*Supplemental Table 1.* Coefficients for longitudinal structural equation model (H2b; Resilience as Levels of Distress and Wellbeing)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Measurement** |  | Unstandardized (SE) | | | Standardized (SE) | *p* |
| T3 Distress |  |  | | |  |  |
| Depression |  | 1.000 (0.000) | | | 0.875 (0.017) | <.001 |
| Anxiety |  | 0.601 (0.041) | | | 0.812 (0.021) | <.001 |
| Stress |  | 0.903 (0.038) | | | 0.897 (0.014) | <.001 |
| Peritraumatic Distress |  | 0.675 (0.047) | | | 0.744 (0.026) | <.001 |
|  |  |  | | |  |  |
| T3 Well-Being | |  | | |  |  |
| Meaning/Peace |  | 1.000 (0.000) | | | 0.896 (0.015) | <.001 |
| Positive States of Mind |  | 0.072 (0.003) | | | 0.822 (0.018) | <.001 |
|  |  |  | |  | |  |
| T2 Meaning-Focused Coping | | | |  | |  |
| Positive Reappraisal | | 1.000 (0.000) | | 0.800 (0.031) | | <.001 |
| Acceptance | | 0.596 (0.063) | | 0.484 (0.040) | | <.001 |
| Positive Refocusing | | 0.786 (0.064) | | 0.683 (0.035) | | <.001 |
| Perspective Taking | | 0.788 (0.056) | | 0.653 (0.031) | | <.001 |
|  |  |  | |  | |  |
| T2 Avoidance Coping | |  | |  | |  |
| Behavioral Disengagement | | 1.000 (0.000) | | 0.641 (0.039) | | <.001 |
| Self Blame | | 2.001 (0.274) | | 0.528 (0.052) | | <.001 |
| Substance Use | | 0.941 (0.115) | | 0.506 (0.044) | | <.001 |
|  |  |  | |  | |  |
| T2 Support-Seeking Coping | |  | |  | |  |
| Instrumental Support | | 1.00 (0.000) | | 0.798 (0.028) | | <.001 |
| Emotional Support | | 1.247 (0.079) | | 0.886 (0.027) | | <.001 |
|  |  |  | |  | |  |
| **Structural** |  |  | |  | |  |
| T1 Stressor Exposure |  |  | |  | |  |
| Age (on) |  | -0.051 (0.010) | | -0.194 (0.037) | | <.001 |
|  |  |  | |  | |  |
| T1 Mindfulness |  |  | |  | |  |
| Age (on) |  | 0.089 (0.015) | | 0.214 (0.036) | | <.001 |
| T1 Social Support (with) | | 6.631 (0.749) | | 0.370 (0.036) | | <.001 |
|  |  |  | |  | |  |
| T1 Social Support |  |  | |  | |  |
| Age (on) |  | 0.021 (0.009) | | 0.095 (0.040) | | .018 |
|  |  |  | |  | |  |
| T2 Meaning-Focused Coping | |  | |  | |  |
| T1 Stressor Exposure (on) |  | 0.094 (0.022) | | 0.186 (0.042) | | <.001 |
| T1 Social Support (on) | | 0.082 (0.030) | | 0.133 (0.047) | | .005 |
| T1 Mindfulness (on) | | 0.092 (0.015) | | 0.283 (0.048) | | <.001 |
| T2 Avoidance Coping (with) | | 0.191 (0.036) | | 0.347 (0.060) | | <.001 |
| T2 Support Coping (with) | | 0.341 (0.057) | | 0.340 (0.049) | | <.001 |
| T2 Active Coping (with) | | 0.671 (0.084) | | 0.482 (0.044) | | <.001 |
|  |  |  | |  | |  |
| T2 Avoidance coping | |  | |  | |  |
| Age (on) |  | -0.008 (0.001) | | -0.279 (0.038) | | <.001 |
| T1 Stressor Exposure (on) | | 0.023 (0.005) | | 0.220 (0.047) | | <.001 |
| T1 Social Support (on) | | -0.039 (0.008) | | -0.300 (0.049) | | <.001 |
| T1 Mindfulness (on) | | -0.016 (0.003) | | -0.234 (0.051) | | <.001 |
| T2 Support Coping (with) | | 0.069 (0.014) | | 0.387 (0.059) | | <.001 |
| T2 Active Coping (with) | | 0.057 (0.014) | | 0.230 (0.056) | | <.001 |
|  |  |  | |  | |  |
| T2 Support-Seeking Coping | |  | |  | |  |
| Age (on) |  | -0.003 (0.002) | | -0.070 (0.038) | | .064 |
