# Supplementary Material

**Table 1.** Ecological momentary assessment (EMA) questionnaire, adapted from Laidra et al. (2023).

|  | Item | Response options |
|---|---|---|
|  | **At this moment, how strongly do you feel…** | |
|  | *Mark on each row how strongly do you currently experience one or more of these feelings* | |
| 1 | **joyful, excited** | Not at all ----- Very strongly (7-point scale) |
| 2 | **satisfied, relaxed** | Not at all ----- Very strongly (7-point scale) |
| 3 | **worried, anxious** | Not at all ----- Very strongly (7-point scale) |
| 4 | **sad, disappointed** | Not at all ----- Very strongly (7-point scale) |
| 5 | **irritated, angry** | Not at all ----- Very strongly (7-point scale) |
| 6 | **tense, stressed** | Not at all ----- Very strongly (7-point scale) |
| 7 | **tired, listless** | Not at all ----- Very strongly (7-point scale) |
| 8 | **What are Your current feelings related to?** *Choose all relevant options.* | a. An ongoing situation<br>b. An earlier situation<br>c. A situation in the future<br>d. Same situation I mentioned in the previous prompt<br>e. Work or studies<br>f. Spending leisure time<br>g. Close relationships<br>h. Other relationships<br>i. COVID-19<br>j. Celebrating something<br>k. Eating<br>l. Something else/ hard to say |
| 9 | **What have you tried to do to make yourself feel better?** *Mark all strategies you have used since the previous prompt.* | a. I haven't tried anything<br>b. I suppressed my feelings<br>c. I acted out my feelings<br>d. I solved problems causing these emotions<br>e. I distracted myself with something to take my mind off my troubles<br>f. I thought how things are not as bad as they initially seemed<br>g. I thought about how bad things can be good for something<br>h. I accepted that things are as they are<br>i. I meditated or did relaxation exercises<br>j. I was physically active or worked out<br>k. I smoked<br>l. I consumed alcohol or other drugs<br>m. I ate or snacked on something<br>n. I ate more than I would have liked<br>o. I shought emotional support from my loved ones<br>p. I sought professional help or support<br>r. I did something else: _____ |
| 10 | **Have these techniques made you feel any better?** | Not at all ----- A lot better (7-point scale) |
| 11* | **How well did you sleep last night?** | Very unwell ----- Very well (7-point scale) |
| 12* | **What time did you go to bed last night?** | [drop-down menu with 15-min intervals**] |
| 13* | **What time did you wake up this morning?** | [drop-down menu with 15-min intervals**] |
| 14* | **How many minutes did you engage in moderate to high physical activity yesterday?** *(f.e. practised sports, worked out or went for a walk so that it made you sweat or gasp lightly)* | Insert minutes _____ |
| 15* | **How many minutes did you engage in light physical activity yesterday?** *(f.e. slow-paced walk or cycling/bike ride)* | Insert minutes _____ |
| 16* | **Did you consume any alcoholic beverages yesterday?** | Yes / No |
| 17* | **How do you assess your health at the moment?** | Very bad ------ Very good (7-point scale) |

*Note*: * Items included only in the first prompt of each day.

**References**

Laidra, K., Reile, R., Havik, M., Leinsalu, M., Murd, C., Tulviste, J., ... & Konstabel, K. (2023). Estonian National Mental Health Study: Design and methods for a registry-linked longitudinal survey. *Brain and Behavior*, e3106.

**Table 2.** Standardized regression coefficients for individual emotion dynamic indices predicting elevated depressive and generalized anxiety disorder symptoms.

| Variable | Depressive symptoms | | | | Generalized anxiety disorder symptoms | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *SE* | *t* | *p* | *B* | *SE* | *t* | *p* |
| PA intensity | -.29 | .37 | -4.77 | **<.001** | -.29 | .29 | -4.75 | **<.001** |
| NA intensity | .59 | .43 | 11.54 | **<.001** | .56 | .34 | 10.51 | **<.001** |
| PA instability | .18 | 1.02 | 2.76 | **.0063** | .15 | .79 | 2.28 | .0239 |
| NA instability | .46 | 1.06 | 8.13 | **<.001** | .52 | .79 | 9.54 | **<.001** |
| PA inertia | -.05 | 1.12 | -.81 | .4168 | -.04 | .87 | -.64 | .5213 |
| NA inertia | .04 | 1.10 | .62 | .539 | .07 | .85 | 1.03 | .3030 |
| PA differentiation | -.04 | .88 | -.65 | .5174 | .03 | .69 | .50 | .6208 |
| NA differentiation | .10 | 1.46 | 1.40 | .165 | .17 | 1.10 | 2.50 | .0132 |

*Note*: *B* – standardized regression coefficient, NA – negative affect, PA – positive affect, *SE* – standard error. All predictors were adjusted for age and gender.

**Table 3.** Results of the initial and final linear regression models predicting elevated depressive and generalized anxiety disorder symptoms.

| | Depressive symptoms (n = 218) | | | | | | | |
| | Initial model | | | | Final model | | | |
| Variable | B | SE | t | p | B | SE | t | p |
|---|---|---|---|---|---|---|---|---|
| (Intercept) | 9.42 | 1.97 | 4.79 | **<.001** | 8.44 | 2.03 | 4.17 | **<.001** |
| Gender (female) | .05 | .78 | 1.0 | .3183 | .05 | .78 | 1.08 | .2819 |
| Age | -.22 | .02 | - 4.38 | **<.001** | -.22 | .02 | -4.34 | **<.001** |
| PA intensity | -.13 | .32 | -2.41 | .0168 | -.13 | .31 | -2.47 | .0145 |
| NA intensity | .55 | .44 | 10.38 | **<.001** | .47 | .58 | 6.67 | **<.001** |
| NA instability | | | | | .13 | 1.26 | 1.88 | **.0617** |
| | Generalized anxiety disorder symptoms (n = 219) | | | | | | | |
| | Initial model | | | | Final model | | | |
| Variable | B | SE | t | p | B | SE | t | p |
| (Intercept) | 7.76 | 1.58 | 4.92 | **<.001** | 6.15 | 1.57 | 3.91 | **<.001** |
| Gender (female) | .08 | .63 | 1.50 | .1344 | .09 | .61 | 1.71 | .0886 |
| Age | -.20 | .02 | -3.88 | **<.001** | -.20 | .02 | -3.90 | **<.001** |
| PA intensity | -.14 | .25 | -2.55 | .0114 | -.15 | .25 | -2.75 | **.0065** |
| NA intensity | .52 | .35 | 9.38 | **<.001** | .33 | .45 | 4.69 | **<.001** |
| NA instability | | | | | .27 | .98 | 4.03 | **<.001** |

*Note*: B – regression coefficient, NA – negative affect, PA – positive affect, *SE* – standard error.