

## Supplementary Material

Given that the mean scores on the questionnaires did not appear stable across the different measurement phases (cf. Table S1), multiple repeated measures ANOVAs were conducted, to check if and where differences were present. The analyses were based on the 84 participants for whom all data was available. As shown in Table S2, there was a significant effect of time for all questionnaires, with the exception of the CD-RISC (measuring resilience), though there was a trend towards a significant effect ( $p = .07$ ) in that case as well.

Of note, Mauchly's test of sphericity indicated that the assumption of sphericity was violated ( $p < .05$ ) for the depression scores (DASS-21) and the positive thinking style compound score (CERQ).

However, even when using the most stringent sphericity correction (i.e., Greenhouse-Geisser), the conclusions remained the same. The estimated  $p$ -value for the time effect in the positive thinking style scores changed only slightly (from .019 to 0.022), while it remained  $<.001$  in the case of depressive symptoms.

Bonferroni-corrected follow-up  $t$ -tests (see Table S3) revealed that the effects of time were largely consistent across questionnaires. Mean levels of repetitive negative thinking (PTQ) and symptoms of depression, anxiety and stress (DASS-21) all decreased, whereas positive thinking style (CERQ) and effortful control (ATQ) increased over time. Moreover, the differences showed a very similar pattern: the mean differences ( $\Delta$ ) between baseline and either follow-up assessment were typically larger than the mean difference between follow-up 1 and follow-up 2, suggesting that the change mostly occurred between baseline and follow-up 1. There were two exceptions, however: anxiety symptoms (showing a more gradual decrease from baseline to follow-up 2) and effortful control (showing an increase from follow-up 1 to follow-up 2).

Table S1

*Mean scores on task and questionnaire, divided by assessment phase, with standard deviations in parentheses*

	BASELINE	FOLLOW-UP 1	FOLLOW-UP 2
<b>Primary outcome measures</b>			
PASAT acc. (%)	<b>27.2 (12.2)</b>	---	---
ATQ Effortful Control	<b>88.5 (13.7)</b>	87.4 (13.9)	89.9 (12.9)
PTQ (total score)	33.9 (11.1)	<b>30.2 (10.5)</b>	29.4 (10.5)
DASS Depression	7.4 (5.4)	5.6 (5.0)	<b>5.2 (5.2)</b>
DASS Anxiety	4.7 (4.3)	4.0 (3.9)	<b>3.6 (3.6)</b>
DASS Stress	7.8 (4.5)	6.2 (4.2)	<b>5.9 (4.4)</b>
<b>Secondary outcome measures</b>			
CERQ Positive Thinking Style	34.0 (10.2)	<b>35.9 (8.8)</b>	35.8 (8.9)
CD-RISC (total score)	58.8 (15.0)	62.1 (12.7)	<b>61.5 (12.5)</b>

PASAT = Paced Auditory Serial Addition Task; acc. (%) = accuracy (as percentage); ATQ Effortful Control = Effortful Control factor from the Adult Temperament Questionnaire; PTQ = Perseverative Thinking Questionnaire; DASS = Depression Anxiety Stress Scales; CERQ = Cognitive Emotion Regulation Questionnaire; CD-RISC = Connor-Davidson Resilience Scale. *Note: statistics in bold reflect data that is included in the mediation models.*

Table S2

*Results of the repeated measures ANOVAs for the effect of time*

	<b>Effect of Time</b>			
	<i>F</i>	<i>df</i>	<i>p</i>	$\eta^2$
<b>Primary outcome measures</b>				
ATQ Effortful Control	3.78	2, 166	.025 *	.04
PTQ (total score)	18.53	2, 166	<.001 ***	.18
DASS Depression	11.18	2, 166	<.001 ***	.12
DASS Anxiety	4.05	2, 166	.019 *	.05
DASS Stress	11.96	2, 166	<.001 ***	.13
<b>Secondary outcome measures</b>				
CERQ Positive Thinking Style	4.08	2, 166	.019 *	.05
CD-RISC (total score)	2.68	2, 166	.07	.03

ATQ Effortful Control = Effortful Control factor from the Adult Temperament Questionnaire;  
 PTQ = Perseverative Thinking Questionnaire; DASS = Depression Anxiety Stress Scales; CERQ =  
 Cognitive Emotion, Regulation Questionnaire; CD-RISC = Connor-Davidson Resilience Scale.

Table S3

*Results of the follow-up bonferroni-corrected t-tests*

	BASELINE – FOLLOW-UP 1				BASELINE – FOLLOW-UP 2				FOLLOW-UP 1 – FOLLOW-UP 2			
	$\Delta$	<i>SE</i>	<i>t</i>	<i>P<sub>bonf</sub></i>	$\Delta$	<i>SE</i>	<i>t</i>	<i>P<sub>bonf</sub></i>	$\Delta$	<i>SE</i>	<i>t</i>	<i>P<sub>bonf</sub></i>
<b>Primary outcome measures</b>												
ATQ Effortful Control	1.05	1.06	1.00	.967	-1.75	1.04	-1.68	.293	-2.80	0.98	-2.85	.017 *
PTQ (total score)	3.37	0.66	5.13	<.001 ***	4.29	0.82	5.23	<.001 ***	0.92	0.74	1.24	.654
DASS Depression	1.70	0.46	3.69	.001 **	2.01	0.53	3.77	<.001 ***	0.31	0.36	0.85	1.000
DASS Anxiety	0.57	0.35	1.64	.317	0.94	0.36	2.63	.031 *	0.37	0.29	1.28	.608
DASS Stress	1.52	0.44	3.49	.002 **	1.88	0.42	4.44	<.001 ***	0.36	0.36	0.99	.975
<b>Secondary outcome measures</b>												
CERQ Positive Thinking Style	-1.88	0.87	-2.16	.102	-1.92	0.76	-2.52	.041 *	-0.04	0.66	-0.05	1.000
CD-RISC (total score)	-2.29	1.10	-2.09	.120	-2.14	1.22	-1.76	.249	0.14	0.99	0.14	1.000

ATQ Effortful Control = Effortful Control factor from the Adult Temperament Questionnaire; PTQ = Perseverative Thinking Questionnaire; DASS = Depression Anxiety Stress Scales; CERQ = Cognitive Emotion, Regulation Questionnaire; CD-RISC = Connor-Davidson Resilience Scale.