*Supplementary Table 1.* Confirmatory Factor Analysis Results

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| **Parasocial Relationship** | Factor Loading | R-Square |
|  *After watching [Film]…* |
| I imagined the characters in this film as people I know personally. | 0.906 | 0.820 |
| I felt like characters from this film are people I know and care about. | 0.868 | 0.753 |
| I talked to others about what my favorite characters from this film are like as people. | 0.782 | 0.611 |
| **Retrospective Imaginative Involvement** | Factor Loading | R-Square |
|  *How frequently did you do the following after watching [Film]?* |
| I imagined I was one of the characters in the story, but having different interactions or having different experiences than actually happened in the film. | 0.907 | 0.823 |
| I imagined I was one of the characters from this film as I went about some activity from my own life. | 0.911 | 0.830 |
| I imagined a character in a different setting than the film (e.g. such as in another film or in actual life). | 0.805 | 0.648 |
| **Appreciation** | Factor Loading | R-Square |
|  *Please rate how much each of the following adjectives describes*  *your evaluation of the film.* |
| Meaningful | 0.859 | 0.739 |
| Moving | 0.879 | 0.772 |
| Thought-Provoking | 0.684 | 0.468 |
| **Enjoyment** |  |  |
|  *Please rate how much each of the following adjectives*  *describes your evaluation of the film.* | Factor Loading | R-Square |
| Fun | 0.844 | 0.712 |
| A Good Time | 0.923 | 0.851 |
| **Making Sense of Difficulties** | Factor Loading | R-Square |
|  *Viewing this film has helped me to…* |
| Feel like struggles in life are for a reason. | 0.775 | 0.600 |
| Be more hopeful that difficult situations I encounter will ultimately work out for the best. | 0.891 | 0.793 |
| More easily make sense of difficult situations in my own life. | 0.849 | 0.721 |
| Feel equipped to handle the difficult situations life throws at me. | 0.853 | 0.727 |
| More easily handle difficult situations with grace and courage. | 0.870 | 0.757 |
| Feel like I have the inner strength to overcome life’s challenges. | 0.876 | 0.768 |
| Have the capacity to handle difficult situations. | 0.891 | 0.793 |
| See that going through challenges in life can lead to me becoming a stronger person. | 0.888 | 0.789 |
| Understand that, while difficult, overcoming challenges is an essential part of personal growth. | 0.888 | 0.788 |
| Put my own life difficulties in perspective so I’m not overwhelmed by them. | 0.832 | 0.693 |
| Remember in difficult times that there’s more to life than those difficulties. | 0.892 | 0.796 |
| See that, despite inevitable difficulties and challenges, life is a precious gift. | 0.866 | 0.750 |
| **Acceptance of the Human Condition** | Factor Loading | R-Square |
|  *Watching this film left me with the feeling that…* |
| Almost every choice in life comes at some sort of cost. | 0.623 | 0.388 |
| Gains and losses are a part of life. | 0.732 | 0.536 |
| Both happy and sad experiences give meaning to our life. | 0.720 | 0.518 |
| Achieving personal growth may come with pain and sacrifice along the way. | 0.896 | 0.803 |
| Many painful experiences in life also help us to become better people. | 0.828 | 0.685 |
| It’s important to make each moment in life count. | 0.825 | 0.681 |
| Part of life is accepting that caring deeply for people means you will suffer losses deeply as well. | 0.708 | 0.501 |
| Good things can come out of even a painful experience like losing a loved one. | 0.661 | 0.437 |
| A fulfilling life comes from more than just having pleasure outweigh pain. | 0.677 | 0.458 |

*Note.* All factor loadings are standardized. Values shown are from the “A” half of the data set. All factor loadings in both halves of the data are significant at *p* < .001. Model fit indices for “A” half of the data set: 𝜒2(448) = 1133.85, *p* < .001, RMSEA = .05, CFI = .96, SRMR = .04. Model fit indices for “B” half of the data set: 𝜒2(448) = 1167.54, *p* < .001, RMSEA = .05, CFI = .96, SRMR = .04. Cronbach’s alphas for all scales are provided in text.