

Supplementary Table 1. COVID-19-related stressors measure

Please indicate if the following experiences have applied to you since the **COVID-19 virus** was declared a global pandemic on the 11th March by the World Health Organization.

Please select any/all that apply to you

Reduction of face-to-face contact with friends and family

Increased feelings of loneliness

Increased worry regarding work (such as losing my job)

Increased worry regarding income/finances

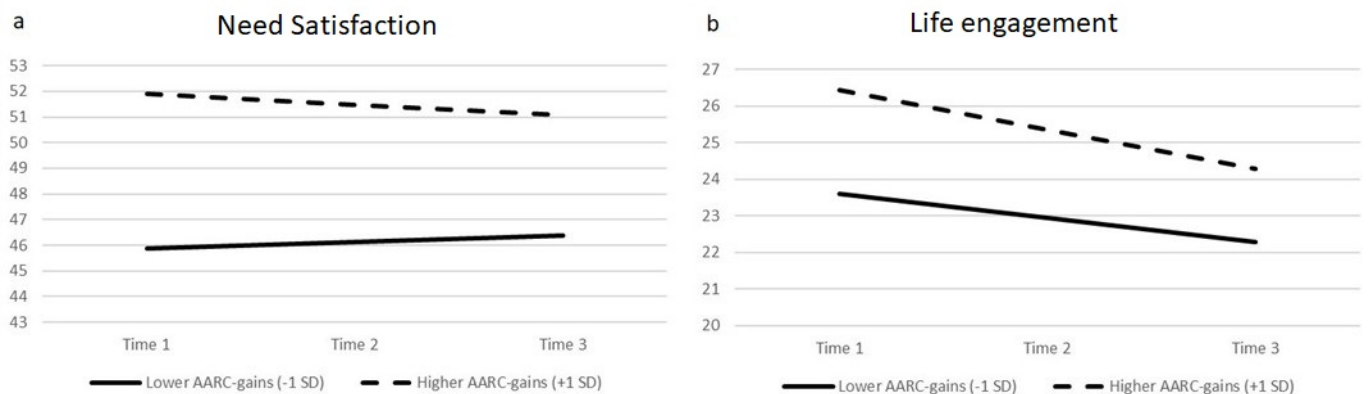
Increased worry about my housing

Increased worry about my health (including health care costs, accessing healthcare and/or becoming sick)

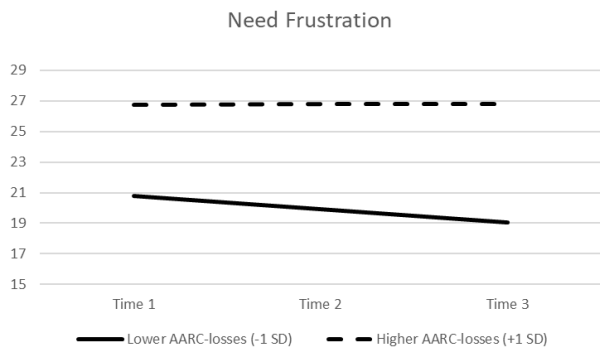
Increased worry about losing someone I care about

Increased worry about: Other (please specify)

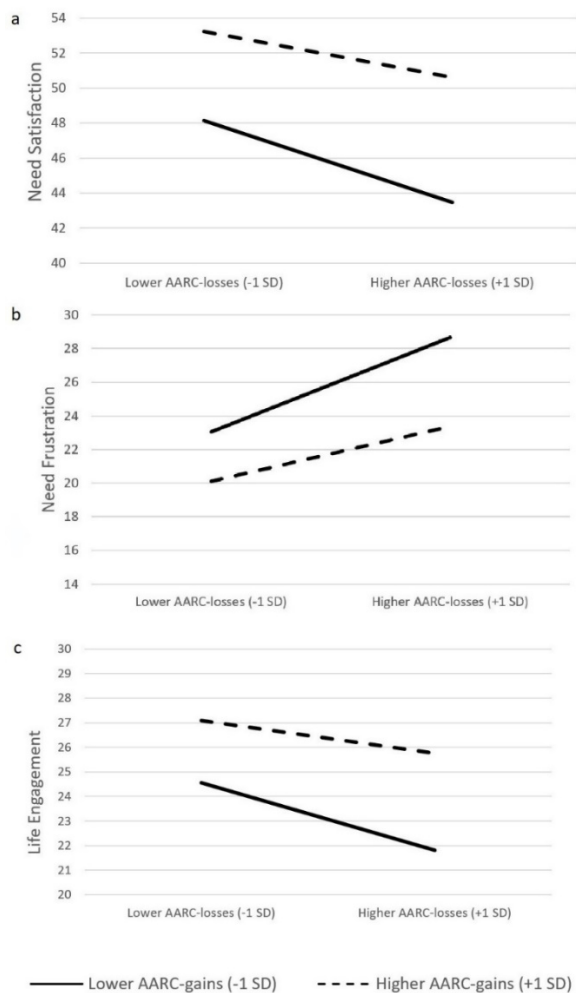
None of the above



Supplementary Figure 1. Interaction of AARC-gains and Time in the prediction of (a) need satisfaction and (b) life engagement. Those with higher AARC-gains, while showing higher levels of well-being on these indices at the between-person level- also showed marginally steeper rates of decline over time compared to those with lower AARC-gains.



Supplementary Figure 2. Interaction of AARC-losses and Time in the prediction of need frustration. Those higher in AARC-losses showed relative stability in need frustration compared to those with lower AARC-losses who showed slight decline in need frustration over the study period (indicating relative improvements in well-being).



Supplementary Figure 3. Interaction of AARC-gains and AARC-losses in the prediction of (a) need satisfaction, (b) need frustration*, and (c) life engagement. Higher AARC-losses was associated with lower levels of these well-being outcomes. However, this association was weaker among those with higher AARC-gains. *Need frustration showed the opposite pattern of associations, but these findings have similar implications for well-being overall.