43 (1.56)	3.60 (1.34)	3.97 (1.31)	4.24 (1.38)	2.84 (1.62)	3.27 (1.75)	3.30 (1.63)	2.99 (1.80)	3.22 (1.71)	3.47 (1.69)	3.70 (1.41)	3.38 (0.85)	1.47 (0.63)
United States of America (USA)	942	0.26	37.57 (14.39)	18.44 (3.91)	6.46 (1.73)	3.80 (1.32)	4.20 (1.27)	4.25 (1.31)	3.36 (1.55)	3.47 (1.73)	3.31 (1.57)	3.06 (1.84)	3.27 (1.72)	3.66 (1.71)	3.67 (1.48)	3.48 (0.85)	1.46 (0.61)
Vietnam	343	0.27	33.69 (9.09)	17.18 (3.31)	6.												

Table S3

Model 1. Use of different emotion regulation strategy and well-being

	<i>Dependent variable:</i>											
	Wellness			Resilience			Health			Distress		
	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)
Age	0.16*** (0.15, 0.17)	0.09*** (0.08, 0.10)	0.09*** (0.07, 0.10)	0.14*** (0.12, 0.15)	0.09*** (0.07, 0.10)	0.09*** (0.07, 0.10)	0.14*** (0.12, 0.15)	0.07*** (0.06, 0.08)	0.07*** (0.06, 0.08)	−0.20*** (−0.22, −0.19)	−0.10*** (−0.11, −0.09)	−0.10*** (−0.11, −0.09)
Gender	0.06*** (0.04, 0.09)	0.05*** (0.03, 0.08)	0.06*** (0.03, 0.08)	0.10*** (0.07, 0.13)	0.11*** (0.08, 0.14)	0.11*** (0.08, 0.14)	0.10*** (0.07, 0.13)	0.07*** (0.04, 0.10)	0.07*** (0.04, 0.10)	−0.20*** (−0.23, −0.17)	−0.11*** (−0.14, −0.08)	−0.11*** (−0.13, −0.08)
Education	0.02* (0.002, 0.03)	−0.0002 (−0.01, 0.01)	−0.001 (−0.01, 0.01)	0.03*** (0.01, 0.04)	0.01 (−0.002, 0.03)	0.01 (−0.003, 0.02)	0.01 (−0.01, 0.02)	−0.003 (−0.02, 0.01)	−0.004 (−0.02, 0.01)	0.03*** (0.01, 0.04)	0.04*** (0.02, 0.05)	0.04*** (0.03, 0.05)
SES	0.28*** (0.27, 0.29)	0.23*** (0.22, 0.24)	0.23*** (0.22, 0.24)	0.19*** (0.17, 0.20)	0.15*** (0.14, 0.16)	0.15*** (0.14, 0.16)	0.19*** (0.18, 0.21)	0.15*** (0.14, 0.17)	0.15*** (0.14, 0.17)	−0.12*** (−0.13, −0.11)	−0.08*** (−0.09, −0.07)	−0.08*** (−0.09, −0.06)
Death_No	−0.11*** (−0.18, −0.05)	−0.08** (−0.14, −0.02)	−0.08** (−0.14, −0.02)	−0.08* (−0.15, −0.02)	−0.07* (−0.13, −0.003)	−0.06* (−0.13, −0.002)	−0.09* (−0.17, −0.01)	−0.04 (−0.11, 0.03)	−0.04 (−0.11, 0.03)	0.10*** (0.05, 0.16)	0.04 (−0.01, 0.08)	0.04 (−0.01, 0.08)
GDP	−0.04 (−0.13, 0.05)	−0.06 (−0.15, 0.03)	−0.05 (−0.14, 0.03)	0.02 (−0.08, 0.11)	0.01 (−0.08, 0.10)	0.02 (−0.07, 0.11)	0.01 (−0.11, 0.13)	−0.03 (−0.14, 0.08)	−0.03 (−0.14, 0.07)	0.02 (−0.06, 0.10)	0.07* (0.002, 0.13)	0.06 (−0.001, 0.13)
Gini	0.004 (−0.05, 0.06)	0.02 (−0.04, 0.07)	0.02 (−0.04, 0.07)	0.05 (−0.01, 0.11)	0.05 (−0.01, 0.11)	0.05 (−0.01, 0.11)	−0.01 (−0.09, 0.07)	0.002 (−0.07, 0.07)	0.0002 (−0.07, 0.07)	0.05 (0.001, 0.10)	0.03 (−0.01, 0.07)	0.03 (−0.01, 0.07)
Stringency	0.02 (−0.04, 0.07)	0.02 (−0.04, 0.08)	0.03 (−0.03, 0.08)	0.04 (−0.02, 0.10)	0.04 (−0.02, 0.10)	0.05 (−0.01, 0.10)	0.004 (−0.08, 0.08)	0.01 (−0.07, 0.08)	0.01 (−0.06, 0.08)	−0.04 (−0.09, 0.01)	−0.06* (−0.10, −0.01)	−0.06** (−0.10, −0.02)
Rumination		−0.30*** (−0.32, −0.29)	−0.31*** (−0.33, −0.28)		−0.24*** (−0.26, −0.23)	−0.25*** (−0.27, −0.22)		−0.28*** (−0.29, −0.26)	−0.28*** (−0.30, −0.26)		0.40*** (0.39, 0.42)	0.41*** (0.39, 0.44)

Reappraisal		0.09*** (0.08, 0.10)	0.09*** (0.07, 0.11)		0.14*** (0.12, 0.15)	0.14*** (0.12, 0.16)		0.06*** (0.04, 0.07)	0.06*** (0.04, 0.08)		−0.04*** (−0.06, −0.03)	−0.04*** (−0.06, −0.03)
Suppression		−0.07*** (−0.08, −0.06)	−0.06*** (−0.08, −0.04)		−0.03*** (−0.04, −0.01)	−0.02* (−0.04, −0.002)		−0.06*** (−0.08, −0.05)	−0.06*** (−0.08, −0.04)		0.10*** (0.09, 0.12)	0.10*** (0.09, 0.12)
Social Sharing		0.08*** (0.06, 0.09)	0.08*** (0.06, 0.10)		0.03*** (0.01, 0.04)	0.03** (0.01, 0.05)		0.04*** (0.03, 0.06)	0.04*** (0.02, 0.06)		0.02** (0.01, 0.03)	0.02* (0.003, 0.04)
Distraction		−0.01 (−0.02, 0.003)	−0.01 (−0.03, 0.01)		0.03*** (0.01, 0.04)	0.03* (0.01, 0.05)		−0.03*** (−0.04, −0.01)	−0.03** (−0.05, −0.01)		0.09*** (0.07, 0.10)	0.08*** (0.06, 0.11)
Acceptance		0.21*** (0.20, 0.23)	0.21*** (0.18, 0.23)		0.24*** (0.23, 0.25)	0.23*** (0.21, 0.26)		0.15*** (0.13, 0.16)	0.14*** (0.12, 0.17)		−0.10*** (−0.12, −0.09)	−0.10*** (−0.12, −0.08)
Observations	18,884	18,884	18,884	18,880	18,880	18,880	18,862	18,862	18,862	18,819	18,819	18,819
-2LL	−25,153.76	−23,358.90	−23,263.35	−25,645.06	−24,305.14	−24,233.16	−25,154.52	−23,904.53	−23,858.68	−25,774.80	−23,304.75	−23,255.46
Akaike IC.	50,327.51	46,749.80	46,570.70	51,310.11	48,642.28	48,510.31	50,329.05	47,841.06	47,761.35	51,569.61	46,641.49	46,554.93
Bayesian IC.	50,405.97	46,875.32	46,743.29	51,388.57	48,767.80	48,682.91	50,407.49	47,966.57	47,933.92	51,648.03	46,766.96	46,727.45
Marginal R GLMM ²	0.1247148	0.2774751	0.2731706	0.07157866	0.1954301	0.189465	0.0709285	0.1864911	0.185647	0.0736382	0.2925145	0.2965565
Conditional R GLMM ²	0.1532737	0.305429	0.3172965	0.1025221	0.2255	0.2362755	0.1270477	0.2311818	0.2397262	0.09353402	0.3066794	0.3205311

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) refers to the baseline model (including only control variables), (2) is the random-intercept-only model (including the key predictors), and (3) includes both random intercepts and slopes of the key predictors.

Significant levels of the predictors are indicated, followed by 95% confidence intervals in brackets.

Marginal R GLMM² is the variance explained by the fixed effects and conditional R GLMM² the variance explained by the entire model.

Further visual illustration of the random effects of the six ER strategies can be seen in Figures S1, S2, S3, and S4.

SES is socioeconomic status.

Table S4.1

Model 2a. ER variability and well-being (controlling for the six ER strategies)

	<i>Dependent variable:</i>											
	Wellness			Resilience			Health			Distress		
	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)
Age	0.09*** (0.07, 0.10)	0.09*** (0.07, 0.10)	0.09*** (0.07, 0.10)	0.09*** (0.07, 0.10)	0.09*** (0.08, 0.11)	0.09*** (0.08, 0.11)	0.07*** (0.05, 0.08)	0.07*** (0.05, 0.08)	0.07*** (0.05, 0.08)	−0.10*** (−0.11, −0.08)	−0.10*** (−0.11, −0.09)	−0.10*** (−0.11, −0.09)
Gender	0.06*** (0.03, 0.08)	0.06*** (0.03, 0.08)	0.06*** (0.03, 0.08)	0.11*** (0.08, 0.14)	0.11*** (0.09, 0.14)	0.11*** (0.09, 0.14)	0.07*** (0.04, 0.10)	0.07*** (0.04, 0.10)	0.07*** (0.04, 0.10)	−0.11*** (−0.13, −0.08)	−0.11*** (−0.13, −0.08)	−0.11*** (−0.13, −0.08)
Education	−0.001 (−0.01, 0.01)	−0.0003 (−0.01, 0.01)	−0.001 (−0.01, 0.01)	0.01 (−0.003, 0.02)	0.01 (−0.001, 0.03)	0.01 (−0.002, 0.03)	−0.004 (−0.02, 0.01)	−0.004 (−0.02, 0.01)	−0.004 (−0.02, 0.01)	0.04*** (0.03, 0.05)	0.04*** (0.02, 0.05)	0.04*** (0.03, 0.05)
SES	0.23*** (0.22, 0.24)	0.23*** (0.22, 0.24)	0.23*** (0.22, 0.24)	0.15*** (0.14, 0.16)	0.15*** (0.14, 0.17)	0.15*** (0.14, 0.17)	0.15*** (0.14, 0.17)	0.15*** (0.14, 0.17)	0.15*** (0.14, 0.17)	−0.08*** (−0.09, −0.06)	−0.08*** (−0.09, −0.07)	−0.08*** (−0.09, −0.07)
Death_No	−0.08** (−0.14, −0.02)	−0.08** (−0.14, −0.02)	−0.08** (−0.14, −0.02)	−0.06* (−0.13, −0.001)	−0.07* (−0.13, −0.01)	−0.07* (−0.13, −0.01)	−0.04 (−0.11, 0.03)	−0.04 (−0.11, 0.03)	−0.04 (−0.11, 0.03)	0.04 (−0.01, 0.08)	0.04 (−0.01, 0.09)	0.04 (−0.01, 0.08)
GDP	−0.05 (−0.14, 0.03)	−0.05 (−0.14, 0.04)	−0.05 (−0.14, 0.04)	0.02 (−0.07, 0.11)	0.02 (−0.07, 0.11)	0.02 (−0.07, 0.11)	−0.03 (−0.14, 0.07)	−0.03 (−0.14, 0.07)	−0.03 (−0.14, 0.07)	0.06 (−0.001, 0.13)	0.06 (−0.002, 0.13)	0.06 (−0.001, 0.13)
Gini	0.02 (−0.04, 0.07)	0.02 (−0.04, 0.07)	0.02 (−0.04, 0.07)	0.05 (−0.01, 0.11)	0.05 (−0.01, 0.11)	0.05 (−0.01, 0.11)	0.0000 (−0.07, 0.07)	−0.0000 (−0.07, 0.07)	−0.0001 (−0.07, 0.07)	0.03 (−0.01, 0.07)	0.03 (−0.01, 0.07)	0.03 (−0.01, 0.07)
Stringency	0.03 (−0.03, 0.08)	0.03 (−0.03, 0.08)	0.03 (−0.03, 0.08)	0.04 (−0.02, 0.10)	0.04 (−0.02, 0.10)	0.04 (−0.02, 0.10)	0.01 (−0.06, 0.08)	0.01 (−0.06, 0.08)	0.01 (−0.06, 0.08)	−0.06** (−0.10, −0.02)	−0.06** (−0.10, −0.02)	−0.06** (−0.10, −0.02)
Rumination	−0.31*** (−0.33, −0.28)	−0.31*** (−0.33, −0.28)	−0.31*** (−0.33, −0.28)	−0.25*** (−0.27, −0.22)	−0.25*** (−0.27, −0.22)	−0.25*** (−0.27, −0.22)	−0.28*** (−0.30, −0.26)	−0.28*** (−0.30, −0.26)	−0.28*** (−0.30, −0.26)	0.41*** (0.39, 0.44)	0.41*** (0.39, 0.44)	0.41*** (0.39, 0.44)

Reappraisal	0.09*** (0.07, 0.11)	0.09*** (0.07, 0.11)	0.09*** (0.07, 0.11)	0.14*** (0.12, 0.16)	0.14*** (0.12, 0.15)	0.14*** (0.12, 0.16)	0.06*** (0.04, 0.08)	0.06*** (0.04, 0.08)	0.06*** (0.04, 0.08)	−0.04*** (−0.06, −0.03)	−0.04*** (−0.06, −0.03)	−0.04*** (−0.06, −0.03)
Suppression	−0.06*** (−0.08, −0.04)	−0.06*** (−0.08, −0.04)	−0.06*** (−0.08, −0.04)	−0.02* (−0.04, −0.003)	−0.01 (−0.03, 0.005)	−0.02 (−0.03, 0.004)	−0.06*** (−0.08, −0.04)	−0.07*** (−0.09, −0.05)	−0.07*** (−0.09, −0.05)	0.10*** (0.09, 0.12)	0.10*** (0.08, 0.11)	0.10*** (0.08, 0.12)
Social Sharing	0.08*** (0.06, 0.10)	0.09*** (0.06, 0.11)	0.09*** (0.06, 0.11)	0.03** (0.01, 0.05)	0.04*** (0.03, 0.06)	0.04*** (0.02, 0.06)	0.04*** (0.02, 0.06)	0.04*** (0.02, 0.06)	0.04*** (0.02, 0.06)	0.02* (0.003, 0.04)	0.02 (−0.001, 0.03)	0.02 (−0.001, 0.03)
Distraction	−0.01 (−0.03, 0.01)	−0.01 (−0.03, 0.01)	−0.01 (−0.03, 0.01)	0.03* (0.01, 0.05)	0.03** (0.01, 0.05)	0.03** (0.01, 0.05)	−0.03** (−0.05, −0.01)	−0.03** (−0.05, −0.01)	−0.03** (−0.05, −0.01)	0.08*** (0.06, 0.11)	0.08*** (0.06, 0.10)	0.08*** (0.06, 0.10)
Acceptance	0.21*** (0.18, 0.23)	0.20*** (0.18, 0.23)	0.20*** (0.18, 0.22)	0.23*** (0.21, 0.26)	0.21*** (0.19, 0.24)	0.21*** (0.19, 0.24)	0.14*** (0.12, 0.17)	0.15*** (0.13, 0.17)	0.15*** (0.13, 0.17)	−0.10*** (−0.12, −0.08)	−0.09*** (−0.11, −0.07)	−0.09*** (−0.11, −0.07)
ER Variability		0.02** (0.01, 0.03)	0.02* (0.001, 0.04)		0.08*** (0.06, 0.09)	0.07*** (0.05, 0.10)		−0.02** (−0.03, −0.01)	−0.02** (−0.03, −0.01)		−0.02*** (−0.04, −0.01)	−0.02** (−0.04, −0.01)
Observations	18,864	18,864	18,864	18,860	18,860	18,860	18,842	18,842	18,842	18,799	18,799	18,799
-2LL	−23,240.26	−23,240.13	−23,236.49	−24,199.94	−24,142.44	−24,132.27	−23,840.77	−23,840.93	−23,840.84	−23,229.69	−23,227.82	−23,227.05
Akaike IC.	46,524.51	46,526.26	46,520.99	48,443.88	48,330.87	48,312.53	47,725.54	47,727.85	47,729.67	46,503.38	46,501.64	46,502.09
Bayesian IC.	46,697.08	46,706.68	46,709.25	48,616.45	48,511.28	48,500.79	47,898.09	47,908.24	47,917.90	46,675.88	46,681.98	46,690.27
Marginal R GLMM ²	0.272887	0.273453	0.2731518	0.1894806	0.1960127	0.1947284	0.1853821	0.1855931	0.1855628	0.2964934	0.2971245	0.2969598
Conditional R GLMM ²	0.3170239	0.3177263	0.3189863	0.2365177	0.2425528	0.2437759	0.2394634	0.239314	0.2394584	0.32064	0.3209158	0.3210617

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) refers to the baseline model (including the control variables, and the random intercepts and random slopes of the 6 ER strategies; corresponding to the 3rd model in Table 1), (2) is the random-intercept-only model (including the control variables, the random intercepts and random slopes of the 6 ER strategies, and the random intercept of the key predictor ER variability), and (3) is the random-intercept-and-slope model (including the control variables, the random intercepts and random slopes of the 6 ER strategies, and random intercept and random slope of the key predictor ER variability). Significant levels of the predictors are indicated, followed by 95% confidence intervals in brackets. Marginal R GLMM² is the variance explained by the fixed effects and conditional R GLMM² the variance explained by the entire model. SES is socioeconomic status.

