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Status Variation in Anticipatory Stressors and Their Associations with Depressive Symptoms

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Appendix A. Comparison of Gender Identity and Racial/Ethnic Composition of Study Sample to American Born Bachelor's Degree Recipients in 2016 (NCES)

	Sample (%) (n=995)	NCES (%) (n=1,836,468)
Women		
American Indian / Alaska Native	.20	.32
Asian / Native Hawaiian / Other Pacific Islander	3.92	4.09
Black / African American	6.03	6.78
Hispanic / Latino	6.73	7.74
Multiracial	2.81	1.98
White	35.88	36.73
Men		
American Indian / Alaska Native	.20	.21
Asian / Native Hawaiian / Other Pacific Islander	3.82	3.44
Black / African American	5.63	3.80
Hispanic / Latino	4.82	5.06
Multiracial	1.50	1.37
White	25.23	28.47
Transgender / Non-Binary / Genderqueer / Questioning		
American Indian / Alaska Native	.00	Not reported
Asian / Native Hawaiian / Other Pacific Islander	.20	Not reported
Black / African American	.40	Not reported
Hispanic / Latino	.60	Not reported
Multiracial	.40	Not reported
White	1.61	Not reported

Note: Percentages for may not sum to 100 due to rounding.

Source: U.S. Department of Education, National Center for Education Statistics. 2018. *Table 322.40. Bachelor's Degrees Conferred to Males by Postsecondary Institutions, by Race/Ethnicity and Field of Study: 2014-15 and 2015-16*. and *Table 322.50. Bachelor's Degrees Conferred to Females by Postsecondary Institutions, by Race/Ethnicity and Field of Study: 2014-15 and 2015-16*.

Appendix B. Means and Standard Deviations for Depressive Symptoms and Anticipatory Stress Items by Gender Identity (n=995)

	Female		Male		Transgender / Non-Binary / Genderqueer Questioning	
	M	SD	M	SD	M	SD
Mental Health						
Depressive Symptoms	8.75[b,c]	5.25	7.13[a,c]	5.09	12.38[a,b]	5.79
Anticipatory Stress Items						
"When you think about the future, how frequently do you worry about the following…"						
Finding a job.	3.53[b]	1.21	3.21[a]	1.23	3.66	1.10
Paying off student loans.	3.21[b]	1.47	2.88[a]	1.42	3.34	1.68
Being able to live independently; that is, without financial support from your parents or guardians.	3.49[b]	1.35	3.06[a,c]	1.30	3.84[b]	1.30
Your long-term financial security.	3.77[b]	1.14	3.42[a,c]	1.20	4.00[b]	1.08
Finding affordable housing.	3.60[b]	1.25	3.29[a,c]	1.20	4.00[b]	1.11
Finding a career with long-term security.	3.61	1.26	3.50	1.22	3.78	1.16
Being able to own a home.	3.42[b]	1.29	3.25[a]	1.27	3.69	1.12
Being able to live in a safe neighborhood.	3.19	1.30	3.06	1.28	3.16	1.25
The death of a family member.	3.03[b]	1.23	2.81[a]	1.25	3.22	1.26
Being the victim of sexual assault.	2.33[b,c]	1.21	1.90[a,c]	1.22	3.03[a,b]	1.20
Being the victim of a violent crime.	2.27[c]	1.17	2.23[c]	1.22	3.00[a,b]	1.02
Experiencing discrimination due to your race.	2.03	1.25	2.20	1.35	2.28	1.40
Experiencing discrimination due to your gender identity.	2.23[b,c]	1.26	1.90[a,c]	1.24	3.91[a,b]	1.09
Experiencing discrimination due to your sexual orientation.	1.81[c]	1.18	1.93[c]	1.27	3.56[a,b]	1.32
n	553		410		32	

[a] Significantly different from female ($p < .05$)
[b] Significantly different from male ($p < .05$)
[c] Significantly different from transgender/non-binary/genderqueer/questioning at ($p < .05$)

