Multimedia Appendix 1. Intercorrelations (r value; P value) between Study 1 variables.

| Variable, r value; P value | HAP | SOC | FIN | HEA | RUM | STR | ABS | CESD | GAD | N | E | A | C |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|------|-----|---|---|---|---|
| HAP                        | -   |     |     |     |     |     |     |      |     |   |   |   |   |
| SOC -.33; <.001            |     |     |     |     |     |     |     |      |     |   |   |   |   |
| FIN -.29; <.001            |     |     |     |     |     |     |     |      |     |   |   |   |   |
| HEA .40; <.001             |     | .22; <.001 | -.27; <.001 |     |     |     |     |      |     |   |   |   |   |
| RUM -.25; <.001            | -.25; <.001 | .25; <.001 | .25; <.001 |     |     |     |     |      |     |   |   |   |   |
| STR -.31; <.001            | -.31; <.001 | .32; <.001 | .56; <.001 |     |     |     |     |      |     |   |   |   |   |
| ABS -.13; .002             | -.13; <.001 | .23; <.001 | -.22; <.001 | .20; <.001 | .29; <.001 |     |     |      |     |   |   |   |   |
| CESD -.35; <.001           | -.35; <.001 | .35; <.001 | -.44; <.001 | .59; <.001 | .61; <.001 | .28; <.001 |     |      |     |   |   |   |   |
| GAD -.14; <.001            | -.14; <.001 | .23; <.001 | -.22; <.001 | .20; <.001 | .29; <.001 |     |     |      |     |   |   |   |   |
| N -.37; <.001              | -.37; <.001 | .35; <.001 | -.37; <.001 | .74; <.001 | .68; <.001 | .30; <.001 | .76; <.001 |     | .69; <.001 |   |   |   |   |
| E -.09; <.001              | -.09; <.001 | .15; <.001 | -.22; <.001 | -.13; <.001 | -.04; <.001 | -.25; <.001 | -.20; <.001 | -.24; <.001 | .37; <.001 |   |   |   |   |
| A -.16; <.001              | -.16; <.001 | .20; <.001 | -.16; <.001 | -.11; <.001 | -.04; <.001 | -.25; <.001 | -.20; <.001 | -.24; <.001 | .37; <.001 |   |   |   |   |
| C -.06; <.001              | -.06; <.001 | .13; <.001 | -.01; <.001 | .13; <.001 | .20; <.001 | .04; <.001 | .08; <.038 | -.02; <.001 | .14; <.06 | .06; <.01 |   |   |   |
| O -.08; <.001              | -.08; <.001 | .13; <.001 | .80; <.001 | .01; <.001 | .26; <.001 | .08; <.001 | .08; <.038 | .71; <.001 | .14; <.06 | .06; <.01 | .01; .88 |

a. HAP, happiness; SOC, social status; FIN, financial situation; HEA, health situation; RUM, rumination; STR, self-reported stress; ABS, absence from work for psychological reasons; CESD, depressive symptoms; GAD, anxiety; N, neuroticism; E, extraversion; A, agreeableness; C, conscientiousness; O, openness to experience.