Table S4.2

Model 2b. ER variability and well-being (controlling for ER endorsement)

	<i>Dependent variable:</i>											
	Wellness			Resilience			Health			Distress		
	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)	(1)	(2)	(3)
Age	0.16*** (0.14, 0.17)	0.16*** (0.15, 0.18)	0.16*** (0.15, 0.18)	0.15*** (0.14, 0.17)	0.16*** (0.14, 0.17)	0.15*** (0.14, 0.17)	0.13*** (0.11, 0.14)	0.13*** (0.11, 0.14)	0.13*** (0.11, 0.14)	−0.16*** (−0.18, −0.15)	−0.17*** (−0.18, −0.15)	−0.17*** (−0.18, −0.15)
Gender	0.07*** (0.04, 0.10)	0.07*** (0.04, 0.10)	0.07*** (0.04, 0.10)	0.13*** (0.10, 0.16)	0.14*** (0.11, 0.17)	0.14*** (0.11, 0.17)	0.08*** (0.05, 0.11)	0.08*** (0.05, 0.11)	0.08*** (0.05, 0.11)	−0.11*** (−0.14, −0.08)	−0.11*** (−0.14, −0.08)	−0.11*** (−0.14, −0.08)
Education	0.02* (0.001, 0.03)	0.02* (0.003, 0.03)	0.02* (0.002, 0.03)	0.02** (0.01, 0.04)	0.02*** (0.01, 0.04)	0.02** (0.01, 0.04)	0.01 (−0.005, 0.02)	0.01 (−0.004, 0.02)	0.01 (−0.005, 0.02)	0.02** (0.01, 0.04)	0.02** (0.01, 0.03)	0.02** (0.01, 0.04)
SES	0.28*** (0.26, 0.29)	0.28*** (0.27, 0.30)	0.28*** (0.27, 0.29)	0.18*** (0.17, 0.20)	0.19*** (0.18, 0.20)	0.19*** (0.17, 0.20)	0.19*** (0.18, 0.21)	0.20*** (0.18, 0.21)	0.20*** (0.18, 0.21)	−0.13*** (−0.14, −0.12)	−0.13*** (−0.15, −0.12)	−0.13*** (−0.15, −0.12)
Death_No	−0.10** (−0.16, −0.04)	−0.11*** (−0.17, −0.04)	−0.11*** (−0.17, −0.05)	−0.08** (−0.15, −0.02)	−0.09** (−0.16, −0.03)	−0.09** (−0.16, −0.03)	−0.10* (−0.17, −0.02)	−0.10* (−0.18, −0.02)	−0.07* (−0.14, −0.002)	0.07** (0.02, 0.12)	0.07** (0.02, 0.12)	0.07** (0.02, 0.12)
GDP	−0.05 (−0.13, 0.04)	−0.04 (−0.13, 0.05)	−0.03 (−0.12, 0.06)	0.01 (−0.08, 0.10)	0.02 (−0.07, 0.11)	0.03 (−0.06, 0.12)	0.0000 (−0.12, 0.12)	0.01 (−0.11, 0.12)	−0.01 (−0.11, 0.09)	0.05 (−0.02, 0.12)	0.04 (−0.03, 0.11)	0.04 (−0.03, 0.11)
Gini	0.01 (−0.05, 0.06)	0.01 (−0.05, 0.07)	0.01 (−0.05, 0.07)	0.05 (−0.01, 0.11)	0.05 (−0.01, 0.11)	0.05 (−0.005, 0.11)	−0.02 (−0.10, 0.06)	−0.02 (−0.10, 0.06)	−0.02 (−0.08, 0.05)	0.04 (−0.01, 0.08)	0.03 (−0.01, 0.08)	0.04 (−0.01, 0.08)
Stringency	0.01 (−0.05, 0.07)	0.01 (−0.05, 0.07)	0.02 (−0.04, 0.08)	0.03 (−0.03, 0.09)	0.03 (−0.03, 0.09)	0.04 (−0.02, 0.10)	0.02 (−0.06, 0.10)	0.02 (−0.06, 0.10)	0.03 (−0.03, 0.09)	−0.05* (−0.10, −0.01)	−0.05* (−0.09, −0.003)	−0.05* (−0.09, −0.002)
ER Endorsement	0.0004	0.01	0.01	0.08***	0.09***	0.09***	−0.08***	−0.07***	−0.08***	0.28***	0.27***	0.27***

	(−0.03, 0.03)	(−0.02, 0.04)	(−0.02, 0.04)	(0.05, 0.10)	(0.07, 0.12)	(0.07, 0.12)	(−0.10, −0.06)	(−0.10, −0.05)	(−0.10, −0.05)	(0.26, 0.30)	(0.25, 0.29)	(0.25, 0.29)
ER Variability		0.10*** (0.09, 0.11)	0.10*** (0.07, 0.12)		0.15*** (0.14, 0.17)	0.15*** (0.12, 0.17)		0.05*** (0.04, 0.06)	0.05*** (0.03, 0.06)		−0.10*** (−0.11, −0.08)	−0.09*** (−0.11, −0.06)
Observations	18,864	18,864	18,864	18,860	18,860	18,860	18,842	18,842	18,842	18,799	18,799	18,799
-2LL	−25,102.49	−24,997.19	−24,968.95	−25,518.11	−25,278.03	−25,249.61	−25,069.14	−25,048.13	−25,026.15	−25,053.96	−24,962.45	−24,937.71
Akaike IC.	50,230.98	50,022.38	49,971.91	51,062.22	50,584.05	50,533.21	50,164.28	50,124.26	50,086.31	50,133.91	49,952.90	49,909.43
Bayesian IC.	50,332.96	50,132.20	50,105.26	51,164.19	50,693.87	50,666.57	50,266.24	50,234.07	50,219.64	50,235.85	50,062.68	50,042.73
Marginal R GLMM ²	0.1227731	0.1325465	0.1305693	0.07729342	0.1012936	0.09889807	0.07711773	0.07952032	0.07604623	0.1429759	0.1506921	0.1502228
Conditional R GLMM ²	0.1553258	0.167358	0.1712804	0.1109349	0.1358355	0.138714	0.1375544	0.1418367	0.1361589	0.1610442	0.1690522	0.1726118

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) refers to the baseline model (including the control variables, and the random intercept and random slope of the ER endorsement) (2) is the random-intercept-only model (including the control variables, the random intercept and random slope of ER endorsement, and the random intercept of the key predictor ER variability), and (3) is the random-intercept-and-slope model (including the control variables, the random intercept and random slope of ER endorsement, and the random intercept and random slope of the key predictor ER variability.)

Significant levels of the predictors are indicated, followed by 95% confidence intervals in brackets.

Marginal R GLMM² is the variance explained by the fixed effects and conditional R GLMM² the variance explained by the entire model.

SES is socioeconomic status.

Table S5.1

Model 3a1. Cross-cultural consistency and differences in ER strategy use: INDIVIDUALISM

	<i>Dependent variable:</i>					
	Rumination	Reappraisal	Suppression	Social Sharing	Distraction	Acceptance
Age	−0.205*** (−0.223, −0.187)	−0.089*** (−0.108, −0.071)	−0.125*** (−0.143, −0.107)	−0.058*** (−0.076, −0.040)	−0.103*** (−0.122, −0.085)	0.043*** (0.025, 0.062)
Gender	−0.196*** (−0.233, −0.160)	−0.184*** (−0.222, −0.147)	−0.073*** (−0.110, −0.035)	−0.307*** (−0.344, −0.270)	−0.208*** (−0.246, −0.170)	−0.064*** (−0.102, −0.026)
Education	−0.014 (−0.032, 0.003)	0.017 (−0.001, 0.035)	−0.036*** (−0.055, −0.018)	0.050*** (0.032, 0.068)	−0.015 (−0.034, 0.003)	0.032*** (0.013, 0.050)
SES	−0.074*** (−0.092, −0.056)	0.0002 (−0.018, 0.018)	−0.052*** (−0.070, −0.034)	0.085*** (0.067, 0.103)	−0.007 (−0.025, 0.011)	0.051*** (0.033, 0.070)
Death_No	0.150*** (0.068, 0.232)	0.081* (0.011, 0.151)	0.069 (−0.0004, 0.137)	0.092* (0.009, 0.175)	0.149*** (0.067, 0.231)	0.010 (−0.070, 0.090)
GDP	0.001 (−0.122, 0.123)	−0.047 (−0.149, 0.055)	−0.029 (−0.129, 0.071)	−0.008 (−0.132, 0.116)	−0.021 (−0.143, 0.100)	0.011 (−0.107, 0.129)
Gini	0.111* (0.027, 0.195)	0.116** (0.046, 0.185)	0.079* (0.011, 0.147)	0.035 (−0.050, 0.121)	0.151** (0.067, 0.234)	−0.010 (−0.091, 0.071)
Stringency	0.037 (−0.035, 0.110)	0.040 (−0.020, 0.100)	0.016 (−0.043, 0.075)	−0.024 (−0.097, 0.050)	−0.035 (−0.107, 0.037)	0.008 (−0.062, 0.078)
Individualism	−0.032 (−0.122, 0.058)	−0.031 (−0.106, 0.044)	−0.045 (−0.119, 0.028)	0.015 (−0.076, 0.107)	−0.054 (−0.144, 0.036)	−0.040 (−0.127, 0.047)
Observations	12,031	12,031	12,031	12,031	12,031	12,031
-2LL	−16,283.520	−16,632.210	−16,644.680	−16,398.880	−16,656.640	−16,686.320
Akaike IC.	32,589.040	33,286.420	33,311.370	32,819.750	33,335.280	33,394.640
Bayesian IC.	32,670.380	33,367.750	33,392.710	32,901.090	33,416.620	33,475.980

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S5.2

Model 3a2. Cross-cultural consistency and differences in ER strategy use: INSTITUTIONAL COLLECTIVISM

	<i>Dependent variable:</i>					
	Rumination	Reappraisal	Suppression	Social Sharing	Distraction	Acceptance
Age	−0.204*** (−0.223, −0.185)	−0.089*** (−0.109, −0.069)	−0.123*** (−0.143, −0.103)	−0.066*** (−0.086, −0.047)	−0.099*** (−0.119, −0.079)	0.046*** (0.026, 0.066)
Gender	−0.200*** (−0.240, −0.160)	−0.190*** (−0.231, −0.149)	−0.062** (−0.103, −0.021)	−0.321*** (−0.361, −0.281)	−0.218*** (−0.259, −0.177)	−0.060** (−0.101, −0.019)
Education	−0.015 (−0.034, 0.005)	0.015 (−0.005, 0.034)	−0.032** (−0.052, −0.013)	0.054*** (0.035, 0.073)	−0.020 (−0.039, 0.0001)	0.034*** (0.014, 0.053)
SES	−0.090*** (−0.109, −0.071)	−0.005 (−0.024, 0.015)	−0.066*** (−0.085, −0.046)	0.091*** (0.072, 0.110)	−0.005 (−0.024, 0.015)	0.060*** (0.040, 0.079)
Death_No	0.152** (0.039, 0.265)	0.089 (−0.005, 0.183)	0.046 (−0.037, 0.130)	0.093 (−0.013, 0.199)	0.083 (−0.024, 0.190)	0.006 (−0.086, 0.097)
GDP	−0.068 (−0.208, 0.071)	−0.098 (−0.209, 0.013)	−0.070 (−0.168, 0.027)	0.008 (−0.121, 0.138)	−0.048 (−0.178, 0.081)	−0.041 (−0.150, 0.067)
Gini	0.067 (−0.032, 0.166)	0.098* (0.021, 0.174)	0.052 (−0.015, 0.118)	0.036 (−0.055, 0.126)	0.096 (0.005, 0.186)	−0.033 (−0.107, 0.042)
Stringency	0.029 (−0.059, 0.117)	0.032 (−0.037, 0.100)	0.013 (−0.046, 0.073)	−0.027 (−0.108, 0.054)	−0.022 (−0.103, 0.059)	0.018 (−0.049, 0.085)
Institutional Collectivism	0.005 (−0.096, 0.107)	0.035 (−0.044, 0.113)	0.019 (−0.049, 0.088)	0.008 (−0.085, 0.101)	−0.025 (−0.118, 0.068)	0.080 (0.003, 0.156)
Observations	10,281	10,281	10,281	10,281	10,281	10,281
-2LL	−13,960.990	−14,303.220	−14,247.640	−13,978.630	−14,261.040	−14,272.380
Akaike IC.	27,943.970	28,628.440	28,517.280	27,979.260	28,544.080	28,566.760
Bayesian IC.	28,023.580	28,708.050	28,596.890	28,058.870	28,623.690	28,646.370

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S5.3

Model 3a3. Cross-cultural consistency and differences in ER strategy use: INGROUP COLLECTIVISM