Appendix C. Means and Standard Deviations for Depressive Symptoms and Anticipatory Stress Items by Race/Ethnicity (n=995)

	American Indian / Alaska Native		Asian / Native Hawaiian / Other Pacific Islander		Black / African American		Hispanic / Latino		Multiracial		White	
	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD
Mental Health												
Depressive Symptoms	5.75	2.75	6.75[b,c,e]	4.47	8.23[a]	5.47	8.76[a]	5.44	8.09	4.64	8.29[a]	5.39
Anticipatory Stress Items												
"When you think about the future, how frequently do you worry about the following…"												
Finding a job.	2.50	.58	3.37	1.20	3.50	1.17	3.62[e]	1.17	3.45	1.12	3.35[c]	1.26
Paying off student loans.	1.50	.58	2.59[b,c,d,e]	1.40	3.51[a,c,e]	1.33	3.07[a,b]	1.52	3.40[a]	1.44	3.04[a,b]	1.47
Being able to live independently; that is, without financial support from your parents or guardians.	2.50	1.00	3.15[b,c]	1.30	3.59[a,e]	1.34	3.55[a,e]	1.32	3.55	1.41	3.24[b,c]	1.34
Your long-term financial security.	3.50	1.00	3.38[b,c]	1.18	3.91[a,e]	1.09	3.81[a,e]	1.16	3.68	1.22	3.58[b,c]	1.18
Finding affordable housing.	3.75	.96	3.09[b,c,d,e]	1.18	3.71[a,e]	1.19	3.68[a,e]	1.30	3.79[a,e]	1.28	3.43[a,b,c,d]	1.22
Finding a career with long-term security.	3.00	1.41	3.66	1.02	3.73[e]	1.27	3.84[e]	1.20	3.51	1.38	3.48[b,c]	1.25
Being able to own a home.	2.75	1.71	3.25	1.17	3.58[e]	1.28	3.50	1.37	3.43	1.39	3.30[b]	1.26
Being able to live in a safe neighborhood.	2.75	1.71	3.13	1.21	3.44[e]	1.31	3.37[e]	1.38	3.21	1.38	3.03[b,c]	1.25

The death of a family member.	2.50	.58	2.70[b,d]	1.20	3.24[a,e]	1.32	2.93	1.26	3.19[a]	1.21	2.91[b]	1.23
Being the victim of sexual assault.	2.25	.96	1.99[b]	1.10	2.45[a,e]	1.43	2.37	1.38	2.00	1.04	2.12[b]	1.19
Being the victim of a violent crime.	2.00	.82	2.20[b]	1.10	2.73[a,c,e]	1.31	2.31[b]	1.27	2.40	1.25	2.18[b]	1.15
Experiencing discrimination due to your race.	2.00	.82	2.48[b,e]	1.24	3.32[a,c,d,e]	1.33	2.74[b,e]	1.30	2.70[b,e]	1.30	1.67[a,b,c,d]	1.05
Experiencing discrimination due to your gender identity.	2.00	.82	2.15[b]	1.31	2.63[a,e]	1.43	2.30[e]	1.30	2.23	1.42	2.01[b,c]	1.23
Experiencing discrimination due to your sexual orientation.	2.00	.82	1.86	1.20	2.20[e]	1.34	2.12[e]	1.40	2.11	1.40	1.81[b,c]	1.20
n	4		79		120		121		47		624	

[a] Significantly different from Asian/Native Hawaiian/Other Pacific Islander ($p < .05$)
[b] Significantly different from black/African American ($p < .05$)
[c] Significantly different from Hispanic/Latino ($p < .05$)
[d] Significantly different from multiracial ($p < .05$)
[e] Significantly different from white ($p < .05$)

Appendix D. Means and Standard Deviations for Depressive Symptoms and Anticipatory Stress Items by Sexual Orientation (n=995)