| T1 Stressor Exposure (on) | | 0.047 (0.007) | | 0.279 (0.039) | | <.001 |
| T1 Social Support (on) | | 0.073 (0.007) | | 0.356 (0.036) | | <.001 |
| T2 Active Coping (with) | | 0.161 (0.024) | | 0.358 (0.044) | | <.001 |
|  |  |  | |  | |  |
| T2 Active Coping | |  | |  | |  |
| T1 Stressor Exposure (on) | | 0.043 (0.009) | | 0.193 (0.038) | | <.001 |
| T1 Social Support (on) | | 0.041 (0.011) | | 0.150 (0.040) | | <.001 |
| T1 Mindfulness (on) | | 0.035 (0.006) | | 0.241 (0.039) | | <.001 |
|  |  |  | |  | |  |
| T3 Distress |  |  | |  | |  |
| Age (on) | | 0.061 (0.026) | | 0.094 (0.040) | | .020 |
| T1 Stressor Exposure (on) | | 0.501 (0.105) | | 0.205 (0.043) | | <.001 |
| T1 Social Support (on) | | -0.124 (0.183) | | -0.042 (0.062) | | .499 |
| T1 Mindfulness (on) | | -0.261 (0.093) | | -0.167 (0.060) | | .005 |
| T2 Meaning-Focused Coping (on) | | -0.772 (0.262) | | -0.161 (0.053) | | .003 |
| T2 Avoidance Coping (on) | | 15.520 (2.800) | | 0.676 (0.101) | | <.001 |
| T2 Support Coping (on) | | 0.615 (0.755) | | 0.043 (0.052) | | .416 |
| T2 Active Coping (on) | | 0.655 (0.487) | | 0.060 (0.045) | | .180 |
| T3 Positive Outcomes (with) | | -15.062 (3.105) | | -0.664 (0.052) | | <.001 |
|  |  |  | |  | |  |
| T3 Well-Being | |  | |  | |  |
| Age (on) | | -0.007 (0.021 | | -0.014 (0.040) | | .730 |
| T1 Stressor Exposure (on) | | -0.275 (0.075) | | -0.139 (0.038) | | <.001 |
| T1 Social Support (on) | | 0.466 (0.139) | | 0.194 (0.058) | | .001 |
| T1 Mindfulness (on) | | 0.410 (0.065) | | 0.323 (0.051) | | <.001 |
| T2 Meaning-Focused Coping (on) | | 0.888 (0.210) | | 0.227 (0.052) | | <.001 |
| T2 Avoidance Coping (on) | | -7.314 (1.987) | | -0.392 (0.097) | | <.001 |
| T2 Support Coping (on) | | -0.104 (0.574) | | -0.009 (0.049) | | .856 |
| T2 Active Coping (on) | | 0.308 (0.358) | | 0.035 (0.041) | | .390 |
| **Intercepts** |  |  | |  | |  |
| T1 Stressor Exposure |  | | 10.660 (0.143) | 2.817 (0.085) | | <.001 |
| T1 Social Support |  | | 9.197 (0.120) | 2.949 (0.113) | | <.001 |
| T1 Mindfulness |  | | 29.647 (0.222) | 5.020 (0.131) | | <.001 |
| T2 Positive Reappraisal | | | 1.235 (0.482) | 0.514 (0.203) | | .011 |
| T2 Acceptance | | | 4.430 (0.411) | 1.876 (0.194) | | <.001 |
| T2 Positive Refocusing | | | 1.992 (0.434) | 0.092 (0.204) | | <.001 |
| T2 Perspective Taking | | | 1.580 (0.390) | 0.682 (0.173) | | <.001 |
| T2 Behavioral Disengagement | | | 1.928 (0.124) | 3.072 (0.205) | | <.001 |
| T2 Self Blame | | | 3.834 (0.240) | 2.517 (0.150) | | <.001 |
| T2 Substance Use | | | 1.937 (0.120) | 2.590 (0.150) | | <.001 |
| T2 Instrumental Support | | | 0.664 (0.088) | 0.829 (0.119) | | <.001 |
| T2 Emotional Support | | | 0.714 (0.131) | 0.794 (0.151) | | <.001 |
| T2 Active Coping | | | 0.451 (0.175) | 0.529 (0.209) | | .011 |
| T3 Depression | | | 21.556 (2.019) | 2.043 (0.173) | | <.001 |
| T3 Anxiety | | | 11.969 (1.163) | 1.752 (0.150) | | <.001 |
| T3 Stress | | | 20.306 (1.706) | 2.185 (0.169) | | <.001 |
| T3 Peritraumatic Distress | | | 17.741 (1.246) | 2.120 (0.140) | | <.001 |
| T3 Meaning/Peace | | | -1.683 (1.398) | -0.201 (0.165) | | .224 |
| T3 Positive States of Mind | | | 10.660 (0.143) | 2.817 (0.085) | | <.001 |

