

**Supplementary Materials:**

**Table S1.** Full list of all ESM diary items and related construct.

Diary instruction	Diary item	Construct
Right now...	I want to die	Suicidal ideation
	I feel unhappy	Negative affect
	I feel anxious	Negative affect
	I feel powerless	Defeat
Just before the text...	I was thinking about killing myself	Suicidal ideation
	I was thinking about my failures and weaknesses	Rumination
	I was analysing why I feel the way I do	Rumination
	I was worrying about what goes on in my head	Meta-worry
	I was worrying about the amount I worry	Meta-worry
Right now, how much do you agree with the following...	It is bad to have thoughts of killing myself	MCB*: Need to control thoughts
	My suicidal thoughts persist, no matter how I try to stop them	Negative MCB: Uncontrollability
	I have no control over my suicidal thoughts	Negative MCB: Uncontrollability
	Thinking about suicide is dangerous for me	Negative MCB: Harm
	If I don't stop my suicidal thoughts I will go mad	Negative MCB: Harm
	Thinking about suicide helps me cope	Positive MCB
	Thinking of ending it all gives me peace of mind	Positive MCB
	I have a poor memory	Cognitive Confidence
	I think a lot about my suicidal thoughts	Cognitive Self-consciousness
	I am constantly aware of my suicidal thoughts	Cognitive Self-consciousness
	I look forward to the future	Hopelessness
	Things don't work out the way I want	Hopelessness
	I am one of life's losers	Defeat
	I am trapped in my situation	Entrapment
	There are things in my life I want to escape	Entrapment

*Article: Metacognitive beliefs and suicidal ideation: An experience sampling study*

Since the last text, I have been responding to my thoughts by...	Dwelling on other worries	TCS*: worry
	Focussing on other negative thoughts	TCS: worry
	Getting angry at myself	TCS: punishment
	Telling myself that something bad will happen if I think those thoughts	TCS: punishment
	Doing something I enjoy	TCS: distraction
	Keeping myself busy	TCS: distraction
	Talking to a friend about the thought	TCS: social
	Asking for reassurance	TCS: social
	Analysing my thoughts, rationally	TCS: reappraisal
	Thinking about things in a different way	TCS: reappraisal
	Thinking I would be better off ending it all	TCS: suicidal ideation

---

\*MCB = suicide-specific metacognitive beliefs

\*TCS = thought control strategy

[Response to items in blue were not analysed within the current study](#). These items were analysed in the study reported by Hallard, R., Wells, A., Aadahl, V., Emsley, R., & Pratt, D. (2021). Metacognition, rumination and suicidal ideation. An experience sampling test of the self-regulatory executive function model. *Psychiatry Research*, 303, 114083.