	<i>Dependent variable:</i>					
	Rumination	Reappraisal	Suppression	Social Sharing	Distraction	Acceptance
Age	−0.204*** (−0.223, −0.185)	−0.089*** (−0.109, −0.069)	−0.123*** (−0.143, −0.103)	−0.066*** (−0.085, −0.047)	−0.099*** (−0.119, −0.079)	0.046*** (0.026, 0.066)
Gender	−0.200*** (−0.240, −0.160)	−0.191*** (−0.232, −0.150)	−0.062** (−0.103, −0.022)	−0.321*** (−0.361, −0.281)	−0.218*** (−0.259, −0.177)	−0.062** (−0.103, −0.021)
Education	−0.015 (−0.034, 0.004)	0.015 (−0.004, 0.035)	−0.032** (−0.051, −0.012)	0.054*** (0.035, 0.073)	−0.020* (−0.039, −0.0001)	0.034*** (0.015, 0.054)
SES	−0.090*** (−0.109, −0.071)	−0.004 (−0.024, 0.015)	−0.066*** (−0.085, −0.046)	0.091*** (0.072, 0.110)	−0.005 (−0.024, 0.015)	0.060*** (0.040, 0.079)
Death_No	0.147* (0.035, 0.259)	0.094 (−0.001, 0.188)	0.049 (−0.036, 0.133)	0.091 (−0.016, 0.197)	0.082 (−0.026, 0.190)	0.009 (−0.090, 0.109)
GDP	−0.078 (−0.217, 0.061)	−0.073 (−0.185, 0.039)	−0.060 (−0.159, 0.038)	0.002 (−0.128, 0.132)	−0.062 (−0.194, 0.070)	−0.002 (−0.122, 0.117)
Gini	0.068 (−0.029, 0.165)	0.100* (0.023, 0.176)	0.053 (−0.014, 0.120)	0.037 (−0.053, 0.127)	0.094 (0.003, 0.185)	−0.027 (−0.109, 0.055)
Stringency	0.024 (−0.063, 0.112)	0.034 (−0.036, 0.103)	0.013 (−0.048, 0.073)	−0.031 (−0.113, 0.050)	−0.022 (−0.104, 0.060)	0.015 (−0.059, 0.089)
Ingroup Collectivism	−0.032 (−0.133, 0.068)	0.034 (−0.045, 0.113)	0.010 (−0.059, 0.079)	−0.023 (−0.116, 0.070)	−0.011 (−0.106, 0.083)	0.029 (−0.056, 0.113)
Observations	10,281	10,281	10,281	10,281	10,281	10,281
-2LL	−13,960.790	−14,303.240	−14,247.750	−13,978.520	−14,261.150	−14,274.010
Akaike IC.	27,943.590	28,628.480	28,517.500	27,979.050	28,544.290	28,570.020
Bayesian IC.	28,023.200	28,708.090	28,597.110	28,058.660	28,623.900	28,649.630

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S6.1

Model 3b1. Cross-cultural consistency and differences in the relationship between ER strategy use and well-being: INDIVIDUALISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.092*** (0.077, 0.108)	0.092*** (0.077, 0.108)	0.090*** (0.074, 0.107)	0.090*** (0.074, 0.107)	0.064*** (0.047, 0.080)	0.064*** (0.048, 0.080)	−0.103*** (−0.119, −0.087)	−0.103*** (−0.119, −0.087)
Gender	0.070*** (0.038, 0.103)	0.071*** (0.039, 0.103)	0.093*** (0.059, 0.127)	0.093*** (0.059, 0.127)	0.084*** (0.051, 0.117)	0.085*** (0.051, 0.118)	−0.090*** (−0.122, −0.057)	−0.090*** (−0.122, −0.058)
Education	0.008 (−0.008, 0.023)	0.008 (−0.008, 0.023)	0.016 (−0.00004, 0.033)	0.016 (−0.0002, 0.032)	0.001 (−0.015, 0.016)	0.001 (−0.015, 0.017)	0.030*** (0.015, 0.046)	0.030*** (0.015, 0.046)
SES	0.209*** (0.194, 0.225)	0.209*** (0.194, 0.225)	0.130*** (0.114, 0.146)	0.130*** (0.113, 0.146)	0.145*** (0.129, 0.161)	0.145*** (0.129, 0.161)	−0.070*** (−0.086, −0.055)	−0.070*** (−0.086, −0.054)
Death_No	−0.072 (−0.153, 0.009)	−0.072 (−0.153, 0.009)	−0.071 (−0.153, 0.010)	−0.071 (−0.153, 0.010)	−0.011 (−0.097, 0.074)	−0.011 (−0.097, 0.074)	0.082** (0.023, 0.142)	0.082** (0.023, 0.141)
GDP	−0.076 (−0.200, 0.047)	−0.076 (−0.199, 0.047)	0.015 (−0.108, 0.139)	0.015 (−0.108, 0.139)	−0.136 (−0.268, −0.005)	−0.135 (−0.266, −0.004)	0.082 (−0.004, 0.168)	0.082 (−0.004, 0.168)
Gini	0.009 (−0.076, 0.094)	0.009 (−0.076, 0.095)	0.058 (−0.027, 0.143)	0.059 (−0.027, 0.144)	−0.009 (−0.100, 0.082)	−0.008 (−0.099, 0.083)	0.046 (−0.012, 0.105)	0.046 (−0.012, 0.105)
Stringency	−0.009 (−0.083, 0.064)	−0.009 (−0.082, 0.064)	0.002 (−0.072, 0.075)	0.002 (−0.071, 0.075)	−0.035 (−0.113, 0.043)	−0.035 (−0.113, 0.043)	−0.065* (−0.116, −0.014)	−0.065* (−0.116, −0.015)
Rumination	−0.311*** (−0.337, −0.284)	−0.311*** (−0.338, −0.283)	−0.248*** (−0.274, −0.221)	−0.249*** (−0.274, −0.223)	−0.277*** (−0.303, −0.251)	−0.277*** (−0.304, −0.250)	0.423*** (0.392, 0.453)	0.423*** (0.391, 0.454)

Reappraisal	0.090*** (0.068, 0.111)	0.090*** (0.067, 0.112)	0.132*** (0.110, 0.154)	0.132*** (0.109, 0.155)	0.061*** (0.041, 0.081)	0.061*** (0.041, 0.082)	−0.045*** (−0.069, −0.022)	−0.046*** (−0.070, −0.022)
Suppression	−0.080*** (−0.109, −0.051)	−0.080*** (−0.109, −0.050)	−0.047*** (−0.070, −0.024)	−0.046*** (−0.070, −0.022)	−0.080*** (−0.106, −0.054)	−0.080*** (−0.107, −0.053)	0.110*** (0.091, 0.130)	0.109*** (0.089, 0.129)
Social Sharing	0.071*** (0.045, 0.097)	0.072*** (0.046, 0.097)	0.014 (−0.008, 0.035)	0.014 (−0.006, 0.034)	0.039** (0.015, 0.062)	0.040*** (0.019, 0.061)	0.014 (−0.006, 0.033)	0.014 (−0.006, 0.033)
Distraction	−0.011 (−0.036, 0.014)	−0.012 (−0.037, 0.014)	0.039** (0.015, 0.063)	0.039** (0.014, 0.063)	−0.019 (−0.041, 0.002)	−0.019 (−0.041, 0.003)	0.070*** (0.051, 0.089)	0.070*** (0.050, 0.090)
Acceptance	0.195*** (0.161, 0.228)	0.195*** (0.160, 0.229)	0.220*** (0.187, 0.254)	0.220*** (0.186, 0.255)	0.135*** (0.108, 0.161)	0.136*** (0.109, 0.163)	−0.088*** (−0.117, −0.059)	−0.089*** (−0.118, −0.060)
Individualism	0.020 (−0.072, 0.111)	0.019 (−0.072, 0.111)	−0.002 (−0.094, 0.089)	−0.002 (−0.094, 0.089)	0.055 (−0.043, 0.153)	0.054 (−0.044, 0.151)	−0.052 (−0.115, 0.012)	−0.052 (−0.114, 0.011)
Rumination:Individualism		0.008 (−0.019, 0.035)		−0.014 (−0.039, 0.011)		0.011 (−0.015, 0.037)		−0.004 (−0.035, 0.027)
Reappraisal:Individualism		0.001 (−0.021, 0.023)		−0.001 (−0.022, 0.021)		−0.006 (−0.025, 0.014)		0.007 (−0.017, 0.030)
Suppression:Individualism		−0.002 (−0.031, 0.028)		0.004 (−0.019, 0.027)		0.001 (−0.026, 0.028)		−0.011 (−0.030, 0.008)
SocialSharing:Individualism		0.015 (−0.010, 0.041)		0.022* (0.003, 0.041)		0.022* (0.002, 0.043)		−0.005 (−0.024, 0.013)

Distraction:Individualism	−0.009 (−0.034, 0.016)	−0.007 (−0.031, 0.017)	0.008 (−0.014, 0.029)	0.002 (−0.017, 0.020)
Acceptance:Individualism	0.002 (−0.033, 0.036)	0.0001 (−0.035, 0.035)	0.015 (−0.012, 0.041)	−0.012 (−0.041, 0.018)

Observations	12,030	12,030	12,028	12,028	12,016	12,016	11,979	11,979
-2LL	−14,526.720	−14,545.930	−15,143.430	−15,161.580	−14,865.000	−14,882.590	−14,604.930	−14,625.170
Akaike Inf. Crit.	29,099.440	29,149.860	30,332.870	30,381.160	29,775.990	29,823.190	29,255.860	29,308.340
Bayesian Inf. Crit.	29,269.510	29,364.270	30,502.920	30,595.560	29,946.020	30,037.560	29,425.820	29,522.630
Marginal R GLMM ²	0.2777452	0.2781116	0.1878801	0.1887608	0.1944876	0.1961195	0.3121364	0.3123815
Conditional R GLMM ²	0.3252721	0.3264483	0.2314704	0.2325356	0.2419191	0.2435686	0.3345906	0.3355487

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER and cultural orientation and (2) the model with the interaction terms. SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S6.2

Model 3b2. Cross-cultural consistency and differences in the relationship between ER strategy use and well-being: INSTITUTIONAL COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.095*** (0.078, 0.112)	0.095*** (0.078, 0.112)	0.088*** (0.070, 0.107)	0.088*** (0.070, 0.107)	0.060*** (0.042, 0.078)	0.060*** (0.042, 0.078)	−0.104*** (−0.122, −0.087)	−0.104*** (−0.122, −0.087)
Gender	0.075*** (0.039, 0.110)	0.074*** (0.039, 0.110)	0.102*** (0.066, 0.139)	0.102*** (0.066, 0.139)	0.087*** (0.051, 0.123)	0.087*** (0.051, 0.123)	−0.093*** (−0.128, −0.057)	−0.093*** (−0.128, −0.057)
Education	0.008 (−0.009, 0.024)	0.008 (−0.008, 0.025)	0.013 (−0.004, 0.030)	0.013 (−0.004, 0.031)	0.006 (−0.011, 0.023)	0.007 (−0.010, 0.024)	0.031*** (0.014, 0.048)	0.031*** (0.014, 0.048)
SES	0.209*** (0.192, 0.226)	0.209*** (0.192, 0.225)	0.130*** (0.112, 0.147)	0.130*** (0.112, 0.147)	0.132*** (0.115, 0.149)	0.132*** (0.115, 0.149)	−0.074*** (−0.091, −0.057)	−0.074*** (−0.091, −0.057)
Death_No	−0.081 (−0.173, 0.010)	−0.082 (−0.173, 0.009)	−0.084* (−0.158, −0.011)	−0.085* (−0.159, −0.011)	−0.042 (−0.140, 0.057)	−0.042 (−0.140, 0.056)	0.055 (−0.022, 0.132)	0.056 (−0.019, 0.131)
GDP	−0.017 (−0.128, 0.095)	−0.013 (−0.124, 0.098)	0.064 (−0.022, 0.150)	0.067 (−0.020, 0.153)	−0.041 (−0.162, 0.080)	−0.038 (−0.159, 0.082)	0.059 (−0.032, 0.150)	0.056 (−0.033, 0.145)
Gini	0.018 (−0.060, 0.096)	0.019 (−0.058, 0.097)	0.057 (−0.002, 0.116)	0.058 (−0.001, 0.117)	0.002 (−0.083, 0.088)	0.003 (−0.082, 0.088)	0.034 (−0.029, 0.096)	0.033 (−0.027, 0.094)
Stringency	−0.030 (−0.100, 0.039)	−0.028 (−0.097, 0.041)	−0.009 (−0.062, 0.044)	−0.007 (−0.060, 0.046)	−0.020 (−0.096, 0.055)	−0.018 (−0.094, 0.057)	−0.061* (−0.117, −0.005)	−0.064* (−0.118, −0.009)
Rumination	−0.299*** (−0.325, −0.273)	−0.297*** (−0.322, −0.273)	−0.250*** (−0.281, −0.220)	−0.249*** (−0.279, −0.219)	−0.281*** (−0.311, −0.250)	−0.281*** (−0.313, −0.249)	0.422*** (0.385, 0.459)	0.422*** (0.384, 0.459)

Reappraisal	0.092*** (0.068, 0.116)	0.090*** (0.065, 0.115)	0.122*** (0.098, 0.146)	0.121*** (0.096, 0.146)	0.059*** (0.037, 0.082)	0.058*** (0.034, 0.082)	−0.039** (−0.063, −0.014)	−0.038** (−0.063, −0.013)
Suppression	−0.092*** (−0.124, −0.060)	−0.092*** (−0.122, −0.062)	−0.051*** (−0.076, −0.025)	−0.051*** (−0.075, −0.027)	−0.080*** (−0.110, −0.051)	−0.079*** (−0.108, −0.051)	0.113*** (0.092, 0.134)	0.113*** (0.092, 0.133)
Social Sharing	0.072*** (0.044, 0.100)	0.071*** (0.044, 0.098)	0.020 (−0.004, 0.045)	0.019 (−0.005, 0.044)	0.047*** (0.021, 0.073)	0.046*** (0.021, 0.072)	0.019 (−0.005, 0.042)	0.019 (−0.001, 0.039)
Distraction	−0.010 (−0.035, 0.016)	−0.008 (−0.032, 0.016)	0.045*** (0.020, 0.070)	0.045*** (0.020, 0.070)	−0.010 (−0.032, 0.012)	−0.009 (−0.031, 0.012)	0.061*** (0.043, 0.080)	0.061*** (0.042, 0.079)
Acceptance	0.200*** (0.171, 0.229)	0.200*** (0.172, 0.227)	0.229*** (0.199, 0.260)	0.228*** (0.196, 0.260)	0.147*** (0.123, 0.171)	0.147*** (0.124, 0.171)	−0.094*** (−0.124, −0.064)	−0.093*** (−0.124, −0.062)
Institutional Collectivism	−0.116* (−0.196, −0.036)	−0.117** (−0.197, −0.038)	−0.148*** (−0.208, −0.087)	−0.148*** (−0.208, −0.087)	−0.122* (−0.209, −0.034)	−0.122* (−0.209, −0.035)	0.040 (−0.024, 0.104)	0.040 (−0.023, 0.102)
Rumination:Institutional.Collectivism		−0.017 (−0.045, 0.012)		−0.017 (−0.051, 0.017)		−0.0002 (−0.036, 0.036)		−0.013 (−0.055, 0.029)
Reappraisal:Institutional.Collectivism		0.013 (−0.015, 0.041)		0.006 (−0.022, 0.034)		0.003 (−0.024, 0.030)		−0.006 (−0.034, 0.023)
Suppression:Institutional.Collectivism		−0.026 (−0.059, 0.007)		−0.025 (−0.052, 0.002)		−0.019 (−0.050, 0.013)		0.013 (−0.010, 0.036)
SocialSharing:Institutional.Collectivism		0.019 (−0.011, 0.049)		0.009 (−0.018, 0.036)		0.011 (−0.017, 0.039)		−0.025* (−0.048, −0.003)

Distraction:Institutional.Collectivism	−0.024 (−0.051, 0.003)	−0.002 (−0.030, 0.027)	−0.010 (−0.035, 0.015)	0.020 (−0.001, 0.042)
Acceptance:Institutional.Collectivism	0.027 (−0.003, 0.057)	0.006 (−0.029, 0.042)	0.021 (−0.005, 0.046)	0.012 (−0.022, 0.047)