*Notes.* “With” indicates correlated disturbances; “on” indicates hypothesized causal pathway. Age was grand-mean centered for analysis. T1 indicates baseline; T2 indicates Time 2, T3 indicates Time 3.

*Supplemental Table 2.* Coefficients for longitudinal structural equation model (H3b; Resilience as decreases in distress over time)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Measurement** | | |  | Unstandardized (SE) | | | Standardized (SE) | | | | | *p* | | |
| T1 Distress | | |  |  | | |  | | | | |  | | |
| Depression | | |  | 1.000 (0.000) | | | 0.827 (0.020) | | | | | <.001 | | |
| Anxiety | | |  | 0.776 (0.041) | | | 0.847 (0.013) | | | | | <.001 | | |
| Stress | | |  | 0.993 (0.034) | | | 0.889 (0.013) | | | | | <.001 | | |
| Peritraumatic Distress | | |  | 0.563 (0.035) | | | 0.706 (0.026) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T3 Distress | | |  |  | | |  | | | | |  | | |
| Depression | | |  | 1.000 (0.000) | | | 0.826 (0.020) | | | | | <.001 | | |
| Anxiety | | |  | 0.693 (0.041) | | | 0.849 (0.016) | | | | | <.001 | | |
| Stress | | |  | 0.993 (0.034) | | | 0.905 (0.013) | | | | | <.001 | | |
| Peritraumatic Distress | | |  | 0.743 (0.049) | | | 0.755 (0.026) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T1-T3 Depression (with) | | | | 24.019 (3.166) | | | 0.734 (0.035) | | | | | <.001 | | |
| T1-T3 Anxiety with T3 Anxiety (with) | | | | 8.735 (1.247) | | | 0.590 (0.046) | | | | | <.001 | | |
| T1-T3 Stress with T3 Stress (with) | | | | 9.582 (1.504) | | | 0.571 (0.047) | | | | | <.001 | | |
| T1-T3 Peritraumatic Distress (with) | | | | 11.413 (1.418) | | | 0.445 (0.040) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Meaning-Focused Coping | | | | | |  | | | | |  | | |
| Positive Reappraisal | | | | 1.000 (0.000) | | | 0.796 (0.031) | | | | | <.001 | | |
| Acceptance | | | | 0.610 (0.063) | | | 0.495 (0.039) | | | | | <.001 | | |
| Positive Refocusing | | | | 0.788 (0.063) | | | 0.682 (0.035) | | | | | <.001 | | |
| Perspective Taking | | | | 0.798 (0.056) | | | 0.658 (0.030) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Avoidance Coping | | | |  | | |  | | | | |  | | |
| Behavioral Disengagement | | | | 1.000 (0.000) | | | 0.631 (0.032) | | | | | <.001 | | |
| Self Blame | | | | 2.028 (0.253) | | | 0.528 (0.048) | | | | | <.001 | | |
| Substance Use | | | | 0.975 (0.115) | | | 0.517 (0.041) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Support-Seeking Coping | | | |  | | |  | | | | |  | | |
| Instrumental Support | | | | 1.000 (0.000) | | | 0.801 (0.027) | | | | | <.001 | | |
| Emotional Support | | | | 1.240 (0.073) | | | 0.883 (0.025) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| **Structural** | | |  |  | | |  | | | | |  | | |
| T1 Stressor Exposure |  |  | | |  | | | |  | | |
| Age (on) |  | | | -0.051 (0.010) | | | | -0.194 (0.037) | | <.001 | | |
