

## Data supplement

Table DS1 Data-processing of each variable for conditional graphical analysis		
Composite variable from the Stress Test	Categories	No. of categories
Familial mental health history	Yes No	2
Relationships with friends	I have no friends I have few friends I have some close friends that I see occasionally I have few close friends that I see often I have many close friends that I see often	5
Relationships with family	I never see my family I have limited contact with members of my family I have reasonable contact with members of my family I am very close to members of my family	4
Social activities	I don't really do anything active or sociable I have only a limited social life I have a reasonably active social life I have an interesting and enjoyable social life	4
Frequency of social contacts	(None of the below) See parent weekly See sibling weekly See other relative weekly Attend an evening class Given up time for charity or local groups Involved in club/organisation/religious group Participated in sports/physical activity Go to the cinema	9
Severity of childhood trauma	Scores on 5-point Likert scale ranging from; 1 ('never') to 5 ('over many years') on: In the past I believe I was physically abused In the past I believe I was sexually abused In the past I believe I was emotionally abused In the past I believe I was bullied at school	6
Number of life events	Total number of life events (0–12) on the Brugha life events scale <sup>13</sup>	13
Highest level of education	Did not complete GCSE/CSE/O-levels or equivalent Completed GCSE/CSE/O-levels or equivalent Completed post-16 vocational course A-levels or equivalent Undergraduate degree or professional qualification Postgraduate degree	6
Occupational status	Still at school At university In full-time employment In part-time employment Self-employed Unemployed Retired In full or part-time voluntary employment	8
Household income	Up to £9999 per annum £10 000 to £19 999 per annum £20 000 to £29 999 per annum £30 000 to £39 999 per annum £40 000 to £49 999 per annum £50 000 to £74 999 per annum £75 000 or more per annum Don't know Prefer not to say	9
Parents' income while growing up	Much lower than others (lowest 25% of population) Slightly lower than others (lowest 50% of population) Slightly higher than others (upper 50% of population) Much higher than others (top 25% of population)	4
Relationship status	In a relationship (but not married, in a civil partnership or living together) Living together (but not married or in a civil partnership) Married (first marriage) Civil partnership Divorced Divorced and remarried Separated (but legally still married) Widowed Widowed and remarried Single (never married)	10

(continued)

Table DS1 Data-processing of each variable for conditional graphical analysis (continued)		
Composite variable from the Stress Test	Categories	No. of categories
Number of children	None	7
	One	
	Two	
	Three	
	Four	
	Five	
	Six or more	
Attributional style internal score	Scores on continuous variable	10
Rumination response style	Scores on continuous variable	10
Adaptive coping response style	Scores ranging from 4 to 16 entered as integers	13
Dangerous activities response style	Scores ranging from 3 to 12 entered as integers	10
Mental health problems: total Goldberg		
Anxiety and Depression scale score	Scores on continuous variable	10
Well-being	Scores on continuous variable	10