**Supplementary Material 1**

***Analysis of Entire Sample***

Unconditional growth models can be found in the table below. Over the entire sample, participants reported an increase in K6 and GAD-7 scores (Cohen’s d = 0.56 and 0.57, respectively) indicating higher levels of distress and anxiety over time, as well as stress-resist (d = 0.37) and NGSE (d = 0.39) scores. In addition, participants reported a decline in WHO Domain 1 (d = 0.61), Domain 2 (d = 0.48), and Domain 4 (d = 0.50). The overall sample did not exhibit statistically significant change on any other outcome measures.

**Main effects of time on all study measures across all participants.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **b (SE)** | **|t|** | **p-value** | **95% CI** | **|d|** |
| **Psychological Health**  |
| K6 Total | 0.73 (0.22) | 3.37 | 0.001 | 0.30, 1.15 | 0.56 |
| GAD-7 Total | 0.74 (0.22) | 3.39 | 0.001 | 0.31, 1.18 | 0.57 |
| RRS Total | 0.29 (0.79) | 0.37 | 0.715 | -1.26, 1.84 | 0.06 |
| **Psychological Resilience** |
| CD-Risk Total | 0.28 (0.18) | 1.58 | 0.117 | -0.07, 0.63 | 0.26 |
| Stress-Resist Total | 0.31(0.14) | 2.2 | 0.030 | 0.03, 0.58 | 0.37 |
| NGSE Total | 0.49 (0.21) | 2.33 | 0.021 | 0.07, 0.90 | 0.39 |
| **Quality of Life** |  |  |  |  |  |
| WHO Domain 1 | -2.96 (0.82) | 3.59 | < 0.001 | -4.59, -1.33 | 0.61 |
| WHO Domain 2 | -1.99 (0.70) | 2.84 | 0.005 | -3.38, -0.61 | 0.48 |
| WHO Domain 3 | -1.14 (0.85) | 1.35 | 0.180 | -2.82, 0.53 | 0.23 |
| WHO Domain 4 | -1.88 (0.63) | 2.96 | 0.004 | -3.13, -0.62 | 0.50 |
| **Cognitive Control Tasks** |  |  |  |  |  |
| MOT Threshold | 0.01 (0.07) | 0.14 | 0.887 | -0.13, 0.15 | 0.02 |
| GNG Mean Accuracy Target | 0.01 (0.01) | 1.90 | 0.060 | -0.00, 0.03 | 0.33 |
| GNG Mean RT Foil | -6.78 (7.76) | 0.87 | 0.385 | -22.14, 8.57 | 0.15 |
| GNG SD RT Foil | -9.19 (6.87) | 1.34 | 0.184 | -22.79, 4.41 | 0.24 |

Note. Cohen’s d estimated as $(2\*t)/\sqrt{df}$, where *t* is the test statistic and *df* are Kenward-Roger degrees of freedom for the parameter of time.