| T1 Distress (with) |  | | | 11.155 (1.229) | | | | 0.383 (0.037) | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T1 Distress | | |  |  | | |  | | | | |  | | |
| Age (on) | | |  | -0.191 (0.021) | | | -0.328 (0.031) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T1 Mindfulness | | |  |  | | |  | | | | |  | | |
| Age (on) | | |  | 0.089 (0.015) | | | 0.214 (0.036) | | | | | <.001 | | |
| T1 Distress (with) | | | | -19.713 (2.176) | | | -0.436 (0.035) | | | | | <.001 | | |
| T1 Social Support (with) | | | | 6.631 (0.749) | | | 0.370 (0.036) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T1 Social Support | | |  |  | | |  | | | | |  | | |
| Age (on) | | | | 0.021 (0.009) | | | 0.095 (0.040) | | | | | .018 | | |
| T1 Distress (with) | | | | -9.097 (1.139) | | | -0.374 (0.036) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Meaning-Focused Coping | | | |  | | |  | | | | |  | | |
| T1 Stressor Exposure (on) | | | | 0.070 (0.023) | | | 0.138 (0.046) | | | | | .002 | | |
| T1 Distress (on) | | | | 0.031 (0.012) | | | 0.136 (0.051) | | | | | .008 | | |
| T1 Social Support (on) | | | | 0.097 (0.031) | | | 0.159 (0.048) | | | | | .001 | | |
| T1 Mindfulness (on) | | | | 0.111 (0.016) | | | 0.343 (0.051) | | | | | <.001 | | |
| T2 Avoidance Coping (with) | | | | 0.149 (0.032) | | | 0.391 (0.087) | | | | | <.001 | | |
| T2 Support-Seeking Coping (with) | | | | 0.306 (0.054) | | | 0.326 (0.050) | | | | | <.001 | | |
| T2 Active Coping (with) | | | | 0.645 (0.083) | | | 0.473 (0.045) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Avoidance coping | | | |  | | |  | | | | |  | | |
| Age (on) | | |  | -0.004 (0.001) | | | -0.162 (0.038) | | | | | <.001 | | |
| T1 Distress (on) | | | | 0.034 (0.003) | | | 0.707 (0.059) | | | | | <.001 | | |
| T1 Social Support (on) | | | | -0.017 (0.007) | | | -0.134 (0.049) | | | | | .006 | | |
| T2 Support-Seeking Coping (with) | | | | 0.029 (0.011) | | | 0.244 (0.082) | | | | | .005 | | |
| T2 Active Coping (with) | | | | 0.036 (0.012) | | | 0.208 (0.074) | | | | | .005 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Support-Seeking Coping | | | |  | | |  | | | | |  | | |
| T1 Stressor Exposure (on) | | | | 0.024 (0.007) | | | 0.139 (0.042) | | | | | .001 | | |
| T1 Distress (on) | | | | 0.030 (0.005) | | | 0.392 (0.053) | | | | | <.001 | | |
| T1 Social Support (on) | | | | 0.088 (0.008) | | | 0.429 (0.040) | | | | | <.001 | | |
| T1 Mindfulness (on) | | | | 0.019 (0.005) | | | 0.173 (0.044) | | | | | <.001 | | |
| T2 Active Coping (with) | | | | 0.143 (0.022) | | | 0.339 (0.040) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T2 Active Coping | | | |  | | |  | | | | |  | | |
| T1 Stressor Exposure (on) | | | | 0.031 (0.020) | | | 0.136 (0.041) | | | | | .002 | | |
| T1 Distress (on) | | | | 0.016 (0.005) | | | 0.151 (0.050) | | | | | .002 | | |
| T1 Social Support (on) | | | | 0.050 (0.012) | | | 0.181 (0.042) | | | | | <.001 | | |
| T1 Mindfulness (on) | | | | 0.045 (0.006) | | | 0.308 (0.045) | | | | | <.001 | | |
