This is a codebook for the Mplus analyses in *Decentering from Emotions in Daily Life: Dynamic Associations with Affect, Symptoms, and Wellbeing* (Naragon-Gainey et al., *Clinical Psychological Science*), corresponding to the datafile “ema\_mplus\_lagged.txt”.

The first block of variables in the Mplus file are identical to those in the SPSS datafile on OSF, where the “Variable” tab in SPSS defines each of these variables. The variables are as follows in order:

ID Sex Age Ethnic Race Nicotine Caffeine MedControl Meditate MedYear MedMonth Forget Edu E\_Unem E\_EmPT E\_EmFT E\_StuPT E\_StuFT MaritalS Income Dec\_326\_4Fac CU\_326\_4Fac MA\_326\_4Fac EA\_326\_4Fac EQ TMS CFQ FFMQTot FFMQObs FFMQDes FFMQAct FFMQNjudg FFMQNonreact PANASPA PANASNA BFI\_E BFI\_A BFI\_C BFI\_N BFI\_O SCStot DERStot DERSNonaccept DERSGoals DERSImpulse DERSAware DERSStrat DERSClar RPADamp RPARum RPAEmot FREEPosEnh FREEPosSup FREENegEnh FREENegSup FREETotEnh FREETotSup RRS BEAQ TCQReap TCQDistr IDASAnxMood IDASDys9 IDASDys10 IDASEuphor IDASIlltemp IDASMania IDASOrder IDASPanic IDASSocAnx IDASTAvoid IDASTIntrus A7UP PNI PNIGrand PNIVuln PIDAnhed PIDAttent PIDWithdr PIDGrand AUDIT QEWB RSE SCCS SComScale SComSK SComSJ SComCH SComI SComM SComOI PrinDiag1 PrinDiag1Sev PrinDiag2 PrinDiag2Sev PanicCSR PanicD SocialCSR SocialD GadCSR GadD OcdCSR OcdD PtsdCSR PtsdD MddCSR MddD PddCSR PddD DepAnyCSR DepAnyD BipolICSR BipolID BipolIICSR BipolIID BipAnyCSR BipAnyD CycloCSR CycloD HistCSR HistD NarcCSR NarcD AnyDis Therapy TherTime Medicat NumberMed MedTime TherPast TherPastTime ADHDdiag ADHDtreatTime ADHDMedToday PanAtt SocialFearAvoid WorryExc WorryUncon Obsess Compuls TraumaExp TraumaWit TraumaDIS TraumaSev Intrus MDD PastMDD PastMDE PercentDep Manic PastManic HPD NPD FFAng FFHap FFSad TFDtotAng TFDtotHap TFDtotSad TFD1Ang TFD1Hap TFD1Sad TFD2Ang TFD2Hap TFD2Sad TFD3Ang TFD3Hap TFD3Sad TFD4Ang TFD4Hap TFD4Sad TFD5Ang TFD5Hap TFD5Sa HabitNoGo B2NoGo B3NoGo B4NoGo B5NoGo NoGoTot VanillaHRV PacedHRV DAY SIG Signal SigCum RunTime Active Interested Excited Strong PA Irritable Upset AfraidAnx Sad NA Meaning Vitality Wellbeing Decent1 Decent2 Decent3 Decent4 Mindful MetaAware Reapprais Distract Brood Savor Resist Produce Exhaust R\_Exhaust SelfCtrl ExpSx SxInterfere Dys1 Dys2 Dys3 Dys4 Dysphoria PctEMAComp MAS\_MA MAS\_DA MAS\_EA

The remaining variables were created for the analyses in Naragon-Gainey et al., published in *Clinical Psychological Science,* though not all were used in final analyses*.* The remaining variable names (in order) and definitions are as follows:

**Variable Definition**

Sig2 Whether or not the signal was the first completed of the day (1 = not first assessment; 7 = First assessment of the day). Used to calculate the number of hours since the last assessment on the previous day to the first assessment of the following morning.

