

## **Supplementary Analyses.**

The following tables are included within this document:

1. **Table S1.** *Commitment, importance, and previous attempts as predictors of mental wellbeing at Times 1-4.*
2. **Table S2.** *Commitment, importance, and previous attempts as predictors of New Year resolution stickability at Times 2-4.*
3. **Table S3.** *Resolution orientation (approach vs. avoidance), resolution specificity (specific vs. general) as predictors of mental wellbeing at Times 1-4.*
4. **Table S4.** *Resolution orientation (approach vs. avoidance), resolution specificity (specific vs. general) as predictors of stickability at Times 2-4.*

**Table S1.** *Commitment, importance, and previous attempts as predictors of mental wellbeing at Times 1-4.*

Variable	T1 WEMWBS ( <i>n</i> = 296)					T2 WEMWBS ( <i>n</i> =178)					T3 WEMWBS ( <i>n</i> = 133)					T4 WEMWBS ( <i>n</i> = 114)				
	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>
	CIs					CIs					CIs					CIs				
Age	0.086	0.09 (0.04)	-0.02, 0.13	1.45	0.147	0.16	0.10 (0.05)	0.00, 0.20	2.01	0.046	0.20	0.12 (0.05)	0.01, 0.23	2.24	0.027	0.15	0.10 (0.06)	-0.03, 0.22	1.49	0.139
Gender	-0.10	-0.10 (1.33)	-4.87, 0.36	-1.70	0.090	-0.15	-3.77 (1.89)	-7.49, -0.04	-1.99	0.048	-0.03	-0.70 (2.20)	-5.04, 3.70	-0.32	0.752	-0.10	-2.63 (2.59)	-7.77, 2.51	-1.01	0.313
Commitment	0.12	0.12 (0.66)	-0.35, 2.26	1.43	0.153	0.07	0.61 (0.97)	-1.31, 2.52	0.63	0.533	-0.07	-0.65 (1.04)	-2.72, 1.41	-0.63	0.531	0.09	0.89 (1.27)	-1.63, 3.40	0.70	0.486
Importance	-0.07	-0.07 (0.59)	-1.68, 0.67	-0.85	0.395	0.02	0.11 (0.79)	-1.44, 1.67	0.15	0.885	0.13	0.98 (0.82)	-0.65, 2.60	1.19	0.236	-0.12	-0.91 (1.01)	-2.91, 1.08	-0.91	0.366
Attempt	0.09	0.09 (0.36)	-0.17, 1.24	1.49	0.137	-0.05	-0.28 (0.50)	-1.28, 0.71	-0.56	0.576	0.06	0.33 (0.58)	-0.81, 1.47	0.57	0.568	-0.02	-0.14 (0.69)	-1.51, 1.22	-0.21	0.835
Model:	$R^2 = 0.44$ , $F(5,288) = 2.65^*$					$R^2 = 0.24$ , $F(5,170) = 1.99$					$R^2 = 0.07$ , $F(5,127) = 2.04$					$R^2 = 0.04$ , $F(5,106) = 0.79$				

*Notes.*

\* =  $p < 0.05$ , \*\* =  $p < 0.01$ . T = Time, WEMWBS = Warwick-Edinburgh Mental Wellbeing Scale. Bold and underlined = significant at  $p = 0.05 / 4 = 0.0125$  (i.e., Bonferroni correction applied for multiple tests).

**Table S2.** *Commitment, importance, and previous attempts as predictors of New Year resolution stickability at Times 2-4.*

Variable	T2 Stickability ( <i>n</i> = 178)					T3 Stickability ( <i>n</i> = 134)					T4 Stickability ( <i>n</i> = 114)				
	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>
Age	0.14	0.05,	0.00,	2.04	0.043	0.17	0.05	-0.00,	1.95	0.054	0.14	0.05	-0.02,	1.49	0.140
		0.02	0.09				(0.03)	0.10				(0.03)	0.11		
Gender	-0.12	-1.59,	-3.33,	-1.81	0.072	-0.18	-2.40	-4.53, -	-2.24	0.027	-0.08	-1.10	-3.60,	-0.87	0.387
		0.88	0.14				(1.07)	0.28				(1.26)	1.41		
Commitment	0.35	1.65,	0.76,	3.65	< 0.001	0.14	0.66	-0.35,	1.30	0.195	0.12	0.61	-0.61,	0.99	0.325
		0.45	2.54				(0.51)	1.67				(0.62)	1.84		
Importance	0.04	0.14,	-0.58,	0.39	0.697	0.08	0.30	-0.49,	0.76	0.451	0.02	0.10	-0.88,	0.20	0.846
		0.37	0.87				(0.40)	1.10				(0.49)	1.07		
Attempt	0.17	0.52,	0.06,	2.24	0.027	0.13	0.40	-0.16,	1.41	0.162	0.19	0.63	-0.04,	1.87	0.064
		0.23	0.99				(0.28)	0.95				(0.34)	1.29		
Model:	$R^2 = 0.54$ , $F(5,170) = 13.70^{***}$					$R^2 = 0.19$ , $F(5,127) = 5.79^{***}$					$R^2 = 0.14$ , $F(5,106) = 3.43^{**}$				