Observations	10,280	10,280	10,278	10,278	10,266	10,266	10,237	10,237
-2LL	−12,510.770	−12,523.640	−13,011.490	−13,028.170	−12,694.380	−12,711.420	−12,538.320	−12,552.910
Akaike Inf. Crit.	25,067.530	25,105.280	26,068.990	26,114.340	25,434.750	25,480.830	25,122.640	25,163.830
Bayesian Inf. Crit.	25,233.970	25,315.120	26,235.420	26,324.180	25,601.160	25,690.630	25,288.990	25,373.550
Marginal R GLMM ²	0.2822313	0.2864797	0.2011153	0.2020056	0.2030961	0.2045876	0.3094022	0.3100069
Conditional R GLMM ²	0.3187312	0.3207491	0.2243704	0.2252901	0.2444167	0.2455522	0.3336016	0.333551

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER and cultural orientation and (2) the model with the interaction terms. SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S6.3

Model 3b3. Cross-cultural consistency and differences in the relationship between ER strategy use and well-being: INGROUP COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.095*** (0.078, 0.112)	0.095*** (0.078, 0.112)	0.089*** (0.071, 0.107)	0.089*** (0.071, 0.107)	0.060*** (0.042, 0.078)	0.061*** (0.043, 0.078)	−0.104*** (−0.122, −0.087)	−0.104*** (−0.122, −0.087)
Gender	0.076*** (0.041, 0.111)	0.076*** (0.041, 0.111)	0.103*** (0.066, 0.140)	0.104*** (0.067, 0.141)	0.088*** (0.052, 0.124)	0.089*** (0.053, 0.125)	−0.094*** (−0.129, −0.058)	−0.094*** (−0.129, −0.058)
Education	0.007 (−0.009, 0.024)	0.007 (−0.009, 0.024)	0.013 (−0.005, 0.030)	0.012 (−0.005, 0.030)	0.005 (−0.012, 0.022)	0.005 (−0.012, 0.022)	0.031*** (0.015, 0.048)	0.031*** (0.015, 0.048)
SES	0.209*** (0.192, 0.226)	0.209*** (0.192, 0.226)	0.130*** (0.112, 0.148)	0.130*** (0.112, 0.147)	0.132*** (0.115, 0.149)	0.132*** (0.115, 0.149)	−0.074*** (−0.091, −0.057)	−0.074*** (−0.091, −0.057)
Death_No	−0.091 (−0.197, 0.014)	−0.091 (−0.196, 0.014)	−0.094 (−0.196, 0.009)	−0.094 (−0.197, 0.009)	−0.051 (−0.157, 0.055)	−0.052 (−0.158, 0.053)	0.058 (−0.021, 0.138)	0.058 (−0.021, 0.138)
GDP	−0.042 (−0.176, 0.092)	−0.041 (−0.174, 0.093)	0.014 (−0.113, 0.142)	0.016 (−0.112, 0.143)	−0.117 (−0.251, 0.018)	−0.115 (−0.249, 0.018)	0.080 (−0.014, 0.175)	0.079 (−0.014, 0.173)
Gini	0.007 (−0.088, 0.102)	0.008 (−0.087, 0.102)	0.043 (−0.046, 0.131)	0.043 (−0.046, 0.132)	−0.005 (−0.100, 0.090)	−0.003 (−0.098, 0.091)	0.036 (−0.028, 0.101)	0.036 (−0.027, 0.100)
Stringency	−0.014 (−0.098, 0.071)	−0.013 (−0.098, 0.071)	0.006 (−0.074, 0.085)	0.007 (−0.073, 0.086)	−0.022 (−0.107, 0.063)	−0.021 (−0.106, 0.063)	−0.062 (−0.120, −0.004)	−0.063* (−0.121, −0.005)
Rumination	−0.299*** (−0.324, −0.273)	−0.299*** (−0.326, −0.272)	−0.251*** (−0.282, −0.220)	−0.251*** (−0.282, −0.220)	−0.281*** (−0.312, −0.250)	−0.281*** (−0.312, −0.250)	0.422*** (0.385, 0.459)	0.422*** (0.385, 0.460)

Reappraisal	0.092*** (0.068, 0.115)	0.091*** (0.066, 0.116)	0.122*** (0.098, 0.146)	0.122*** (0.097, 0.146)	0.060*** (0.036, 0.083)	0.060*** (0.036, 0.085)	−0.039** (−0.063, −0.014)	−0.039** (−0.064, −0.014)
Suppression	−0.092*** (−0.124, −0.061)	−0.092*** (−0.125, −0.059)	−0.051*** (−0.076, −0.026)	−0.051*** (−0.077, −0.024)	−0.081*** (−0.110, −0.051)	−0.081*** (−0.112, −0.050)	0.113*** (0.092, 0.134)	0.112*** (0.090, 0.134)
Social Sharing	0.072*** (0.044, 0.100)	0.071*** (0.045, 0.098)	0.021 (−0.004, 0.045)	0.020 (−0.004, 0.044)	0.047*** (0.021, 0.072)	0.045*** (0.024, 0.066)	0.019 (−0.004, 0.042)	0.019 (−0.003, 0.041)
Distraction	−0.009 (−0.035, 0.016)	−0.009 (−0.035, 0.017)	0.045*** (0.020, 0.070)	0.045*** (0.020, 0.071)	−0.010 (−0.032, 0.012)	−0.010 (−0.033, 0.013)	0.061*** (0.043, 0.080)	0.061*** (0.042, 0.079)
Acceptance	0.200*** (0.171, 0.229)	0.199*** (0.169, 0.229)	0.229*** (0.198, 0.260)	0.228*** (0.196, 0.260)	0.147*** (0.122, 0.171)	0.147*** (0.122, 0.171)	−0.094*** (−0.124, −0.064)	−0.094*** (−0.124, −0.063)
Ingroup.Collectivism	0.014 (−0.084, 0.112)	0.014 (−0.083, 0.112)	−0.010 (−0.102, 0.082)	−0.009 (−0.101, 0.083)	−0.085 (−0.183, 0.013)	−0.085 (−0.183, 0.012)	0.019 (−0.048, 0.086)	0.019 (−0.047, 0.085)
Rumination:In.group.Collectivism		0.003 (−0.023, 0.029)		0.009 (−0.021, 0.040)		−0.025 (−0.056, 0.005)		0.014 (−0.023, 0.052)
Reappraisal:Ingroup.Collectivism		−0.001 (−0.025, 0.023)		−0.003 (−0.026, 0.021)		0.009 (−0.014, 0.032)		−0.008 (−0.033, 0.016)
Suppression:Ingroup.Collectivism		−0.005 (−0.038, 0.028)		−0.001 (−0.027, 0.025)		−0.006 (−0.036, 0.025)		0.003 (−0.018, 0.025)
SocialSharing:Ingroup.Collectivism		−0.022 (−0.048, 0.005)		−0.015 (−0.038, 0.008)		−0.028** (−0.048, −0.008)		0.014 (−0.007, 0.035)

Distraction:Ingroup.Collectivism	0.008 (−0.017, 0.034)	0.002 (−0.023, 0.027)	−0.001 (−0.023, 0.021)	−0.007 (−0.024, 0.011)
Acceptance:Ingroup.Collectivism	−0.001 (−0.031, 0.029)	0.012 (−0.019, 0.044)	−0.011 (−0.035, 0.012)	0.005 (−0.026, 0.036)

Observations	10,280	10,280	10,278	10,278	10,266	10,266	10,237	10,237
-2LL	−12,513.980	−12,532.810	−13,018.670	−13,037.930	−12,696.100	−12,711.590	−12,538.860	−12,558.280
Akaike Inf. Crit.	25,073.960	25,123.630	26,083.340	26,133.870	25,438.210	25,481.180	25,123.720	25,174.550
Bayesian Inf. Crit.	25,240.400	25,333.470	26,249.780	26,343.700	25,604.620	25,690.980	25,290.070	25,384.270
Marginal R GLMM ²	0.2768732	0.2776819	0.1916273	0.1917945	0.1966772	0.1983636	0.3083584	0.3082991
Conditional R GLMM ²	0.3258342	0.327226	0.234704	0.2357262	0.2463333	0.2473698	0.3337115	0.3339159

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER and cultural orientation and (2) the model with the interaction terms. SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

Table S7.1

Model 3c1. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for the 6 ER strategies): INDIVIDUALISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.092*** (0.076, 0.108)	0.092*** (0.076, 0.108)	0.094*** (0.078, 0.111)	0.094*** (0.078, 0.111)	0.062*** (0.045, 0.078)	0.062*** (0.045, 0.078)	−0.104*** (−0.120, −0.088)	−0.104*** (−0.120, −0.088)
Gender	0.071*** (0.039, 0.103)	0.071*** (0.039, 0.104)	0.098*** (0.064, 0.132)	0.098*** (0.064, 0.132)	0.083*** (0.050, 0.116)	0.083*** (0.050, 0.117)	−0.091*** (−0.123, −0.058)	−0.091*** (−0.123, −0.058)
Education	0.008 (−0.008, 0.023)	0.008 (−0.008, 0.023)	0.018* (0.001, 0.034)	0.018* (0.001, 0.034)	−0.0001 (−0.016, 0.016)	−0.0002 (−0.016, 0.016)	0.029*** (0.014, 0.045)	0.029*** (0.014, 0.045)
SES	0.209*** (0.194, 0.225)	0.209*** (0.194, 0.225)	0.134*** (0.117, 0.150)	0.134*** (0.117, 0.150)	0.143*** (0.127, 0.159)	0.143*** (0.127, 0.159)	−0.072*** (−0.087, −0.056)	−0.072*** (−0.087, −0.056)
Death_No	−0.072 (−0.154, 0.009)	−0.072 (−0.154, 0.009)	−0.075 (−0.158, 0.008)	−0.075 (−0.158, 0.008)	−0.008 (−0.093, 0.077)	−0.009 (−0.094, 0.076)	0.084** (0.024, 0.144)	0.084** (0.024, 0.144)
GDP	−0.077 (−0.201, 0.048)	−0.077 (−0.201, 0.048)	0.013 (−0.114, 0.139)	0.013 (−0.113, 0.139)	−0.137 (−0.267, −0.007)	−0.136 (−0.266, −0.006)	0.083 (−0.004, 0.170)	0.083 (−0.004, 0.170)
Gini	0.009 (−0.077, 0.095)	0.009 (−0.077, 0.095)	0.056 (−0.031, 0.144)	0.056 (−0.031, 0.144)	−0.008 (−0.098, 0.082)	−0.008 (−0.099, 0.082)	0.047 (−0.012, 0.107)	0.047 (−0.012, 0.107)
Stringency	−0.011 (−0.085, 0.063)	−0.011 (−0.085, 0.063)	−0.001 (−0.076, 0.074)	−0.001 (−0.076, 0.074)	−0.036 (−0.113, 0.041)	−0.035 (−0.113, 0.042)	−0.065* (−0.116, −0.013)	−0.064* (−0.116, −0.013)
Rumination	−0.310*** (−0.337, −0.283)	−0.310*** (−0.337, −0.282)	−0.244*** (−0.272, −0.215)	−0.243*** (−0.272, −0.215)	−0.278*** (−0.304, −0.252)	−0.278*** (−0.304, −0.252)	0.421*** (0.390, 0.452)	0.421*** (0.390, 0.452)

Reappraisal	0.090*** (0.068, 0.111)	0.089*** (0.067, 0.111)	0.132*** (0.110, 0.153)	0.131*** (0.110, 0.153)	0.061*** (0.041, 0.081)	0.060*** (0.040, 0.081)	−0.044*** (−0.067, −0.021)	−0.044*** (−0.067, −0.021)
Suppression	−0.080*** (−0.109, −0.051)	−0.081*** (−0.109, −0.052)	−0.040*** (−0.063, −0.016)	−0.040*** (−0.063, −0.017)	−0.083*** (−0.109, −0.057)	−0.084*** (−0.110, −0.057)	0.108*** (0.088, 0.128)	0.108*** (0.088, 0.128)
Social Sharing	0.072*** (0.046, 0.098)	0.073*** (0.047, 0.098)	0.026** (0.007, 0.046)	0.026** (0.007, 0.046)	0.035** (0.011, 0.058)	0.035** (0.011, 0.059)	0.009 (−0.010, 0.029)	0.009 (−0.010, 0.029)
Distraction	−0.012 (−0.037, 0.013)	−0.011 (−0.036, 0.014)	0.041*** (0.018, 0.065)	0.041*** (0.018, 0.065)	−0.020 (−0.042, 0.002)	−0.020 (−0.041, 0.002)	0.069*** (0.051, 0.087)	0.069*** (0.051, 0.087)
Acceptance	0.193*** (0.160, 0.227)	0.193*** (0.160, 0.227)	0.199*** (0.167, 0.231)	0.199*** (0.167, 0.231)	0.141*** (0.114, 0.169)	0.141*** (0.114, 0.169)	−0.082*** (−0.110, −0.053)	−0.082*** (−0.110, −0.053)
ER Variability	0.003 (−0.019, 0.026)	0.003 (−0.018, 0.023)	0.070*** (0.041, 0.098)	0.068*** (0.040, 0.097)	−0.025* (−0.045, −0.006)	−0.026** (−0.043, −0.009)	−0.025* (−0.044, −0.005)	−0.024* (−0.044, −0.005)
Individualism	0.019 (−0.074, 0.111)	0.018 (−0.074, 0.110)	−0.001 (−0.094, 0.093)	−0.001 (−0.095, 0.093)	0.053 (−0.044, 0.150)	0.053 (−0.044, 0.150)	−0.052 (−0.116, 0.011)	−0.052 (−0.116, 0.012)
Variability:Individualism		−0.022* (−0.041, −0.003)		−0.019 (−0.047, 0.008)		−0.021** (−0.036, −0.006)		0.007 (−0.012, 0.025)
Observations	12,016	12,016	12,014	12,014	12,002	12,002	11,965	11,965
-2LL	−14,512.740	−14,514.220	−15,076.150	−15,078.570	−14,852.900	−14,853.690	−14,581.960	−14,585.460
Akaike Inf. Crit.	29,075.480	29,080.440	30,202.290	30,209.140	29,755.800	29,759.370	29,213.920	29,222.920
Bayesian Inf. Crit.	29,260.300	29,272.650	30,387.100	30,401.340	29,940.590	29,951.550	29,398.630	29,415.020

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets. SES is socioeconomic status.