|  | | |  |  | | |  | | | | |  | | |
| T3 Distress | | |  |  | | |  | | | | |  | | |
| Age (on) | | | | 0.037 (0.017) | | | 0.063 (0.028) | | | | | .026 | | |
| T1 Stressor Exposure (on) | | | | 0.177 (0.074) | | | 0.079 (0.034) | | | | | .019 | | |
| T1 Distress (on) | | | | 0.566 (0.117) | | | 0.554 (0.111) | | | | | <.001 | | |
| T1 Social Support (on) | | | | -0.006 (0.105) | | | -0.002 (0.039) | | | | | .956 | | |
| T1 Mindfulness (on) | | | | -0.113 (0.048) | | | -0.079 (0.034) | | | | | .019 | | |
| T2 Meaning-Focused Coping (on) | | | | -0.341 (0.206) | | | -0.077 (0.047) | | | | | .099 | | |
| T2 Avoidance Coping (on) | | | | 6.435 (2.978) | | | 0.301 (0.137) | | | | | .028 | | |
| T2 Support-Seeking Coping (on) | | | | 0.031 (0.465) | | | 0.002 (0.035) | | | | | .948 | | |
| T2 Active Coping (on) | | | | 0.616 (0.326) | | | 0.062 (0.033) | | | | | .060 | | |
|  | | |  |  | | |  | | | | |  | | |
| **Intercepts** | | |  |  | | |  | | | | |  | | |
| T1 Stressor Exposure | | |  | 10.660 (0.143) | | | 2.817 (0.085) | | | | | <.001 | | |
| T1 Social Support | | |  | 9.197 (0.120) | | | 2.949 (0.113) | | | | | <.001 | | |
| T1 Mindfulness | | |  | 29.647 (0.222) | | | 5.020 (0.131) | | | | | <.001 | | |
| T2 Positive Reappraisal | | |  | 0.520 (0.551) | | | 0.216 (0.230) | | | | | .348 | | |
| T2 Acceptance | | |  | 3.927 (0.468) | | | 1.662 (0.216) | | | | | <.001 | | |
| T2 Positive Refocusing | | |  | 1.419 (0.477) | | | 0.641 (0.220) | | | | | .004 | | |
| T2 Perspective Taking | | |  | 0.963 (0.431) | | | 0.415 (0.189) | | | | | .028 | | |
| T2 Behavioral Disengagement | | |  | 1.225 (0.072) | | | 1.951 (0.133) | | | | | <.001 | | |
| T2 Self Blame | | |  | 2.424 (0.152) | | | 1.591 (0.123) | | | | | <.001 | | |
| T2 Substance Use | | |  | 1.271 (0.073) | | | 1.699 (0.117) | | | | | <.001 | | |
| T2 Instrumental Support | | |  | -0.037 (0.160) | | | -0.046 (0.199) | | | | | .815 | | |
| T2 Emotional support | | |  | -0.148 (0.198) | | | -0.164 (0.219) | | | | | .453 | | |
| T2 Active Coping | | |  | 0.089 (0.206) | | | 0.104 (0.241) | | | | | .665 | | |
| T1 Depression | | |  | 0.000 (0.000) | | | 0.000 (0.000) | | | | | 999.000 | | |
| T1 Anxiety | | |  | -1.618 (0.291) | | | -0.212 (0.036) | | | | | <.001 | | |
| T1 Stress | | |  | 0.992 (0.318) | | | 0.107 (0.035) | | | | | .002 | | |
| T1 Peritraumatic Distress | | |  | 3.540 (0.309) | | | 0.535 (0.052) | | | | | <.001 | | |
| T3 Depression | | |  | 0.000 (0.000) | | | 0.000 (0.000) | | | | | 999.000 | | |
| T3 Anxiety | | |  | -1.704 (0.268) | | | -0.246 (0.035) | | | | | <.001 | | |
| T3 Stress | | |  | 0.131 (0.319) | | | 0.014 (0.034) | | | | | .681 | | |
| T3 Peritraumatic Distress | | |  | 2.662 (0.378) | | | 0.319 (0.050) | | | | | <.001 | | |
| T1 Distress (latent variable) | | | | 8.362 (0.379) | | | 1.007 (0.044) | | | | | <.001 | | |
| T3 Distress (latent variable) | | | | 4.093 (1.356) | | | 0.483 (0.166) | | | | | .004 | | |