	Heterosexual / Straight		Gay / Lesbian		Bisexual		Queer / Asexual / Pansexual / Demisexual	
	M	SD	M	SD	M	SD	M	SD
Mental Health								
Depressive Symptoms	7.60[c,d]	5.06	8.87[c,d]	5.99	11.54[a,b]	5.08	11.86[a,b]	5.95
Anticipatory Stress Items								
"When you think about the future, how frequently do you worry about the following…"								
Finding a job.	3.35[c,d]	1.23	3.37	1.37	3.67[a]	1.14	3.93[a]	.90
Paying off student loans.	3.05	1.46	3.02	1.51	3.33	1.43	3.04	1.73
Being able to live independently; that is, without financial support from your parents or guardians.	3.26[c,d]	1.33	3.28[d]	1.41	3.64[a]	1.42	4.14[a,b]	.93
Your long-term financial security.	3.56[c]	1.19	3.52[c]	1.30	4.17[a,b]	.87	3.96	1.00
Finding affordable housing.	3.41[c,d]	1.25	3.37[c,d]	1.24	3.90[a,b]	1.05	4.21[a,b]	.88
Finding a career with long-term security.	3.53[c]	1.23	3.43	1.41	3.88[a]	1.18	3.75	1.29
Being able to own a home.	3.34	1.29	3.11[c]	1.27	3.59[b]	1.17	3.43	1.26
Being able to live in a safe neighborhood.	3.14	1.29	2.85	1.40	3.23	1.18	3.18	1.47
The death of a family member.	2.89[c]	1.23	2.72[c]	1.29	3.36[a,b]	1.23	3.29	1.33
Being the victim of sexual assault.	2.09[c,d]	1.19	2.33	1.35	2.66[a]	1.45	2.61[a]	1.13
Being the victim of a violent crime.	2.22[b,c]	1.19	2.63[a]	1.36	2.53[a]	1.18	2.43	.92
Experiencing discrimination due to your race.	2.11	1.29	2.28	1.38	2.08	1.36	1.86	1.11
Experiencing discrimination due to your gender identity.	2.05[c,d]	1.25	2.52	1.55	2.45[a]	1.32	2.96[a]	1.32

Experiencing discrimination due to your sexual orientation.	1.68[b,c,d]	1.10	3.37[a,c]	1.39	2.72[a,b,d]	1.34	3.32[a,c]	1.22
n	815		46		106		28	

[a] Significantly different from heterosexual/straight ($p < .05$)
[b] Significantly different from gay/lesbian ($p < .05$)
[c] Significantly different from bisexual ($p < .05$)
[d] Significantly different from queer/asexual/pansexual/demisexual ($p < .05$)

Appendix E. Means and Standard Deviations for Depressive Symptoms and Anticipatory Stress Items by First-Generation College Student Status (n=995)

	First-Generation		Non-First-Generation	
	M	SD	M	SD
Mental Health				
Depressive Symptoms	8.33	5.25	8.12	5.35
Anticipatory Stress Items				
"When you think about the future, how frequently do you worry about the following…"				
Finding a job.	3.50	1.21	3.35	1.23
Paying off student loans.	3.31[b]	1.43	2.94[a]	1.47
Being able to live independently; that is, without financial support from your parents or guardians.	3.36	1.37	3.30	1.33
Your long-term financial security.	3.67	1.17	3.61	1.19
Finding affordable housing.	3.56	1.21	3.44	1.24
Finding a career with long-term security.	3.66	1.22	3.52	1.25
Being able to own a home.	3.38	1.25	3.35	1.29
Being able to live in a safe neighborhood.	3.16	1.25	3.12	1.31
The death of a family member.	2.98	1.29	2.93	1.21
Being the victim of sexual assault.	2.16	1.28	2.18	1.22
Being the victim of a violent crime.	2.30	1.24	2.26	1.16
Experiencing discrimination due to your race.	2.17	1.31	2.07	1.29
Experiencing discrimination due to your gender identity.	2.10	1.26	2.17	1.31
Experiencing discrimination due to your sexual orientation.	1.89	1.23	1.93	1.27
n	365		630	

[a] Significantly different from first-generation ($p < .05$)
[b] Significantly different from non-first-generation ($p < .05$)