Time Preliminary variable used in calculating hours

Hours Time since start of EMA study in hours

DEC EMA decentering composite score

time\_mplus Output of the “Hours” variable from Mplus after taking into account missing

data

decent\_f within-level factor score for EMA Decentering items

dys\_f within-level factor score for EMA Dysphoria items

pos\_f within-level factor score for EMA Positive Affect items

neg\_f within-level factor score for EMA Negative Affect items

wb\_f within-level factor score for EMA Wellbeing items

id\_f within-level factor score for EMA Idiographic items

decent\_s Single-level factor score (i.e., indicators were item scores that were not decomposed into within- and between-level variance) for EMA Decentering items

wb\_s Single-level factor score for EMA Wellbeing items

id\_s Single-level factor score for EMA Idiographic items

dys\_s Single-level factor score for EMA Dysphoria items

pos\_s Single-level factor score for EMA Positive Affect items

neg\_s Single-level factor score for EMA Negative Affect items

basedec\_s Factor score for baseline decentering scales (i.e., EQ, MAS Decentering, CFQ)

decentb\_f Between-level factor score for EMA Decentering items

dysb\_f Between-level factor score for EMA Dysphoria items

posb\_f Between-level factor score for EMA Positive Affect items

negb\_f Between-level factor score for EMA Negative Affect items

wbb\_f Between-level factor score for EMA Wellbeing items

idb\_f Between-level factor score for EMA Idiographic items

lag\_hours Time of the previous assessment (i.e., lagged time\_mplus variable or hours since start of study at the previous signal)

timediff Number of hours between the current report and the previous report

lag\_active EMA Positive Affect Item 1 at the previous assessment

lag\_interest EMA Positive Affect Item 2 at the previous assessment

lag\_excited EMA Positive Affect Item 3 at the previous assessment

lag\_strong EMA Positive Affect Item 4 at the previous assessment

lag\_pa EMA Positive Affect Composite Score at the previous assessment

lag\_irritable EMA Negative Affect Item 1 at the previous assessment

lag\_upset EMA Negative Affect Item 2 at the previous assessment

lag\_afraidanx EMA Negative Affect Item 3 at the previous assessment

lag\_sad EMA Negative Affect Item 4 at the previous assessment

lag\_na EMA Negative Affect Composite Score at the previous assessment

lag\_meaning EMA Wellbeing Item 1 at the previous assessment

lag\_vitality EMA Wellbeing Item 2 at the previous assessment

lag\_wellbeing EMA Wellbeing Composite Score at the previous assessment

lag\_decent1 EMA Decentering Item 1 at the previous assessment

lag\_decent2 EMA Decentering Item 2 at the previous assessment

lag\_decent3 EMA Decentering Item 3 at the previous assessment

lag\_decent4 EMA Decentering Item 4 at the previous assessment

lag\_DEC EMA Decentering Composite Score at the previous assessment

lag\_ExpSx EMA Idiographic Symptom Item 1 at the previous assessment

lag\_SxInterfere EMA Idiographic Symptom Item 2 at the previous assessment

lag\_Dys1 EMA Dysphoria Item 1 at the previous assessment

lag\_Dys2 EMA Dysphoria Item 2 at the previous assessment

lag\_Dys3 EMA Dysphoria Item 3 at the previous assessment

lag\_Dys4 EMA Dysphoria Item 4 at the previous assessment

lag\_Dysphoria EMA Dysphoria Composite score at the previous assessment

lag\_pa\_f EMA Positive Affect single-level factor score at the previous assessment

lag\_na\_f EMA Negative Affect single-level factor score at the previous assessment

lag\_dec\_f EMA Decentering single-level factor score at the previous assessment

lag\_dys\_f EMA Dysphoria single-level factor score at the previous assessment

lag\_wb\_f EMA Wellbeing single-level factor score at the previous assessment

lag\_id\_f EMA Idiographic Symptom single-level factor score at the previous assessment

overnight Whether the report was the first since the previous day (1 = Yes, 0 = No); similar to Sig2 but coded differently