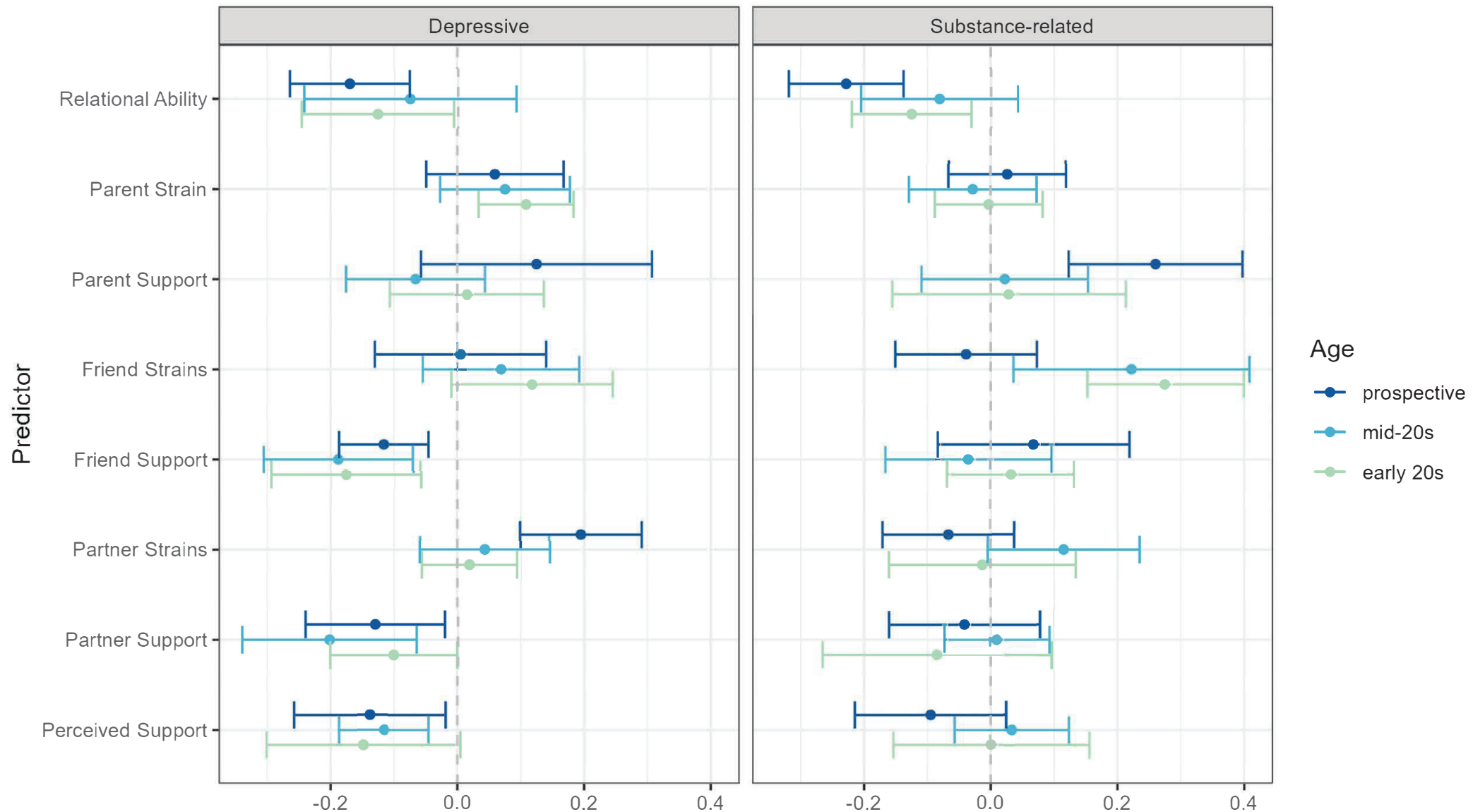


Supplemental Table. Coding Rules used to Qualify Support and Strains in Specific Social Relationships.

	Support		Strains	
	Score/Code	Examples	Score/Code	Examples
Parental relationships^a	0 No support	▪ P has no or little contact with parents/parental figures. ▪ P can't rely on them for help.	0 No apparent strains	N/A
	1 Some support	▪ Parental figures are involved and encouraging, but are not always available or have sufficient means to support P in their life choices, plans.	1 Slight strains in daily life	▪ P regularly lends money to parents, often manages family conflicts. ▪ P cares for a parent with a mental health problem.
	2 Excellent support	▪ Parents consistently encourage P and help with plans; warm, supportive. ▪ P feels comfortable confiding in them.	2 Heavy strains in daily life	▪ P has to care for their sick mother full-time. ▪ P interrupted school to support family financially.
Friendships	0 No support	▪ P has no network of friends.	0 No apparent strains	N/A
	1 Some support	▪ P has few friends. ▪ P doesn't see friends often, friends not consistently supportive.	1 Slight strains	▪ P often quarrels with friends. ▪ Friends' require financial support or have put P at risk (drunk driving).
	2 Excellent support	▪ P has stable friends who are reliably available and supportive.	2 Heavy strains	▪ Friends' problems jeopardize key life goals or relationships. ▪ Friends have serious substance use problems, encourage S to misuse.
Romantic relationships	0 No support	▪ P has no romantic partner or partner is not at all helpful or supportive.	0 No apparent strains	N/A
	1 Some support	▪ P has a partner on whom they can rely for support in some respects, or some of the time.	1 Slight strains in daily life	▪ P often argues with partner. ▪ P's partner is jealous and imposes some restrictions on activities.
	2 Excellent support	▪ P has a stable and consistently supportive partner.	2 Heavy strains in daily life	▪ P's partner is not at all independent, (e.g., P has to pay for everything). ▪ Partner is abusive, has severe mental health or substance abuse problems.

Note. ^a Includes relationships with parents or other parental figures or guardians (e.g., grandparents, older sibling). P = Participant.

Figure 1. Standardized coefficients from three regression models



NOTE. The point represents standardized coefficients, while the errors represent the 95% confidence interval. The early and mid 20's models tested cross-sectional links, meaning relationships qualities and diseases of despair were assessed at the same wave; for the prospective model, predictors assessed in the early 20's were used to predict change in diseases of despair from the early to mid 20's.