*Notes.* “With” indicates correlated disturbances; “on” indicates hypothesized causal pathway. T1 indicates baseline; T2 indicates Time 2, T3 indicates Time 3 . Age was grand-mean centered for analysis. T1 PTD items were scored according to a 0-3 scale, whereas T3 PTD items were scored according to a 0-4 scale.

*Figure 1.* Average number of stressors at each timepoint, by domain



*Notes.* Possible range for infection stressors = 0-8, activity stressors = 0-10, financial stressors = 0-5. Bars represent 95% confidence interval.

*Figure 2.* Average cumulative stress appraisal at each timepoint, by domain



*Notes.* Possible range for infection stressors (8 items) = 0-40, activity stressors (10 items) = 0-50, financial stressors (5 items) = 0-25. When no stressors from each category were experienced, cumulative stress appraisal was coded as 0. Bars represent 95% confidence interval.

*Figure 3.* Average distress at each timepoint, by domain



*Notes.* PTD items were originally rated from 0 (“not at all”) to 3 (“extremely true”) at baseline; inadvertently excluding the response option “1 (“slightly true.”)” This error was corrected at follow-up, such that participants were presented with the same items but had the option to rate their experience on a scale of 0-4. To facilitate comparison between timepoints, T1 PTD items were re-scored to a 0-4 scale, omitting “1 (“slightly true”)” responses. Bars represent 95% confidence interval.

*Figure 4.* Final Structural Model for Resilience as Levels of T3 Distress and Wellbeing

Diagram

Description automatically generated

*Notes.* Latent variable indicators and statistically non-significant paths are omitted for parsimony (see Supplemental Table 1). Ovals indicate latent variables; rectangles indicate measured variables. Doubled-headed arrows indicate correlated disturbances for endogenous variables (i.e., “with” pathways); single-headed arrows indicate hypothesized causal paths (i.e., “on” pathways). Path coefficients represent standardized estimates from the structural model with standard errors in parentheses.

*Figure 5.* Final structural model for Resilience as Decreases in Distress Over Time Diagram

Description automatically generated

*Notes.* Latent variable indicators and statistically non-significant paths are omitted for parsimony (see Supplemental Table 2). Ovals indicate latent variables; rectangles indicate measured variables. Doubled-headed arrows indicate correlated disturbances for endogenous variables (i.e., “with” pathways); single-headed arrows indicate hypothesized causal paths (i.e., “on” pathways). Path coefficients represent standardized estimates from the structural model with standard errors in parentheses.