Table S7.2

Model 3c2. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for the 6 ER strategies): INSTITUTIONAL COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.095*** (0.078, 0.112)	0.095*** (0.078, 0.112)	0.092*** (0.074, 0.110)	0.092*** (0.074, 0.110)	0.058*** (0.040, 0.075)	0.058*** (0.040, 0.076)	−0.105*** (−0.123, −0.088)	−0.105*** (−0.123, −0.088)
Gender	0.075*** (0.040, 0.110)	0.075*** (0.040, 0.110)	0.106*** (0.070, 0.143)	0.107*** (0.070, 0.143)	0.086*** (0.050, 0.122)	0.086*** (0.050, 0.122)	−0.093*** (−0.128, −0.058)	−0.093*** (−0.129, −0.058)
Education	0.008 (−0.009, 0.024)	0.008 (−0.009, 0.024)	0.014 (−0.003, 0.032)	0.014 (−0.003, 0.032)	0.006 (−0.011, 0.023)	0.006 (−0.011, 0.023)	0.030*** (0.013, 0.047)	0.030*** (0.013, 0.047)
SES	0.209*** (0.193, 0.226)	0.209*** (0.192, 0.226)	0.133*** (0.116, 0.151)	0.133*** (0.116, 0.151)	0.130*** (0.113, 0.148)	0.130*** (0.113, 0.147)	−0.076*** (−0.093, −0.059)	−0.075*** (−0.092, −0.058)
Death_No	−0.083 (−0.176, 0.010)	−0.083 (−0.176, 0.010)	−0.086* (−0.159, −0.013)	−0.086* (−0.158, −0.013)	−0.038 (−0.135, 0.059)	−0.037 (−0.134, 0.060)	0.056 (−0.021, 0.134)	0.055 (−0.023, 0.133)
GDP	−0.016 (−0.130, 0.097)	−0.017 (−0.131, 0.097)	0.065 (−0.020, 0.150)	0.065 (−0.021, 0.150)	−0.046 (−0.166, 0.074)	−0.047 (−0.166, 0.073)	0.058 (−0.033, 0.150)	0.060 (−0.032, 0.152)
Gini	0.018 (−0.062, 0.098)	0.018 (−0.062, 0.098)	0.058 (−0.0002, 0.116)	0.058 (−0.0001, 0.116)	0.001 (−0.083, 0.085)	0.002 (−0.083, 0.086)	0.034 (−0.029, 0.096)	0.033 (−0.030, 0.096)
Stringency	−0.033 (−0.105, 0.038)	−0.034 (−0.105, 0.038)	−0.015 (−0.067, 0.038)	−0.015 (−0.067, 0.037)	−0.021 (−0.096, 0.054)	−0.021 (−0.096, 0.054)	−0.060 (−0.116, −0.004)	−0.060 (−0.116, −0.003)
Rumination	−0.299***	−0.299***	−0.249***	−0.249***	−0.282***	−0.282***	0.421***	0.420***

	(−0.326, −0.271)	(−0.326, −0.271)	(−0.283, −0.216)	(−0.283, −0.216)	(−0.313, −0.250)	(−0.313, −0.250)	(0.384, 0.458)	(0.384, 0.457)
Reappraisal	0.092*** (0.069, 0.116)	0.092*** (0.069, 0.116)	0.124*** (0.101, 0.148)	0.124*** (0.101, 0.147)	0.059*** (0.036, 0.083)	0.059*** (0.036, 0.083)	−0.038** (−0.062, −0.013)	−0.037** (−0.062, −0.013)
Suppression	−0.092*** (−0.124, −0.060)	−0.092*** (−0.124, −0.059)	−0.042** (−0.069, −0.016)	−0.042** (−0.069, −0.015)	−0.085*** (−0.115, −0.055)	−0.085*** (−0.115, −0.055)	0.111*** (0.089, 0.132)	0.111*** (0.088, 0.133)
Social Sharing	0.075*** (0.048, 0.103)	0.075*** (0.048, 0.103)	0.033** (0.010, 0.056)	0.033** (0.010, 0.056)	0.042** (0.016, 0.068)	0.042** (0.016, 0.068)	0.015 (−0.008, 0.038)	0.014 (−0.009, 0.037)
Distraction	−0.010 (−0.035, 0.015)	−0.010 (−0.035, 0.015)	0.045*** (0.020, 0.069)	0.044*** (0.020, 0.068)	−0.010 (−0.033, 0.012)	−0.011 (−0.033, 0.011)	0.061*** (0.042, 0.080)	0.062*** (0.043, 0.081)
Acceptance	0.196*** (0.168, 0.224)	0.196*** (0.168, 0.224)	0.209*** (0.182, 0.237)	0.209*** (0.182, 0.237)	0.154*** (0.129, 0.179)	0.154*** (0.128, 0.180)	−0.088*** (−0.117, −0.059)	−0.088*** (−0.117, −0.059)
ER Variability	0.013 (−0.016, 0.041)	0.013 (−0.016, 0.041)	0.065*** (0.032, 0.097)	0.064*** (0.033, 0.096)	−0.027* (−0.050, −0.005)	−0.027** (−0.048, −0.007)	−0.022 (−0.045, 0.001)	−0.023* (−0.043, −0.003)
Institutional Collectivism	−0.117* (−0.199, −0.035)	−0.117* (−0.199, −0.035)	−0.154*** (−0.214, −0.095)	−0.154*** (−0.214, −0.095)	−0.119* (−0.206, −0.033)	−0.119* (−0.206, −0.033)	0.041 (−0.023, 0.106)	0.041 (−0.024, 0.106)
ER Variability:INS COL		−0.014 (−0.045, 0.017)		−0.028 (−0.063, 0.006)		−0.027* (−0.049, −0.004)		0.022 (−0.00001, 0.045)
Observations	10,266	10,266	10,264	10,264	10,252	10,252	10,223	10,223
-2LL	−12,492.440	−12,495.290	−12,950.470	−12,952.310	−12,681.200	−12,682.270	−12,516.020	−12,517.920
Akaike Inf. Crit.	25,034.880	25,042.580	25,950.930	25,956.620	25,412.400	25,416.540	25,082.050	25,087.830
Bayesian Inf. Crit.	25,215.750	25,230.690	26,131.800	26,144.720	25,593.240	25,604.620	25,262.820	25,275.830

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets. SES is socioeconomic status.

Table S7.3

Model 3c3. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for the 6 ER strategies): INGROUP COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.095*** (0.078, 0.112)	0.095*** (0.078, 0.112)	0.092*** (0.074, 0.111)	0.092*** (0.074, 0.111)	0.058*** (0.040, 0.075)	0.058*** (0.040, 0.076)	−0.105*** (−0.123, −0.088)	−0.105*** (−0.123, −0.088)
Gender	0.076*** (0.041, 0.111)	0.076*** (0.041, 0.112)	0.107*** (0.070, 0.144)	0.107*** (0.070, 0.144)	0.087*** (0.051, 0.123)	0.087*** (0.051, 0.123)	−0.094*** (−0.129, −0.058)	−0.094*** (−0.129, −0.058)
Education	0.007 (−0.009, 0.024)	0.007 (−0.009, 0.024)	0.014 (−0.004, 0.031)	0.014 (−0.004, 0.031)	0.005 (−0.012, 0.022)	0.005 (−0.012, 0.022)	0.030*** (0.014, 0.047)	0.030*** (0.014, 0.047)
SES	0.210*** (0.193, 0.226)	0.209*** (0.193, 0.226)	0.134*** (0.116, 0.151)	0.134*** (0.116, 0.151)	0.130*** (0.113, 0.148)	0.130*** (0.113, 0.147)	−0.076*** (−0.093, −0.059)	−0.075*** (−0.092, −0.059)
Death_No	−0.093 (−0.199, 0.014)	−0.093 (−0.200, 0.013)	−0.097 (−0.201, 0.007)	−0.097 (−0.201, 0.007)	−0.047 (−0.152, 0.058)	−0.048 (−0.153, 0.058)	0.059 (−0.021, 0.140)	0.059 (−0.021, 0.140)
GDP	−0.041 (−0.177, 0.095)	−0.041 (−0.177, 0.095)	0.016 (−0.114, 0.145)	0.016 (−0.114, 0.145)	−0.120 (−0.253, 0.012)	−0.120 (−0.253, 0.014)	0.080 (−0.016, 0.175)	0.080 (−0.016, 0.175)
Gini	0.007 (−0.090, 0.103)	0.007 (−0.090, 0.104)	0.043 (−0.048, 0.133)	0.043 (−0.048, 0.133)	−0.006 (−0.099, 0.087)	−0.006 (−0.100, 0.088)	0.037 (−0.028, 0.101)	0.037 (−0.029, 0.102)
Stringency	−0.016 (−0.102, 0.069)	−0.016 (−0.102, 0.070)	0.002 (−0.080, 0.083)	0.002 (−0.080, 0.083)	−0.022 (−0.106, 0.061)	−0.022 (−0.106, 0.062)	−0.061 (−0.120, −0.002)	−0.061 (−0.120, −0.002)
Rumination	−0.299***	−0.298***	−0.250***	−0.250***	−0.282***	−0.282***	0.421***	0.421***

	(−0.326, −0.271)	(−0.326, −0.271)	(−0.284, −0.217)	(−0.284, −0.217)	(−0.314, −0.250)	(−0.313, −0.250)	(0.384, 0.458)	(0.384, 0.457)
Reappraisal	0.092*** (0.069, 0.116)	0.092*** (0.068, 0.116)	0.125*** (0.102, 0.148)	0.125*** (0.102, 0.148)	0.060*** (0.036, 0.083)	0.059*** (0.035, 0.082)	−0.038** (−0.062, −0.013)	−0.038** (−0.062, −0.013)
Suppression	−0.092*** (−0.124, −0.060)	−0.092*** (−0.124, −0.060)	−0.043** (−0.069, −0.017)	−0.043** (−0.069, −0.017)	−0.085*** (−0.115, −0.055)	−0.085*** (−0.115, −0.055)	0.111*** (0.089, 0.132)	0.111*** (0.089, 0.132)
Social Sharing	0.075*** (0.048, 0.103)	0.076*** (0.048, 0.103)	0.033** (0.010, 0.056)	0.033** (0.010, 0.056)	0.042** (0.016, 0.068)	0.042** (0.017, 0.068)	0.015 (−0.008, 0.037)	0.014 (−0.008, 0.037)
Distraction	−0.010 (−0.035, 0.015)	−0.010 (−0.035, 0.015)	0.045*** (0.020, 0.069)	0.045*** (0.020, 0.069)	−0.010 (−0.033, 0.012)	−0.011 (−0.033, 0.012)	0.061*** (0.042, 0.080)	0.061*** (0.043, 0.080)
Acceptance	0.196*** (0.167, 0.224)	0.196*** (0.167, 0.224)	0.209*** (0.181, 0.237)	0.209*** (0.181, 0.237)	0.153*** (0.128, 0.179)	0.153*** (0.128, 0.179)	−0.088*** (−0.118, −0.059)	−0.088*** (−0.118, −0.059)
Variability	0.013 (−0.016, 0.041)	0.013 (−0.015, 0.041)	0.064*** (0.031, 0.096)	0.064*** (0.030, 0.097)	−0.027* (−0.050, −0.005)	−0.026* (−0.047, −0.006)	−0.022 (−0.044, 0.001)	−0.022 (−0.045, 0.001)
IngroupCollectivism	0.017 (−0.083, 0.116)	0.016 (−0.083, 0.116)	−0.007 (−0.101, 0.087)	−0.007 (−0.100, 0.087)	−0.083 (−0.180, 0.013)	−0.084 (−0.181, 0.013)	0.018 (−0.049, 0.086)	0.018 (−0.049, 0.086)
ER Variability:ING COL		0.013 (−0.015, 0.040)		−0.002 (−0.035, 0.031)		0.017 (−0.002, 0.036)		−0.007 (−0.028, 0.015)
Observations	10,266	10,266	10,264	10,264	10,252	10,252	10,223	10,223
-2LL	−12,495.560	−12,498.500	−12,958.230	−12,961.400	−12,682.910	−12,685.210	−12,516.620	−12,520.020
Akaike Inf. Crit.	25,041.110	25,049.000	25,966.460	25,974.810	25,415.830	25,422.420	25,083.230	25,092.030
Bayesian Inf. Crit.	25,221.990	25,237.100	26,147.330	26,162.910	25,596.670	25,610.490	25,264.000	25,280.030

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets. SES is socioeconomic status.

Table S7.4

Model 3c1. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for ER endorsement): INDIVIDUALISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.165*** (0.148, 0.183)	0.165*** (0.148, 0.183)	0.154*** (0.137, 0.171)	0.154*** (0.137, 0.171)	0.119*** (0.102, 0.136)	0.119*** (0.102, 0.136)	−0.170*** (−0.187, −0.152)	−0.170*** (−0.187, −0.152)
Gender	0.082*** (0.047, 0.118)	0.082*** (0.047, 0.118)	0.119*** (0.083, 0.154)	0.119*** (0.083, 0.154)	0.092*** (0.056, 0.127)	0.092*** (0.056, 0.127)	−0.091*** (−0.126, −0.055)	−0.091*** (−0.126, −0.055)
Education	0.026** (0.009, 0.043)	0.026** (0.009, 0.043)	0.031*** (0.014, 0.048)	0.031*** (0.014, 0.048)	0.016 (−0.001, 0.033)	0.015 (−0.002, 0.032)	0.012 (−0.005, 0.029)	0.012 (−0.005, 0.029)
SES	0.258*** (0.241, 0.274)	0.258*** (0.241, 0.274)	0.168*** (0.151, 0.185)	0.168*** (0.151, 0.185)	0.183*** (0.166, 0.200)	0.183*** (0.166, 0.200)	−0.125*** (−0.143, −0.108)	−0.125*** (−0.143, −0.108)
Death_No	−0.160*** (−0.246, −0.075)	−0.161*** (−0.246, −0.075)	−0.118** (−0.199, −0.036)	−0.118** (−0.199, −0.036)	−0.050 (−0.125, 0.025)	−0.054 (−0.130, 0.022)	0.133*** (0.067, 0.199)	0.133*** (0.067, 0.199)
GDP	−0.069 (−0.200, 0.061)	−0.070 (−0.201, 0.061)	0.036 (−0.086, 0.159)	0.036 (−0.086, 0.159)	−0.113 (−0.226, −0.0001)	−0.115 (−0.230, −0.001)	0.106* (0.009, 0.203)	0.106* (0.009, 0.203)
Gini	−0.038 (−0.129, 0.054)	−0.039 (−0.130, 0.053)	0.042 (−0.042, 0.127)	0.043 (−0.042, 0.127)	−0.028 (−0.108, 0.052)	−0.031 (−0.112, 0.050)	0.069 (0.002, 0.136)	0.069 (0.002, 0.137)
Stringency	−0.012 (−0.088, 0.065)	−0.012 (−0.089, 0.065)	0.002 (−0.071, 0.074)	0.001 (−0.071, 0.074)	−0.024 (−0.089, 0.041)	−0.026 (−0.092, 0.040)	−0.045 (−0.102, 0.011)	−0.046 (−0.102, 0.011)
ER Endorsement	−0.021 (−0.049, 0.008)	−0.021 (−0.050, 0.008)	0.068*** (0.040, 0.096)	0.068*** (0.040, 0.096)	−0.087*** (−0.114, −0.060)	−0.086*** (−0.113, −0.060)	0.277*** (0.251, 0.303)	0.277*** (0.251, 0.303)

ER Variability	0.095*** (0.063, 0.127)	0.094*** (0.062, 0.126)	0.148*** (0.116, 0.181)	0.148*** (0.115, 0.180)	0.045*** (0.022, 0.068)	0.043*** (0.021, 0.066)	−0.105*** (−0.132, −0.079)	−0.105*** (−0.132, −0.078)
Individualism	0.041 (−0.057, 0.138)	0.042 (−0.056, 0.139)	0.005 (−0.086, 0.095)	−0.002 (−0.094, 0.089)	0.045 (−0.038, 0.129)	0.023 (−0.066, 0.112)	−0.069 (−0.140, 0.003)	−0.071 (−0.144, 0.002)
ER Variability:Individualism		−0.017 (−0.048, 0.014)		−0.018 (−0.051, 0.015)		−0.021 (−0.044, 0.003)		0.004 (−0.022, 0.031)
Observations	12,016	12,016	12,014	12,014	12,002	12,002	11,965	11,965
-2LL	−15,641.820	−15,644.480	−15,764.010	−15,766.620	−15,600.020	−15,602.250	−15,664.510	−15,667.860
Akaike Inf. Crit.	31,319.630	31,326.960	31,564.020	31,571.230	31,236.050	31,242.500	31,365.030	31,373.720
Bayesian Inf. Crit.	31,452.710	31,467.430	31,697.100	31,711.700	31,369.100	31,382.940	31,498.030	31,514.110

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

SES is socioeconomic status.

