

Supplementary Materials

Measures

Alcohol and substance use.

Short Michigan Alcohol Screening Test (SMAST). The SMAST (Selzer, Vinokur, & Rooijen, 1975) is a 13-item self-report measure that assesses symptoms (yes/no) of alcohol abuse. The SMAST has shown strong internal consistency in the current investigation ($\alpha = .86$). Responses were dichotomized into no drinking problems (<3 symptoms) and problem drinking (3+ symptoms) in line with previous research (Harburg et al., 1988).

Drug Abuse Screening Test (DAST-10). The DAST-10 is a 10-item self-report questionnaire that assesses symptoms (yes/no) of substance abuse (excluding alcohol and tobacco). The DAST-10 demonstrated strong internal consistency in the present study ($\alpha = .84$). Responses were dichotomized into no substance problems (<1 symptom endorsed) and problem substance use (1+ problems endorsed) according to previous research showing good sensitivity and specificity for substance use disorders (Maisto, Carey, Carey, Gordon, & Gleason, 2000).

Minority stress.

Everyday Discrimination Scale (EDS). The EDS (Williams, Yu, Jackson, & Anderson, 1997) is a nine-item measure that assesses the frequency of chronic and routine experiences of unfair treatment that stigmatized individuals may encounter in their daily lives. Participants are asked to indicate the frequency with which they experience unfair treatment as a result of their sexual minority status using a six-point scale, ranging from 0 “Never” to 5 “Almost every day.” The EDS demonstrated strong reliability in the present ($\alpha = .95$).

Daily Heterosexist Experiences Questionnaire (DHEQ). The DHEQ (Balsam, Beadnell, & Molina, 2013) is a 50-item measure that assesses emotional distress in response to heterosexist

events experienced by lesbian, gay, bisexual, and transgender individuals. The present investigation focused primarily on two of the nine subscales that assess family rejection (DHEQ_FAM) and victimization (DHEQ_VIC). Participants indicate how much each item has bothered or distressed them using a six-point scale, where 0 = “did not happen/not applicable to me” and 5 = “it happened, and it bothered me extremely.” Both DHEQ subscales demonstrated strong internal consistency in the present study [$\alpha = .79$ (Family of Origin), $\alpha = .83$ (Victimization)].

Emotion regulation.

Difficulties with Emotion Regulation Scale (DERS). The DERS (Gratz & Roemer, 2004) is a 36-item self-report measure that assesses habitual difficulties regulating emotions in a number of dimensions. Items are rated on a 5-point scale with higher scores indicating more frequent difficulties regulating emotions. The DERS can be calculated as a total score or as six individual subscales, including Nonacceptance of Emotional Responses (DERS_NONACC), Difficulties Engaging in Goal Directed Behavior (DERS_GOALS), Impulse Control Difficulties (DERS_IMP), Lack of Emotional Awareness (DERS_AWA), Limited Access to Emotion Regulation Strategies (DERS_STR), and Lack of Emotional Clarity (DERS_CLA). The DERS total score and the subscales have shown very good internal consistency in the current sample [$\alpha = .96$ (Total Score), $\alpha = .93$ (Nonacceptance), $\alpha = .89$ (Goal Directed Behavior), $\alpha = .90$ (Impulse Control), $\alpha = .84$ (Awareness), $\alpha = .92$ (Strategies), $\alpha = .85$ (Clarity)].

Emotion Regulation Questionnaire (ERQ). The ERQ (Gross & John, 2003) measures the habitual use of two emotion regulation strategies: cognitive reappraisal and expressive suppression. Items are rated on a 7-point scale, where 1 = “strongly disagree” and 7 = “strongly agree”). The ERQ has been extensively used in the literature on emotion regulation and has

demonstrated good internal consistency in the current sample [$\alpha = .89$ (Reappraisal); $\alpha = .79$ (Suppression)].

Penn State Worry Questionnaire (PSWQ). The PSWQ (T. J. Meyer, Miller, Metzger, & Borkovec, 1990) is a 16-item self-report measure that captures the generality, excessiveness, and uncontrollability of worry. Items are scored on a 5-point scale, with higher scores indicating more pervasive and uncontrollable worry. The PSWQ has shown excellent internal reliability in the present study ($\alpha = .95$), high test-retest reliability, and has been extensively used to identify individuals with pathological levels of worry (T. J. Meyer et al., 1990).

Responses to Positive Affect (RPA). The RPA (Feldman, Joormann, & Johnson, 2008) is a 17-item measure that assesses responses to positive affect along three dimensions: emotion-focused, dampening, and self-focus. It has shown acceptable internal reliability in the present investigation ($\alpha = .88$).

Ruminative Responses Scale - Brooding (RRS-B). The RRS-B (Treyner, Gonzalez, & Nolen-Hoeksema, 2003) is a 22-item measure that assesses the tendency to engage in ruminative behavior in response to stress. This study used the 5-item Brooding subscale that reflects the moody rumination at the core of Nolen-Hoeksema's (1991) rumination theory, and has shown good internal consistency in the current sample ($\alpha = .85$).

Brief Resilience Scale (BRS). The BRS (Smith et al., 2008) is a 6-item measure that assesses resilience in the face of a stressor. In particular, the BRS measures the ability to recover or "bounce back" from stress. Items are scored on a 5-point Likert-type scale from 1 "Strongly disagree" to 5 "Strongly agree". It has shown good internal consistency in the current sample ($\alpha = .88$).

Symptom Measures.

Centers for Epidemiological Studies – Depression Scale (CES-D). The CES-D (Radloff, 1977) is a 20-item questionnaire that assesses symptoms of depression. Each item ranges from 0 “rarely” to 3 “most of the time” for a total score of 60. The total score has been shown to have good internal consistency in the present sample ($\alpha = .94$).

Social Interaction Anxiety Scale (SIAS). The SIAS (Mattick & Clarke, 1998) is a 20-item self-report inventory that assesses symptoms of social anxiety disorder, particularly anxiety experienced in dyads or groups. Items are scored on a 5-point scale ranging from 0 to 4 and total scores range from 0 to 80. The SIAS has demonstrated excellent internal reliability in the current investigation ($\alpha = .94$).

GAD-7. The GAD-7 (Spitzer, Kroenke, Williams, & Löwe, 2006) is a 7-item, brief clinical measure used for assessing symptoms over the past two weeks, and identifying probable cases of generalized anxiety disorder (GAD). Each item ranges from 0 “not at all” to 3 “nearly every day” for a total score of 21. The internal consistency of the GAD-7 is excellent in the current investigation ($\alpha = .93$).

PTSD Checklist – Civilian Version (PCL-C). The PCL-C (Weathers, Huska, & Keane, 1991) is a 17-item self-report measure that assesses symptoms of post-traumatic stress disorder as defined by DSM-IV criteria. Items are rated on a 5-point scale from 1 “not at all” to 5 “extremely”. The PCL-C has shown strong internal consistency in the present sample ($\alpha = .96$).