## Missingness pattern

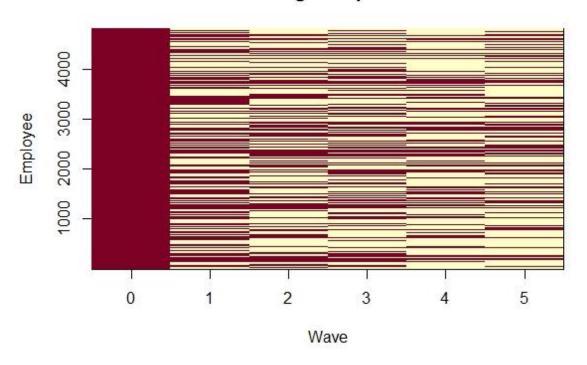
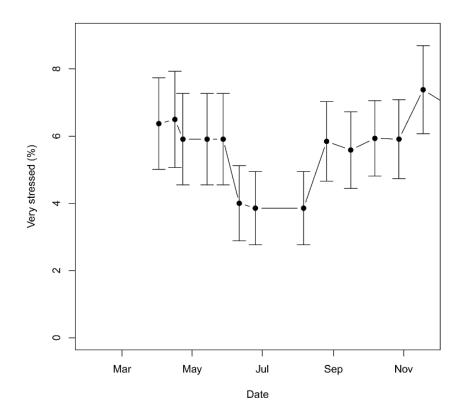


Figure S1. presents the missing data pattern in each survey wave (0–5).



**Figure S2.** presents Finnish general population self-reported distress at the time of the study.