Table S7.5

Model 3c2. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for ER endorsement): INSTITUTIONAL COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.168*** (0.150, 0.187)	0.168*** (0.150, 0.187)	0.153*** (0.134, 0.172)	0.153*** (0.135, 0.172)	0.118*** (0.100, 0.137)	0.118*** (0.100, 0.137)	−0.172*** (−0.191, −0.153)	−0.172*** (−0.191, −0.153)
Gender	0.083*** (0.044, 0.121)	0.083*** (0.044, 0.121)	0.125*** (0.087, 0.164)	0.125*** (0.087, 0.164)	0.091*** (0.053, 0.129)	0.091*** (0.053, 0.129)	−0.088*** (−0.126, −0.049)	−0.088*** (−0.126, −0.049)
Education	0.028** (0.010, 0.046)	0.028** (0.010, 0.046)	0.028** (0.009, 0.046)	0.028** (0.009, 0.046)	0.022* (0.004, 0.040)	0.022* (0.004, 0.040)	0.010 (−0.008, 0.029)	0.010 (−0.008, 0.029)
SES	0.264*** (0.245, 0.282)	0.264*** (0.245, 0.282)	0.174*** (0.156, 0.192)	0.174*** (0.155, 0.192)	0.177*** (0.159, 0.195)	0.177*** (0.159, 0.195)	−0.135*** (−0.153, −0.117)	−0.135*** (−0.153, −0.117)
Death_No	−0.131* (−0.231, −0.031)	−0.131* (−0.231, −0.031)	−0.109** (−0.174, −0.044)	−0.109** (−0.174, −0.043)	−0.102* (−0.182, −0.023)	−0.101* (−0.182, −0.021)	0.082 (−0.002, 0.166)	0.082 (−0.002, 0.165)
GDP	−0.004 (−0.126, 0.118)	−0.004 (−0.126, 0.118)	0.066 (−0.009, 0.142)	0.065 (−0.010, 0.141)	−0.007 (−0.101, 0.087)	−0.011 (−0.107, 0.085)	0.052 (−0.047, 0.152)	0.052 (−0.048, 0.151)
Gini	−0.003 (−0.089, 0.082)	−0.003 (−0.089, 0.082)	0.045 (−0.006, 0.096)	0.045 (−0.007, 0.096)	−0.009 (−0.082, 0.063)	−0.010 (−0.083, 0.063)	0.032 (−0.036, 0.101)	0.032 (−0.036, 0.101)
Stringency	−0.051 (−0.127, 0.025)	−0.051 (−0.127, 0.025)	−0.024 (−0.070, 0.022)	−0.024 (−0.070, 0.021)	0.001 (−0.055, 0.057)	−0.002 (−0.059, 0.055)	−0.028 (−0.089, 0.033)	−0.027 (−0.088, 0.034)
ER Endorsement	−0.005	−0.005	0.070***	0.070***	−0.077***	−0.077***	0.274***	0.274***

	(−0.038, 0.027)	(−0.038, 0.027)	(0.036, 0.105)	(0.036, 0.104)	(−0.103, −0.051)	(−0.103, −0.052)	(0.247, 0.301)	(0.247, 0.301)
ER Variability	0.100*** (0.064, 0.137)	0.100*** (0.063, 0.137)	0.142*** (0.105, 0.179)	0.142*** (0.105, 0.179)	0.041** (0.016, 0.066)	0.041** (0.015, 0.066)	−0.098*** (−0.128, −0.068)	−0.098*** (−0.128, −0.068)
Institutional Collectivism	−0.110* (−0.198, −0.023)	−0.111* (−0.199, −0.023)	−0.149*** (−0.201, −0.096)	−0.149*** (−0.202, −0.096)	−0.098* (−0.170, −0.026)	−0.115* (−0.195, −0.035)	0.048 (−0.022, 0.118)	0.039 (−0.034, 0.112)
ER Variability: Institutional Collectivism		0.002 (−0.038, 0.043)		−0.018 (−0.059, 0.022)		−0.015 (−0.046, 0.016)		0.015 (−0.020, 0.049)
Observations	10,266	10,266	10,264	10,264	10,252	10,252	10,223	10,223
-2LL	−13,431.430	−13,434.390	−13,552.220	−13,554.800	−13,346.890	−13,349.670	−13,426.590	−13,429.380
Akaike Inf. Crit.	26,898.850	26,906.780	27,140.440	27,147.600	26,729.780	26,737.340	26,889.190	26,896.750
Bayesian Inf. Crit.	27,029.090	27,044.250	27,270.680	27,285.070	26,859.990	26,874.790	27,019.350	27,034.140

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

SES is socioeconomic status.

Table S7.6

Model 3c3. Cross-cultural consistency and differences in the relationship between ER variability and well-being (controlling for ER endorsement): INGROUP COLLECTIVISM

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.168*** (0.149, 0.187)	0.168*** (0.149, 0.187)	0.154*** (0.135, 0.173)	0.154*** (0.135, 0.173)	0.118*** (0.099, 0.137)	0.118*** (0.100, 0.137)	−0.172*** (−0.190, −0.153)	−0.172*** (−0.190, −0.153)
Gender	0.084*** (0.045, 0.122)	0.084*** (0.045, 0.122)	0.125*** (0.086, 0.164)	0.125*** (0.086, 0.164)	0.092*** (0.054, 0.130)	0.092*** (0.053, 0.130)	−0.088*** (−0.127, −0.050)	−0.089*** (−0.127, −0.050)
Education	0.028** (0.010, 0.046)	0.028** (0.010, 0.046)	0.027** (0.009, 0.046)	0.027** (0.009, 0.045)	0.021* (0.003, 0.039)	0.021* (0.003, 0.039)	0.011 (−0.008, 0.029)	0.011 (−0.008, 0.029)
SES	0.264*** (0.246, 0.282)	0.264*** (0.246, 0.282)	0.175*** (0.157, 0.193)	0.175*** (0.156, 0.193)	0.177*** (0.159, 0.195)	0.177*** (0.159, 0.195)	−0.135*** (−0.153, −0.117)	−0.135*** (−0.153, −0.117)
Death_No	−0.146* (−0.258, −0.034)	−0.146* (−0.259, −0.034)	−0.131* (−0.231, −0.031)	−0.131* (−0.231, −0.031)	−0.104* (−0.200, −0.009)	−0.109* (−0.205, −0.012)	0.086 (−0.002, 0.175)	0.086 (−0.003, 0.175)
GDP	−0.022 (−0.163, 0.120)	−0.022 (−0.164, 0.119)	0.045 (−0.077, 0.166)	0.045 (−0.077, 0.166)	−0.059 (−0.173, 0.056)	−0.060 (−0.176, 0.056)	0.063 (−0.042, 0.168)	0.063 (−0.042, 0.168)
Gini	−0.016 (−0.116, 0.084)	−0.016 (−0.116, 0.084)	0.032 (−0.052, 0.116)	0.032 (−0.052, 0.116)	−0.013 (−0.098, 0.072)	−0.016 (−0.102, 0.070)	0.038 (−0.035, 0.110)	0.038 (−0.034, 0.110)
Stringency	−0.035 (−0.124, 0.054)	−0.035 (−0.124, 0.054)	0.004 (−0.071, 0.080)	0.004 (−0.072, 0.080)	0.004 (−0.067, 0.075)	0.001 (−0.071, 0.074)	−0.037 (−0.102, 0.028)	−0.037 (−0.102, 0.028)
ER Endorsement	−0.006 (−0.038, 0.027)	−0.006 (−0.038, 0.027)	0.069*** (0.035, 0.103)	0.069*** (0.035, 0.103)	−0.077*** (−0.104, −0.049)	−0.077*** (−0.104, −0.051)	0.274*** (0.247, 0.301)	0.274*** (0.247, 0.301)

ER Variability	0.101*** (0.064, 0.137)	0.100*** (0.063, 0.137)	0.139*** (0.103, 0.176)	0.139*** (0.102, 0.177)	0.039** (0.014, 0.064)	0.038** (0.014, 0.063)	−0.098*** (−0.128, −0.067)	−0.098*** (−0.129, −0.067)
Ingroup Collectivism	0.024 (−0.079, 0.127)	0.020 (−0.084, 0.124)	0.010 (−0.077, 0.097)	0.010 (−0.077, 0.098)	−0.041 (−0.126, 0.044)	−0.015 (−0.108, 0.079)	−0.003 (−0.077, 0.072)	0.003 (−0.073, 0.079)
ER Variability : Ingroup Col- lectivism		0.010 (−0.027, 0.047)		0.001 (−0.037, 0.038)		0.016 (−0.011, 0.043)		−0.011 (−0.042, 0.019)
Observations	10,266	10,266	10,264	10,264	10,252	10,252	10,223	10,223
-2LL	−13,433.860	−13,436.780	−13,560.640	−13,563.690	−13,349.480	−13,352.310	−13,427.380	−13,430.370
Akaike Inf. Crit.	26,903.730	26,911.560	27,157.280	27,165.380	26,734.960	26,742.620	26,890.760	26,898.740
Bayesian Inf. Crit.	27,033.970	27,049.040	27,287.520	27,302.850	26,865.180	26,880.070	27,020.920	27,036.130

Note.

* p<0.05; ** p<0.01; *** p<0.001

For each dependent variable, (1) is the model without the interaction terms between ER variability and cultural orientation and (2) the model with the interaction terms. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

SES is socioeconomic status.

Table S8.1

UK sample. Use of different ER strategies, ER variability, and well-being: WELLNESS

	<i>Dependent variable:</i>			
	Wellness			
	(1)	(2)	(3)	(4)
Age	0.142*** (0.086, 0.198)	0.042 (−0.008, 0.092)	0.044 (−0.007, 0.094)	0.125*** (0.068, 0.182)
Gender	0.027 (−0.053, 0.107)	0.012 (−0.058, 0.083)	0.013 (−0.058, 0.083)	0.006 (−0.075, 0.087)
Education	0.016 (−0.042, 0.074)	−0.014 (−0.064, 0.036)	−0.014 (−0.063, 0.036)	0.019 (−0.039, 0.076)
SES	0.437*** (0.380, 0.494)	0.340*** (0.289, 0.390)	0.338*** (0.288, 0.389)	0.440*** (0.383, 0.497)
Rumination		−0.419*** (−0.476, −0.362)	−0.420*** (−0.477, −0.363)	
Reappraisal		0.112*** (0.056, 0.168)	0.110*** (0.054, 0.166)	
Suppression		−0.058 (−0.117, 0.001)	−0.057 (−0.116, 0.002)	
Social Sharing		0.124*** (0.070, 0.178)	0.119*** (0.063, 0.175)	
Distraction		0.022 (−0.036, 0.081)	0.024 (−0.034, 0.082)	
Acceptance		0.168*** (0.119, 0.218)	0.173*** (0.122, 0.223)	
ER Endorsement				−0.093** (−0.150, −0.036)
ER Variability			−0.019 (−0.071, 0.032)	−0.003 (−0.059, 0.053)

Observations	983	983	983	983
R ²	0.225	0.432	0.433	0.233
Adjusted R ²	0.222	0.427	0.426	0.228
Residual Std. Error	0.884 (df = 979)	0.758 (df = 973)	0.758 (df = 972)	0.880 (df = 977)
F Statistic	70.934*** (df = 4; 979)	74.126*** (df = 10; 973)	67.406*** (df = 11; 972)	49.392*** (df = 6; 977)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S8.2

UK sample. Use of different ER strategies, ER variability, and well-being: RESILIENCE

	<i>Dependent variable:</i>			
	Resilience			
	(1)	(2)	(3)	(4)
Age	0.166*** (0.106, 0.226)	0.085** (0.029, 0.140)	0.083** (0.028, 0.139)	0.165*** (0.103, 0.226)
Gender	0.049 (−0.037, 0.134)	0.046 (−0.031, 0.124)	0.046 (−0.031, 0.124)	0.051 (−0.036, 0.138)
Education	0.041 (−0.021, 0.102)	0.009 (−0.046, 0.064)	0.009 (−0.046, 0.064)	0.040 (−0.022, 0.101)
SES	0.273*** (0.211, 0.334)	0.180*** (0.124, 0.235)	0.181*** (0.125, 0.237)	0.276*** (0.214, 0.337)
Rumination		−0.406*** (−0.468, −0.343)	−0.405*** (−0.468, −0.342)	
Reappraisal		0.182*** (0.121, 0.244)	0.185*** (0.123, 0.246)	
Suppression		0.009 (−0.056, 0.074)	0.008 (−0.057, 0.073)	
Social Sharing		0.083** (0.023, 0.143)	0.089** (0.027, 0.150)	
Distraction		0.066* (0.002, 0.130)	0.064 (−0.00002, 0.128)	
Acceptance		0.191*** (0.137, 0.245)	0.186*** (0.130, 0.241)	
ER Endorsement				0.027 (−0.034, 0.088)
ER Variability			0.023 (−0.034, 0.079)	0.051 (−0.009, 0.110)

Observations	983	983	983	983
R ²	0.116	0.311	0.311	0.119
Adjusted R ²	0.112	0.304	0.303	0.113
Residual Std. Error	0.944 (df = 979)	0.836 (df = 973)	0.836 (df = 972)	0.943 (df = 977)
F Statistic	32.011*** (df = 4; 979)	43.852*** (df = 10; 973)	39.906*** (df = 11; 972)	21.924*** (df = 6; 977)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S8.3

UK sample. Use of different ER strategies, ER variability, and well-being: HEALTH

	<i>Dependent variable:</i>			
	Health			
	(1)	(2)	(3)	(4)
Age	0.173*** (0.115, 0.230)	0.082** (0.027, 0.138)	0.085** (0.030, 0.141)	0.154*** (0.095, 0.212)
Gender	0.066 (−0.016, 0.148)	0.036 (−0.042, 0.114)	0.036 (−0.041, 0.114)	0.041 (−0.042, 0.124)
Education	0.001 (−0.058, 0.060)	−0.018 (−0.073, 0.037)	−0.017 (−0.072, 0.038)	0.005 (−0.054, 0.063)
SES	0.347*** (0.288, 0.406)	0.278*** (0.222, 0.333)	0.275*** (0.219, 0.331)	0.350*** (0.291, 0.409)
Rumination		−0.351*** (−0.414, −0.288)	−0.352*** (−0.415, −0.290)	
Reappraisal		0.087** (0.026, 0.148)	0.082** (0.021, 0.144)	
Suppression		0.002 (−0.063, 0.067)	0.004 (−0.062, 0.069)	
Social Sharing		0.057 (−0.003, 0.116)	0.046 (−0.015, 0.108)	
Distraction		−0.029 (−0.094, 0.035)	−0.026 (−0.090, 0.038)	
Acceptance		0.127*** (0.073, 0.182)	0.137*** (0.081, 0.192)	
ER Endorsement				−0.113*** (−0.171, −0.054)
ER Variability			−0.041 (−0.097, 0.015)	−0.015 (−0.072, 0.042)

Observations	983	983	983	983
R ²	0.166	0.296	0.297	0.178
Adjusted R ²	0.162	0.289	0.290	0.173
Residual Std. Error	0.908 (df = 979)	0.837 (df = 973)	0.836 (df = 972)	0.902 (df = 977)
F Statistic	48.594*** (df = 4; 979)	40.914*** (df = 10; 973)	37.418*** (df = 11; 972)	35.203*** (df = 6; 977)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S8.4

