**Supplement C: Results for Main Analyses with Shortened, Measurement Invariant Scales for Competence and Autonomy**

Table C1. Fixed effects for models of the predictors of distress with shortened scales for competence and autonomy

| Parameter |  | Model 1 | Model 2 | Model 3 | Model 4 |
| --- | --- | --- | --- | --- | --- |
| Intercept |  | 1.41\*\* (0.06) | 1.36\*\* (0.06) | 1.37\*\* (0.06) | 1.38\*\* (0.06) |
| *Level 1* |  |  |  |  |  |
| Time |  | -0.00\*\* (0.00) | -0.00\*\*\*(0.00) | -0.00\*\*(0.00) | -0.00\*\*(0.00) |
| Age |  | -0.00 (0.00) | -0.00 (0.00) | -0.00 (0.00) | -0.00 (0.00) |
| Employment |  | -0.33\*\* (0.04) | -0.15\*\*\*(0.03) | -0.15\*\*(0.03) | -0.18\*\*(0.03) |
| Time\*Employment |  | 0.00\*\* (0.00) | 0.00\* (0.00) | 0.00\*\* (0.00) | 0.00\*\*(0.00) |
| Time structure |  |  | -0.02 (0.01) | -0.00 (0.01) | -0.01 (0.01) |
| Social contact |  |  | -0.04\*\*\*(0.01) | -0.03\*\* (0.01) | -0.03\* (0.01) |
| Status |  |  | -0.11\*\* (0.02) | -0.06\*\* (0.02) | -0.05\*\* (0.02) |
| Activity |  |  | -0.04\*\* (0.01) | -0.04\*\* (0.01) | -0.04\*\* (0.01) |
| Collective purpose |  |  | -0.09\*\*\*(0.01) | -0.09\*\* (0.01) | -0.08\*\*(0.01) |
| Financial strain |  |  | 0.07\*\*\*(0.01) | 0.06\*\*(0.01) | 0.06\*\*(0.01) |
| Competence |  |  |  | -0.12\*\*(0.01) | -0.11\*\*(0.01) |
| Autonomy |  |  |  |  | -0.06\*\*(0.01) |
| *Level 2 (person)* |  |  |  |  |  |
| Education |  | -0.03 (0.03) | -0.05 (0.04) | -0.05 (0.03) | -0.05 (0.03) |
| Gender |  | 0.02 (0.03) | 0.02 (0.03) | 0.02 (0.03) | 0.02 (0.03) |
| -2\*log likelihood |  | 5709.60 | 5043.58 | 4961.44  | 4921.35  |
| *AIC* |  | 5662.67 | 5077.58 | 4997.44  | 4959.35  |
| *BIC* |  | 5730.94 | 5182.88  | 5109.00  | 5077.08  |
| *R*2 |  | 0.57 | 0.67 | 0.67 | 0.68 |

*Note*. In the competence scale, item No. 3 (“I often struggle doing something I should be good at.”) was excluded; in the autonomy scale, items No. 1 (“Mostly, I am free to do things my own way.”) and No. 2 (“I have a lot of pressures I could do without.”) were excluded. The table displays unstandardized coefficients. Standard errors can be found in parentheses. Time: Days passed since answering first questionnaire. Employment: 0 = unemployment, 1 = employment. Education: 0 = low education, 1 = high education. Gender: 0 = male, 1 = female. \* *p* < .05, \*\* *p* < .01, \*\*\* *p* < .001.

Table C2. Fixed effects for the prediction of competence and autonomy for shortened scales

| Parameter |  | Competence | Autonomy |
| --- | --- | --- | --- |
| Intercept |  | 4.48\*\* (0.10) | 4.63\*\* (0.11) |
| *Level 1* |  |  |  |
| Time |  | -0.00 (0.00) | 0.00 (0.00) |
| Age |  | 0.00 (0.00) | -0.01\* (0.00) |
| Employment |  | 0.27\*\* (0.05) | -0.33\*\* (0.06) |
| Time\*Employment |  | 0.00 (0.00) | 0.00\*\* (0.00) |
| *Level 2 (person)* |  |  |  |
| Education |  | 0.10 (0.07) | -0.08 (0.07) |
| Gender |  | 0.03 (0.06) | 0.09 (0.06) |
| -2\*log likelihood |  | 9259.02 | 9920.49 |
| AIC |  | 9281.02 | 9942.49 |
| BIC |  | 9349.29 | 10010.76 |
| *R*2 |  | 0.69 | 0.60 |

*Note*. In the competence scale, item No. 3 (“I often struggle doing something I should be good at.”) was excluded; in the autonomy scale, items No. 1 (“Mostly, I am free to do things my own way.”) and No. 2 (“I have a lot of pressures I could do without.”) were excluded. The table displays unstandardized coefficients. Standard errors can be found in parentheses. Time: Days passed since answering first questionnaire. Employment: 0 = unemployment, 1 = employment. Education: 0 = low education, 1 = high education. Gender: 0 = male, 1 = female. \* *p* < .05, \*\* *p* < .01.

Table C3. Multilevel analyses for testing the mediation of employment status changes on within-person changes in distress by within-person changes in competence and autonomy for shortened scales

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Competence | Autonomy |
| Average indirect effect |  | -0.07\*\*\*[-0.09; -0.05] | 0.03\*\*\*[0.02; 0.04] |
| Average direct effect |  | -0.18\*\*\*[-0.22; -0.14] | -0.30\*\*\*[-0.33; -0.25] |
| Total effect |  | -0.25\*\*\*[-0.30; -0.20] | -0.27\*\*\*[-0.31; -0.22] |
| Proportion mediated |  | 0.29\*\*\*[0.21; 0.34] | -0.10\*\*\*[-0.17; -0.06] |

*Note*. In the competence scale, item No. 3 (“I often struggle doing something I should be good at.”) was excluded; in the autonomy scale, items No. 1 (“Mostly, I am free to do things my own way.”) and No. 2 (“I have a lot of pressures I could do without.”) were excluded. Numbers outside brackets are unstandardized coefficients; numbers inside brackets are upper and lower limits of 95% confidence intervals. Each mediation analysis accounted for the effects of time, employment, and the interaction of employment\*time; \*\*\* *p* < .001.