**Supplementary Materials**

**Table S1.** Mann-Whitney-U-tests for group differences between participants with and without pre-existing physical health conditions.

| Variable | z-Value | p-Value | r-Value | Mean Rank WPHC [a] | Mean Rank WOPHC [b] |
|---|---|---|---|---|---|
| PHQ-4 | −6.69 | 0.000 | 0.11 | 1903.16 | 1667.42 |
| WHO-5 | −7.58 | 0.000 | 0.13 | 1919.06 | 1651.04 |
| SOC-L9 | −5.89 | 0.000 | 0.10 | 1457.43 | 1656.52 |
| Coping | −2.36 | 0.018 | 0.04 | 1813.88 | 1734.92 |
| PHQ stress | −2.75 | 0.006 | 0.05 | 1690.17 | 1596.60 |

*Notes.* [a] = with physical health condition, $n$ = 1300 [b] = without physical health condition, $n$ = 2230.

**Table S2.** Means and standard deviations for PHQ-4, WHO-5, SOC-L9 and PHQ stress module for participants with and without pre-existing physical health conditions.

| *Variable* | $M_{WPHC}$[a] | $SD_{WPHC}$[a] | $M_{WOPHC}$[b] | $SD_{WOPHC}$[b] |
|---|---|---|---|---|
| PHQ-4 | 4.26 | 3.20 | 3.52 | 2.90 |
| PHQ Stress | 6.61 | 3.92 | 6.23 | 3.87 |
| WHO-5 | 13.70 | 5.97 | 12.10 | 5.84 |
| SOC-L9 | 40.68 | 10.31 | 42.95 | 9.83 |

*Notes.* [a] = with physical health condition, $n$ = 1300 [b] = without physical health condition, $n$ = 2230.

**Table S3.** Answers for item "coping" (percentage) for participants with and without pre-existing physical health conditions.

| How Well Are You Coping? | Percentage %WPHC [a] | Percentage %WOPHC [b] |
|---|---|---|
| Very good | 14.1 | 14.3 |
| Good | 43.5 | 47.3 |
| Neither nor | 12.8 | 13.0 |
| Not very good | 23.8 | 21.4 |
| Not good at all | 5.8 | 3.9 |

*Notes.* [a] = with physical health condition, $n$ = 1300 [b] = without physical health condition, $n$ = 2230.