UK sample. Use of different ER strategies, ER variability, and well-being: DISTRESS

	<i>Dependent variable:</i>			
	Distress			
	(1)	(2)	(3)	(4)
Age	−0.247*** (−0.306, −0.187)	−0.095*** (−0.145, −0.045)	−0.093*** (−0.143, −0.043)	−0.174*** (−0.230, −0.118)
gender	−0.169*** (−0.254, −0.084)	−0.083* (−0.153, −0.013)	−0.083* (−0.153, −0.013)	−0.084* (−0.164, −0.005)
Education	0.021 (−0.040, 0.081)	0.038 (−0.011, 0.088)	0.039 (−0.011, 0.089)	0.010 (−0.046, 0.067)
SES	−0.219*** (−0.280, −0.159)	−0.143*** (−0.193, −0.093)	−0.145*** (−0.196, −0.095)	−0.237*** (−0.293, −0.180)
Rumination		0.512*** (0.456, 0.569)	0.511*** (0.455, 0.568)	
Reappraisal		−0.028 (−0.083, 0.027)	−0.031 (−0.087, 0.024)	
Suppression		0.099*** (0.040, 0.158)	0.101*** (0.042, 0.160)	
Social Sharing		0.024 (−0.029, 0.078)	0.017 (−0.039, 0.072)	
Distraction		0.016 (−0.041, 0.074)	0.019 (−0.039, 0.077)	
Acceptance		−0.112*** (−0.161, −0.063)	−0.105*** (−0.155, −0.054)	
ER_Endorsement				0.349*** (0.293, 0.405)
ER_Variability			−0.030 (−0.081, 0.021)	−0.064* (−0.119, −0.009)

Observations	983	983	983	983
R ²	0.132	0.434	0.435	0.252
Adjusted R ²	0.128	0.429	0.429	0.247
Residual Std. Error	0.933 (df = 979)	0.755 (df = 973)	0.755 (df = 972)	0.867 (df = 977)
F Statistic	37.127*** (df = 4; 979)	74.724*** (df = 10; 973)	68.069*** (df = 11; 972)	54.879*** (df = 6; 977)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S9.1

US sample. Use of different ER strategies, ER variability, and well-being: WELLNESS

	<i>Dependent variable:</i>			
	Wellness			
	(1)	(2)	(3)	(4)
Age	0.180*** (0.122, 0.238)	0.042 (−0.010, 0.094)	0.042 (−0.010, 0.093)	0.156*** (0.098, 0.214)
Gender	−0.059 (−0.142, 0.024)	−0.064 (−0.135, 0.008)	−0.063 (−0.135, 0.008)	−0.069 (−0.151, 0.014)
Education	−0.039 (−0.100, 0.022)	−0.028 (−0.080, 0.024)	−0.028 (−0.080, 0.024)	−0.039 (−0.099, 0.021)
SES	0.349*** (0.287, 0.410)	0.284*** (0.231, 0.337)	0.285*** (0.231, 0.338)	0.360*** (0.299, 0.420)
Rumination		−0.396*** (−0.454, −0.338)	−0.395*** (−0.453, −0.337)	
Reappraisal		0.177*** (0.122, 0.233)	0.177*** (0.122, 0.232)	
Suppression		−0.091** (−0.150, −0.033)	−0.091** (−0.150, −0.032)	
Social Sharing		0.061* (0.006, 0.116)	0.063* (0.007, 0.119)	
Distraction		−0.027 (−0.083, 0.029)	−0.027 (−0.084, 0.029)	
Acceptance		0.168*** (0.115, 0.220)	0.164*** (0.110, 0.219)	
ER Endorsement				−0.107*** (−0.165, −0.048)
ER Variability			0.012 (−0.041, 0.065)	0.096** (0.038, 0.153)

Observations	985	985	985	985
R ²	0.149	0.387	0.387	0.170
Adjusted R ²	0.146	0.381	0.380	0.165
Residual Std. Error	0.924 (df = 981)	0.787 (df = 975)	0.787 (df = 974)	0.914 (df = 979)
F Statistic	43.001*** (df = 4; 981)	61.560*** (df = 10; 975)	55.936*** (df = 11; 974)	33.515*** (df = 6; 979)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S9.2

US sample. Use of different ER strategies, ER variability, and well-being: RESILIENCE

	<i>Dependent variable:</i>			
	Resilience			
	(1)	(2)	(3)	(4)
Age	0.220*** (0.160, 0.280)	0.098*** (0.042, 0.153)	0.096*** (0.041, 0.152)	0.201*** (0.141, 0.260)
Gender	0.045 (−0.041, 0.131)	0.027 (−0.049, 0.103)	0.028 (−0.049, 0.104)	0.040 (−0.045, 0.126)
Education	−0.011 (−0.073, 0.052)	0.0002 (−0.055, 0.056)	0.0003 (−0.055, 0.056)	−0.010 (−0.072, 0.052)
SES	0.209*** (0.146, 0.273)	0.149*** (0.092, 0.206)	0.152*** (0.095, 0.208)	0.220*** (0.158, 0.283)
Rumination		−0.380*** (−0.441, −0.318)	−0.376*** (−0.438, −0.315)	
Reappraisal		0.236*** (0.177, 0.295)	0.235*** (0.176, 0.294)	
Suppression		−0.014 (−0.077, 0.049)	−0.011 (−0.073, 0.052)	
Social Sharing		−0.013 (−0.072, 0.045)	−0.004 (−0.064, 0.056)	
Distraction		−0.021 (−0.081, 0.039)	−0.023 (−0.083, 0.037)	
Acceptance		0.155*** (0.099, 0.212)	0.142*** (0.084, 0.200)	
ER Endorsement				−0.044 (−0.104, 0.016)
ER Variability			0.048 (−0.008, 0.104)	0.133*** (0.073, 0.192)

Observations	985	985	985	985
R ²	0.094	0.301	0.303	0.114
Adjusted R ²	0.091	0.293	0.295	0.109
Residual Std. Error	0.952 (df = 981)	0.839 (df = 975)	0.839 (df = 974)	0.943 (df = 979)
F Statistic	25.527*** (df = 4; 981)	41.909*** (df = 10; 975)	38.430*** (df = 11; 974)	21.061*** (df = 6; 979)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S9.3

US sample. Use of different ER strategies, ER variability, and well-being: HEALTH

	<i>Dependent variable:</i>			
	Health			
	(1)	(2)	(3)	(4)
Age	0.200*** (0.141, 0.260)	0.079** (0.022, 0.136)	0.079** (0.022, 0.136)	0.173*** (0.113, 0.233)
Gender	0.016 (−0.070, 0.102)	−0.0002 (−0.079, 0.079)	−0.0001 (−0.079, 0.079)	0.004 (−0.081, 0.089)
Education	−0.011 (−0.074, 0.051)	−0.0003 (−0.058, 0.057)	−0.0002 (−0.058, 0.057)	−0.012 (−0.074, 0.050)
SES	0.253*** (0.190, 0.316)	0.202*** (0.144, 0.261)	0.203*** (0.144, 0.262)	0.264*** (0.202, 0.326)
Rumination		−0.345*** (−0.409, −0.281)	−0.344*** (−0.408, −0.280)	
Reappraisal		0.107*** (0.046, 0.168)	0.107*** (0.046, 0.168)	
Suppression		−0.027 (−0.092, 0.038)	−0.026 (−0.091, 0.039)	
Social Sharing		0.017 (−0.043, 0.078)	0.019 (−0.043, 0.081)	
Distraction		−0.058 (−0.120, 0.004)	−0.059 (−0.121, 0.003)	
Acceptance		0.132*** (0.074, 0.190)	0.129*** (0.069, 0.189)	
ER Endorsement				−0.136*** (−0.196, −0.076)
ER Variability			0.009 (−0.049, 0.067)	0.081** (0.022, 0.140)

Observations	985	985	985	985
R ²	0.104	0.260	0.260	0.129
Adjusted R ²	0.100	0.252	0.252	0.124
Residual Std. Error	0.951 (df = 981)	0.867 (df = 975)	0.868 (df = 974)	0.939 (df = 979)
F Statistic	28.364*** (df = 4; 981)	34.227*** (df = 10; 975)	31.096*** (df = 11; 974)	24.190*** (df = 6; 979)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S9.4

US sample. Use of different ER strategies, ER variability, and well-being: DISTRESS

	<i>Dependent variable:</i>			
	Distress			
	(1)	(2)	(3)	(4)
Age	−0.207*** (−0.267, −0.146)	−0.030 (−0.081, 0.021)	−0.029 (−0.080, 0.022)	−0.148*** (−0.205, −0.091)
Gender	−0.097* (−0.184, −0.010)	−0.056 (−0.127, 0.015)	−0.057 (−0.127, 0.014)	−0.069 (−0.150, 0.012)
Education	0.033 (−0.031, 0.097)	0.019 (−0.032, 0.071)	0.019 (−0.032, 0.070)	0.034 (−0.025, 0.094)
SES	−0.143*** (−0.207, −0.079)	−0.086** (−0.138, −0.033)	−0.088** (−0.141, −0.036)	−0.167*** (−0.227, −0.107)
Rumination		0.512*** (0.455, 0.570)	0.509*** (0.452, 0.566)	
Reappraisal		−0.096*** (−0.151, −0.042)	−0.096*** (−0.150, −0.041)	
Suppression		0.044 (−0.014, 0.102)	0.040 (−0.018, 0.098)	
Social Sharing		0.058* (0.004, 0.113)	0.048 (−0.007, 0.103)	
Distraction		0.116*** (0.060, 0.172)	0.118*** (0.062, 0.174)	
Acceptance		−0.123*** (−0.175, −0.071)	−0.109*** (−0.163, −0.055)	
ER Endorsement				0.322*** (0.264, 0.379)
ER Variability			−0.050 (−0.102, 0.001)	−0.142*** (−0.199, −0.086)

Observations	985	985	985	985
R ²	0.067	0.400	0.403	0.192
Adjusted R ²	0.063	0.394	0.396	0.187
Residual Std. Error	0.967 (df = 981)	0.778 (df = 975)	0.776 (df = 974)	0.901 (df = 979)
F Statistic	17.627*** (df = 4; 981)	65.113*** (df = 10; 975)	59.683*** (df = 11; 974)	38.855*** (df = 6; 979)

Note.

* p<0.05; ** p<0.01; *** p<0.001

SES is socioeconomic status. Significant levels of the predictors are followed by 95% confidence intervals in brackets.

(1) is the baseline model (including the control variables).

(2) is the model with the addition of ERS to test Hypothesis 1.

(3) is the model with the addition of ER variability to test Hypothesis 2, controlling for the 6 ER strategies.

(4) is the model with the addition of ER variability to test Hypothesis 2, controlling for ER endorsement.

Table S10

Negative affect intensity as a moderator of the relationship between ER strategies and well-being

	<i>Dependent variable:</i>							
	Wellness		Resilience		Health		Distress	
	(1)	(2)	(1)	(2)	(1)	(2)	(1)	(2)
Age	0.06*** (0.04, 0.07)	0.06*** (0.04, 0.07)	0.06*** (0.05, 0.08)	0.06*** (0.05, 0.08)	0.04*** (0.03, 0.06)	0.04*** (0.03, 0.05)	−0.06*** (−0.07, −0.05)	−0.06*** (−0.07, −0.05)
Gender	0.03** (0.01, 0.06)	0.03* (0.01, 0.06)	0.09*** (0.07, 0.12)	0.09*** (0.06, 0.12)	0.05*** (0.02, 0.08)	0.05*** (0.02, 0.07)	−0.08*** (−0.10, −0.05)	−0.08*** (−0.10, −0.05)
Education	−0.001 (−0.01, 0.01)	−0.001 (−0.01, 0.01)	0.01 (−0.003, 0.02)	0.01 (−0.002, 0.02)	−0.005 (−0.02, 0.01)	−0.01 (−0.02, 0.01)	0.04*** (0.03, 0.05)	0.04*** (0.03, 0.05)
SES	0.21*** (0.20, 0.22)	0.21*** (0.19, 0.22)	0.13*** (0.12, 0.14)	0.13*** (0.12, 0.14)	0.13*** (0.12, 0.15)	0.13*** (0.12, 0.14)	−0.04*** (−0.05, −0.03)	−0.04*** (−0.05, −0.03)
Death_No	−0.07* (−0.13, −0.02)	−0.07* (−0.13, −0.01)	−0.06 (−0.11, 0.0001)	−0.06 (−0.12, 0.0003)	−0.03 (−0.09, 0.04)	−0.02 (−0.08, 0.04)	0.03 (−0.03, 0.08)	0.03 (−0.03, 0.08)
GDP	−0.05 (−0.14, 0.03)	−0.06 (−0.14, 0.03)	0.01 (−0.07, 0.10)	0.02 (−0.06, 0.10)	−0.05 (−0.14, 0.04)	−0.06 (−0.15, 0.03)	0.07 (−0.001, 0.15)	0.08 (−0.001, 0.15)
Gini	0.02 (−0.03, 0.08)	0.03 (−0.03, 0.08)	0.06* (0.004, 0.11)	0.06* (0.01, 0.11)	0.001 (−0.06, 0.06)	−0.001 (−0.06, 0.06)	0.02 (−0.03, 0.07)	0.02 (−0.03, 0.07)
Stringency	0.04 (−0.02, 0.09)	0.04 (−0.02, 0.09)	0.05 (−0.003, 0.11)	0.05 (−0.002, 0.11)	0.01 (−0.04, 0.07)	0.01 (−0.05, 0.07)	−0.07** (−0.12, −0.02)	−0.07** (−0.12, −0.02)
Rumination	−0.15*** (−0.17, −0.13)	−0.15*** (−0.17, −0.13)	−0.13*** (−0.16, −0.11)	−0.13*** (−0.15, −0.11)	−0.14*** (−0.15, −0.12)	−0.14*** (−0.15, −0.12)	0.18*** (0.16, 0.19)	0.18*** (0.16, 0.19)

Reappraisal	0.10*** (0.08, 0.12)	0.11*** (0.09, 0.12)	0.14*** (0.12, 0.16)	0.15*** (0.13, 0.17)	0.07*** (0.05, 0.08)	0.07*** (0.05, 0.08)	−0.06*** (−0.07, −0.04)	−0.06*** (−0.07, −0.05)
Suppression	−0.02 (−0.04, 0.001)	−0.01 (−0.03, 0.004)	0.01 (−0.01, 0.03)	0.01 (−0.004, 0.03)	−0.02* (−0.04, −0.002)	−0.02* (−0.04, −0.002)	0.04*** (0.02, 0.05)	0.04*** (0.02, 0.05)
Social Sharing	0.11*** (0.09, 0.13)	0.11*** (0.09, 0.13)	0.05*** (0.03, 0.06)	0.05*** (0.03, 0.07)	0.06*** (0.05, 0.08)	0.06*** (0.05, 0.08)	−0.02* (−0.03, −0.002)	−0.02* (−0.03, −0.003)
Distraction	0.02* (0.003, 0.04)	0.02* (0.004, 0.04)	0.05*** (0.03, 0.07)	0.06*** (0.04, 0.08)	0.003 (−0.01, 0.02)	−0.002 (−0.02, 0.01)	0.04*** (0.02, 0.05)	0.04*** (0.02, 0.05)
Acceptance	0.18*** (0.15, 0.20)	0.18*** (0.15, 0.20)	0.21*** (0.19, 0.23)	0.21*** (0.19, 0.23)	0.12*** (0.10, 0.14)	0.12*** (0.10, 0.14)	−0.06*** (−0.07, −0.04)	−0.06*** (−0.07, −0.04)
Negative_Affect	−0.36*** (−0.38, −0.33)	−0.36*** (−0.38, −0.34)	−0.26*** (−0.28, −0.23)	−0.26*** (−0.29, −0.23)	−0.33*** (−0.36, −0.30)	−0.32*** (−0.35, −0.30)	0.52*** (0.50, 0.54)	0.52*** (0.50, 0.54)
Rumination:Negative_Affect		−0.04*** (−0.05, −0.03)		−0.02** (−0.04, −0.01)		−0.05*** (−0.07, −0.04)		0.01* (0.001, 0.03)
Reappraisal:Negative_Affect		0.04*** (0.03, 0.05)		0.04*** (0.03, 0.05)		0.02* (0.003, 0.03)		−0.01* (−0.03, −0.001)
Suppression:Negative_Affect		0.01 (−0.001, 0.03)		0.01 (−0.0000, 0.03)		−0.001 (−0.02, 0.01)		−0.01 (−0.02, 0.01)
SocialSharing:Negative_Affect		0.02** (0.01, 0.03)		0.01 (−0.005, 0.02)		0.03*** (0.01, 0.04)		0.0001 (−0.01, 0.01)
Distraction:Negative_Affect		0.01 (−0.001, 0.02)		0.02** (0.01, 0.03)		0.004 (−0.01, 0.02)		0.001 (−0.01, 0.01)

Acceptance:Negative_Affect		0.02** (0.01, 0.03)		0.01 (−0.01, 0.02)		0.02*** (0.01, 0.04)		−0.003 (−0.01, 0.01)
Observations	18,875	18,875	18,871	18,871	18,853	18,853	18,810	18,810
-2LL	−22,215.42	−22,187.74	−23,737.21	−23,723.10	−23,045.01	−23,017.51	−20,977.97	−20,999.13
Akaike Inf. Crit.	44,478.84	44,435.49	47,522.43	47,506.21	46,138.01	46,095.01	42,003.93	42,058.27
Bayesian Inf. Crit.	44,667.11	44,670.82	47,710.70	47,741.54	46,326.26	46,330.31	42,192.12	42,293.50

Note.