Appendix F. OLS Regressions of Depressive Symptoms on Anticipatory Stressors x Social Status (n=995)

	Worries about Economic and Residential Security	Worries about Traumatic Events	Worries about Discrimination
	1	2	3
Gender Identity (reference=male)			
Female x Stressor	.27	.06	-.08
	[.33]	[.36]	[.34]
Transgender/Non-Binary/Genderqueer/ Questioning x Stressor	-1.29	.09	-1.04
	[1.30]	[1.54]	[1.22]
Race/Ethnicity (reference=multiracial)			
American Indian/Alaska Native x Stressor	-1.33	3.04	2.20
	[1.70]	[.90]	[.83]
Asian/Native Hawaiian/Other Pacific Islander x Stressor	.36	.99	.28
	[.75]	[.85]	[.82]
Black/African American x Stressor	.69	.97	.72
	[.77]	[.82]	[.86]
Hispanic/Latino x Stressor	.54	1.82*	1.12
	[.74]	[.82]	[.78]
White x Stressor	1.02	1.55*	1.01
	[.60]	[.69]	[.69]
Sexual Orientation (reference=heterosexual/straight*)*			
Gay/Lesbian x Stressor	.08	.99	1.39
	[.79]	[.88]	[.89]
Bisexual x Stressor	.69	.09	.39
	[.72]	[.52]	[.52]
Asexual/Pansexual/Demisexual/Queer x Stressor	-.42	.69	1.76
	[1.37]	[1.22]	[1.21]
First-Generation Student x Stressor	-.07	-.10	-.16
	[.10]	[.13]	[.16]
Anticipatory Stressor	.99	-.07	.21
	[.61]	[.70]	[.70]
Gender Identity (reference=male)			
Female	-.05	1.02	1.58*
	[1.05]	[.89]	[.71]
Transgender/Non-Binary/Genderqueer/ Questioning	6.57	1.13	4.05
	[4.99]	[4.89]	[3.72]
Race/Ethnicity (reference=multiracial)			

American Indian/Alaska Native	2.89	-8.35	-5.79
	[5.28]	[2.28]	[1.93]
Asian/Native Hawaiian/Other Pacific Islander	-1.60	-2.96	-1.22
	[2.50]	[2.17]	[1.80]
Black/African American	-2.46	-2.54	-1.76
	[2.61]	[2.24]	[2.05]
Hispanic/Latino	-1.42	-4.06	-2.06
	[2.55]	[2.22]	[1.80]
White	-2.64	-3.10	-1.04
	[2.02]	[1.89]	[1.52]
Sexual Orientation (reference=heterosexual/straight)			
Gay/Lesbian	1.03	-1.51	-3.13
	[2.73]	[2.21]	[2.22]
Bisexual	.32	2.59	2.16
	[2.73]	[1.60]	[1.27]
Asexual/Pansexual/Demisexual/Queer	4.31	1.14	-1.79
	[5.27]	[3.51]	[3.30]
Socioeconomic Status			
Family Household Income	-.08	-.10	-.10
	[.08]	[.08]	[.08]
Free/Reduced Lunch Program	.33	.35	.53
	[.33]	[.35]	[.35]
Works 20+ Hours Per Week	-.08	-.14	-.27
	[.31]	[.33]	[.33]
College/University Selectivity			
Acceptance Rate	.00	.01	.01
	[.01]	[.01]	[.01]
For-Profit Institution	-.27	-.21	-.01
	[.73]	[.78]	[.78]
Grade Point Average	-1.49***	-2.02***	-2.06***
	[.32]	[.33]	[.33]
Age	.03	.05	.03
	[.05]	[.05]	[.05]
Constant	7.55**	12.11***	12.06***
	[2.55]	[2.46]	[2.14]
R^2	.22	.17	.14

Note: Unstandardized regression coefficients with standard errors in brackets. Models include post-stratification weights for sexual orientation.
* p <.05, ** p <.01, *** p <.001.