

SUPPLEMENTARY MATERIALS

Table S1*Internal consistency reliability and convergent validity of indices of constructs used in the study*

Measure	α	ρ_A	ρ_C	AVE
CR	.80	0.82	0.86	0.50
ES	.72	0.74	0.83	0.55
PA	.88	0.89	0.90	0.48
NA	.89	0.91	0.91	0.51
PMW	.92	0.92	0.93	0.46
NMW	.94	0.94	0.95	0.55
SWL	.87	0.88	0.91	0.66

Note. CR – cognitive reappraisal, ER – expressive suppression, PA – positive affect, NA – negative affect, PMW – positive mind-wandering, NMW – negative mind-wandering, SWL – satisfaction with life. α – Cronbach's alpha, ρ_A – Dijkstra's reliability coefficient, ρ_C – Jöreskog's composite reliability, AVE – average variance extracted.

Table S2*The heterotrait-monotrait (HTMT) ratio of correlations for all pairs of constructs used in the study*

Measure	CR	ES	PA	NA	PMW	NMW
CR						
ES	0.20					
PA	0.31	0.20				
NA	0.29	0.14	0.38			
PMW	0.18	0.26	0.29	0.13		
NMW	0.21	0.14	0.39	0.51	0.42	
SWL	0.29	0.08	0.50	0.36	0.17	0.44

Note. CR – cognitive reappraisal, ES – expressive suppression, PA – positive affect, NA – negative affect, PMW – positive mind-wandering, NMW – negative mind-wandering, SWL – satisfaction with life.

Table S3*Direct effects in the model estimated in the study*

Path	Estimate	Boot <i>M</i>	Boot <i>SD</i>	<i>t</i>	2.5% CI	97.5% CI
CR → PA	0.29	0.30	0.07	4.19	0.17	0.43
CR → NA	-0.28	-0.28	0.07	-4.10	-0.41	-0.14
CR → PMW	0.11	0.11	0.08	1.45	-0.05	0.27
CR → NMW	0.01	0.01	0.07	0.15	-0.12	0.14
CR → SWL	0.08	0.08	0.07	1.12	-0.06	0.22
ES → PA	-0.16	-0.17	0.07	-2.17	-0.30	-0.02
ES → NA	-0.02	-0.03	0.08	-0.28	-0.18	0.15
ES → PMW	-0.19	-0.20	0.08	-2.47	-0.35	-0.04
ES → NMW	-0.13	-0.14	0.06	-2.16	-0.26	-0.02
ES → SWL	0.04	0.04	0.07	0.56	-0.10	0.18
PA → PMW	0.25	0.26	0.08	3.27	0.10	0.40
PA → NMW	-0.26	-0.26	0.06	-4.51	-0.37	-0.15
PA → SWL	0.23	0.23	0.07	3.12	0.08	0.38
NA → PMW	0.09	0.10	0.08	1.08	-0.07	0.25
NA → NMW	0.39	0.40	0.06	6.63	0.27	0.51
NA → SWL	-0.09	-0.09	0.07	-1.25	-0.23	0.05
PMW → SWL	0.20	0.20	0.08	2.52	0.03	0.35
NMW → SWL	-0.33	-0.32	0.08	-4.02	-0.48	-0.16

Note. CR – cognitive reappraisal, ES – expressive suppression, PA – positive affect, NA – negative affect, PMW – positive mind-wandering, NMW – negative mind-wandering, SWL – satisfaction with life. Significant effects are in bold. The model is depicted in Figure 1 in the main text.