* p<0.05; ** p<0.01; *** p<0.001

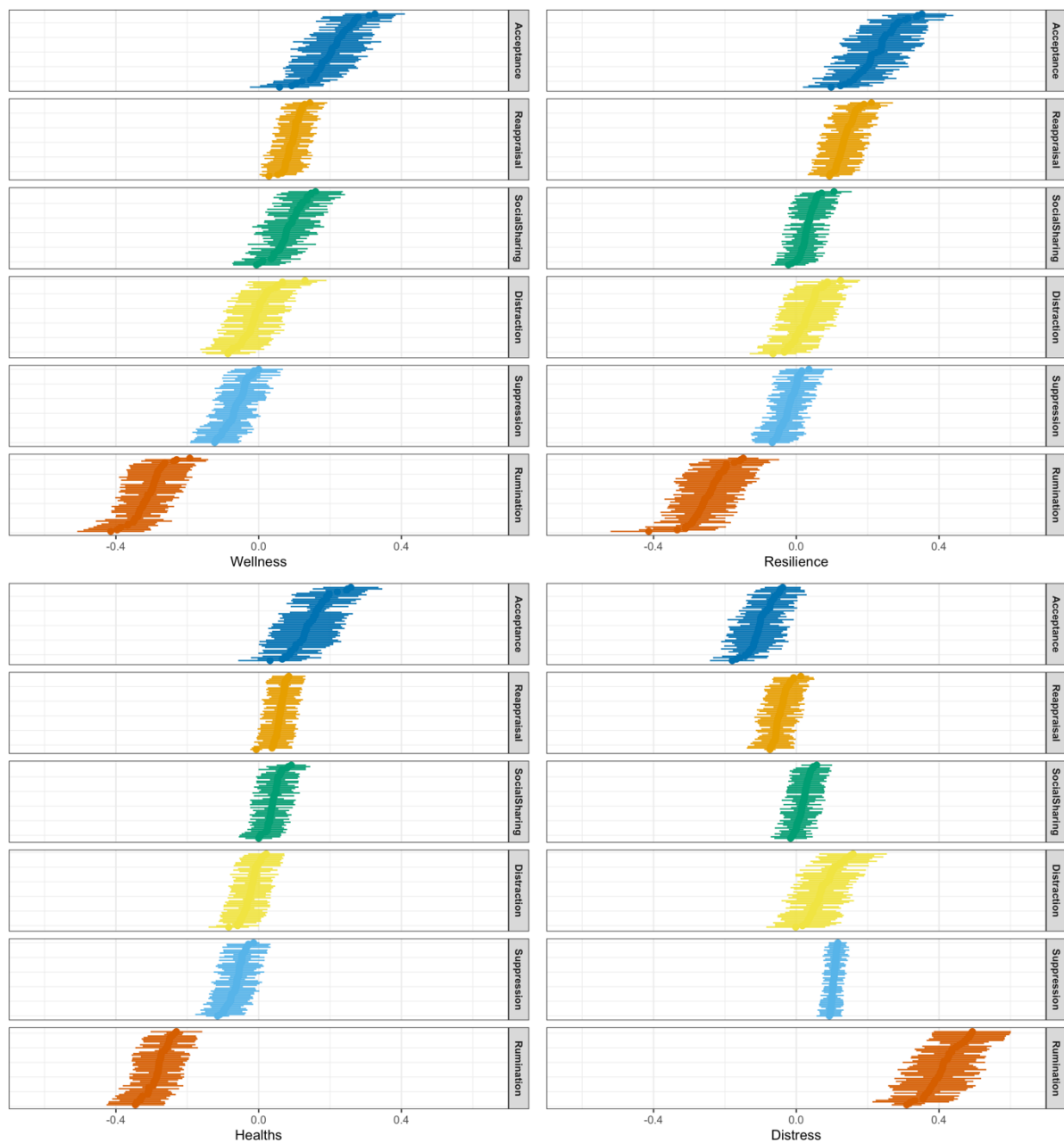
For each dependent variable, (1) is the model without the interaction terms and (2) the model with the interaction terms.

Significant levels of the predictors are followed by 95% confidence intervals in brackets. SES is socioeconomic status.

Supplemental Figures

Figure S1

Outcomes of the multilevel regression model with emotion regulation strategy use (Acceptance, Reappraisal, Social Sharing, Distraction, Suppression and Rumination) as predictors of Wellness, Resilience, Health, and Distress (Hypothesis 1) plotted for each country separately. The dots represent the estimated regression coefficients for each country, and the horizontal lines represent the associated 95% estimation intervals.



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Figure S2

Plot showing the moderating effect of negative affect intensity on the relationship between emotion regulation strategy use (Rumination, Reappraisal, Social Sharing and Acceptance) and Wellness.

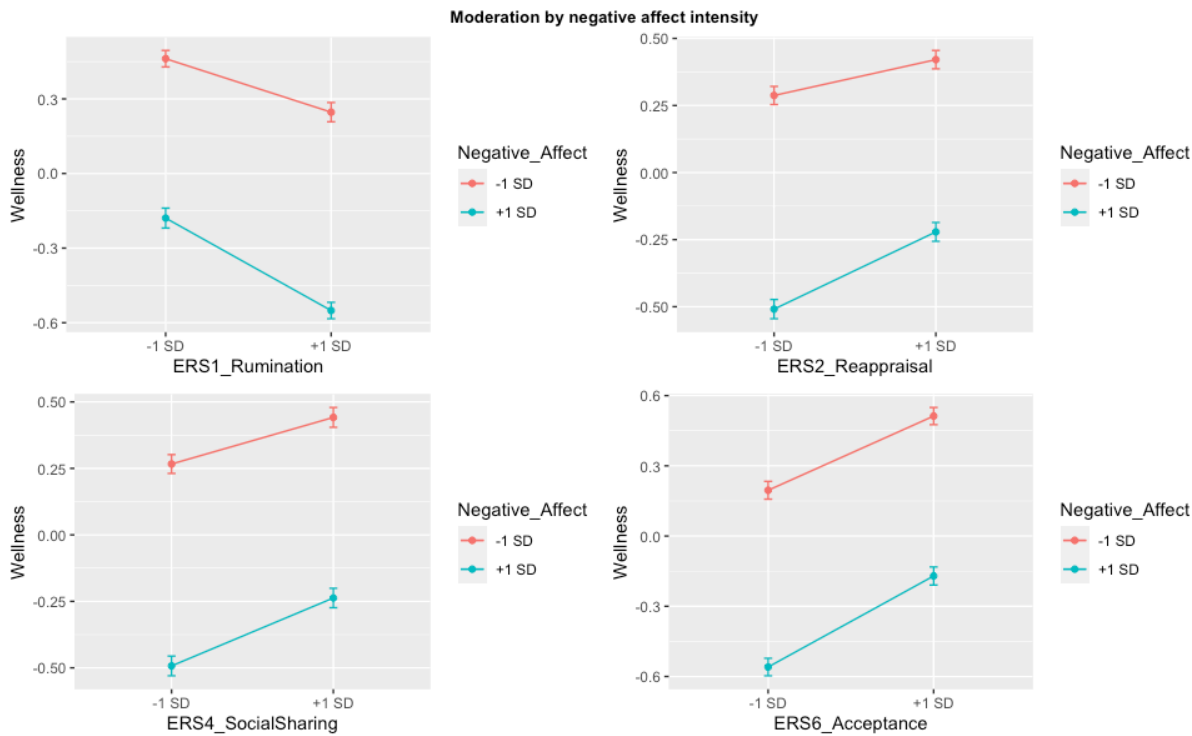


Figure S3

Plot showing the moderating effect of negative affect intensity on the relationship between emotion regulation strategy use (Rumination, Reappraisal and Distraction) and Resilience.

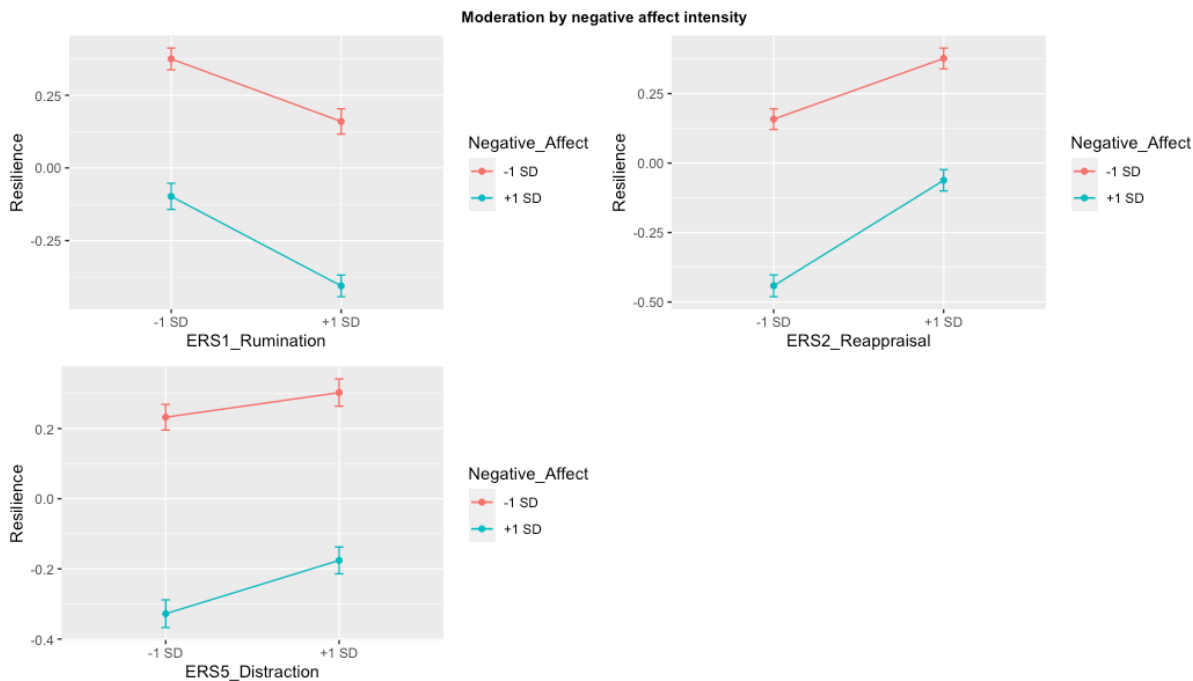


Figure S4

Plot showing the moderating effect of negative affect intensity on the relationship between emotion regulation strategy use (Rumination, Reappraisal, Social Sharing and Acceptance) and Health.

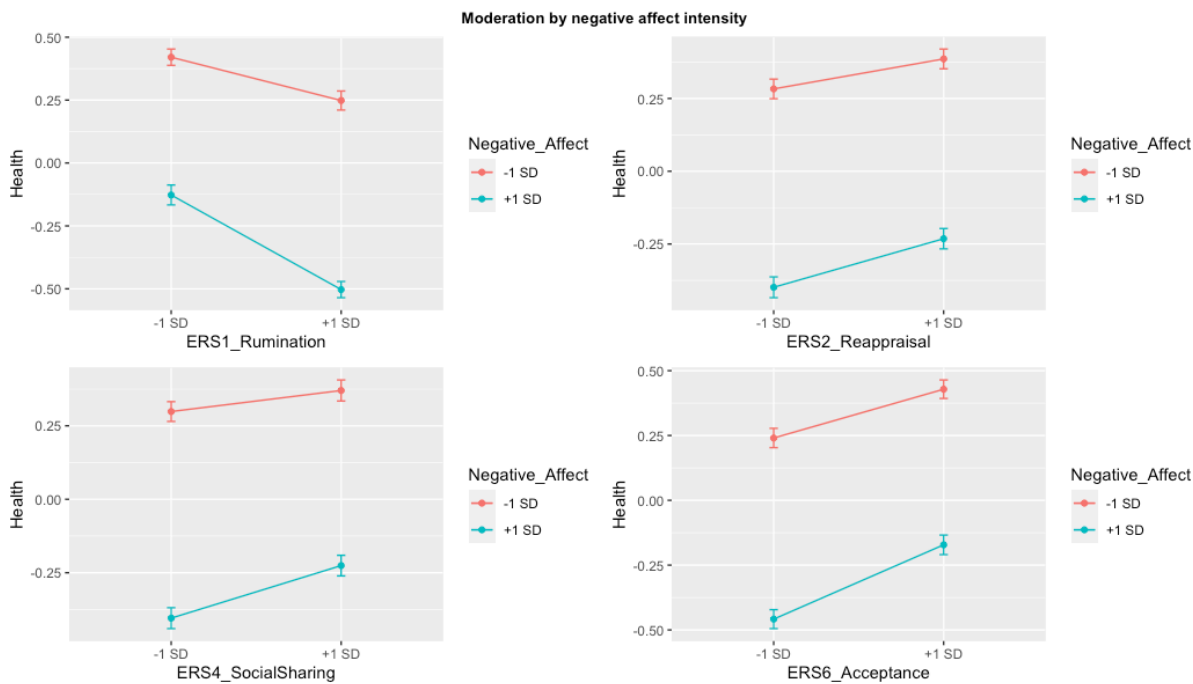


Figure S5

Plot showing the moderating effect of a Secular-Rational Authority versus Traditional Authority cultural orientation on the relationship between emotion regulation variability and Wellness. Higher scores on “TraditionalSecular” reflect the degree to which the countries’ authorities are legitimated by rational-legal norms, linked with an emphasis on economic accumulation and individual achievement.

