**Characteristics of 46 participants**

| **Participant Characteristics** | | **Mean (SD) or N (%)** |
| --- | --- | --- |
| Demographics | |  |
|  | Age | 54.04 (10.24) |
|  | Female | 23 (50.00%) |
|  | Caucasian | 29 (63.03%) |
|  | |  |
| Physical health and medication use | |  |
|  | Self-rated physical healtha | 1.28 (0.91) |
|  | Use of cortisol-altering medications | 12 (26.09%) |
|  | Current smoker | 10 (21.74%) |
|  | Body Mass Index (BMI) | 30.529 (6.782) |
|  | |  |
| Emotion regulationb | |  |
|  | Suppression | 3.48 (1.33) |
|  | Reappraisal | 5.02 (0.93) |
|  | |  |
| Cortisol parameters (nmol/L) | |  |
|  | CAR across 1 hour (N = 43) | 9.47 (11.44) |
|  | DCS per hour since waking (N = 46) | -0.68 (0.42) |
|  | AUCg (N = 43) | 132.22 (44.29) |

a Physical health was rated on a scale from 0 (“excellent”) to 4 (“poor”).

b Emotion regulation was rated on a scale from 1 (“strongly disagree”) to 7 (“strongly agree”).