*Notes.*

\* =  $p < 0.05$ , \*\* =  $p < 0.01$ . \*\*\* =  $p < 0.001$ . T = Time. Bold and underlined = significant at  $p = 0.05 / 3 = 0.0167$  (i.e., Bonferroni correction applied for multiple tests).

**Table S3.** Resolution orientation (approach vs. avoidance), resolution specificity (specific vs. general) as predictors of mental wellbeing at Times 1-4.

Variable	T1 WEMWBS					T2 WEMWBS					T3 WEMWBS					T4 WEMWBS				
	(n = 294)					(n =176)					(n = 133)					(n = 112)				
	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95%	<i>t</i>	<i>p</i>
	CIs					CIs					CIs					CIs				
Age	0.11	0.07	-0.01,	1.84	0.067	0.18	0.11	0.02,	2.37	0.019	0.26	0.15	0.05,	2.91	0.004	0.17	0.11	-0.02,	1.73	0.086
		(0.04)	0.14				(0.05)	0.20				(0.05)	0.26				(0.06)	0.23		
Gender	-0.12	-2.72	-5.36,	-2.02	0.045	-0.13	-3.39	-7.21,	-1.75	0.082	-0.01	-0.23	-4.84,	-0.10	0.922	-0.06	-1.50	-6.79,	-0.56	0.575
		(1.35)	-0.67				(1.94)	0.43				(2.33)	4.38				(2.67)	3.79		
Resolution	-0.10	-4.05	-8.88,	-1.65	0.101	0.01	0.56	-7.01,	0.15	0.884	0.05	2.60	-6.28,	0.58	0.563	0.05	2.86	-7.86,	0.53	0.598
Orientation		(2.45)	0.79				(3.83)	8.13				(4.49)	11.49				(5.41)	13.58		
Resolution	-0.09	-1.67	-3.87,	-1.49	0.137	-0.17	-3.36	-6.21,	-2.32	0.021	-0.05	-0.87	-4.15,	-0.53	0.598	-0.14	-2.81	-6.73,	-1.42	0.158
Specificity		(1.12)	0.53				(1.45)	-0.50				(1.66)	2.40				(1.98)	1.11		
Model:	$R^2 = 0.04$ , $F(4,289) = 2.87^*$					$R^2 = 0.08$ , $F(4,171) = 3.75^{**}$					$R^2 = 0.07$ , $F(4,128) = 2.26$					$R^2 = 0.05$ , $F(4,107) = 1.42$				

Notes.

\* =  $p < 0.05$ , \*\* =  $p < 0.01$ , \*\*\* =  $p < 0.001$ . T = Time, WEMWBS = Warwick-Edinburgh Mental Wellbeing Scale. Bold = significant at  $p = 0.05 / 4 = 0.0125$  (i.e., Bonferroni correction applied for multiple tests).

**Table S4.** Resolution orientation (approach vs. avoidance), resolution specificity (specific vs. general) as predictors of stickability at Times 2-4.

Variable	T2 Resolution Stickability ( <i>n</i> = 176)					T3 Resolution Stickability ( <i>n</i> = 133)					T4 Resolution Stickability ( <i>n</i> = 112)				
	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>	$\beta$	<i>b</i> ( <i>SE</i> )	95% CIs	<i>t</i>	<i>p</i>
Age	0.22	0.07 (0.02)	0.03, 0.12	3.02	0.003	0.24	0.08, 0.03	0.02, 0.13	2.85	0.005	0.28	0.09 (0.03)	0.03, 0.15	3.02	0.003
Gender	-0.18	-2.41 (1.03)	-4.34, -0.38	-2.34	0.021	-0.19	-2.46, 1.18	-4.79, -0.13	-2.09	0.039	-0.07	-0.95 (1.32)	-3.56, 1.66	-0.72	0.472
Resolution Ori- entation	-0.13	-3.54 (2.04)	-7.76, 0.48	-1.74	0.084	0.10	2.46, 2.27	-2.04, 6.95	1.08	0.281	0.06	1.67, 2.67	-3.63, 6.96	0.62	0.534
Resolution Spec- ificity	-0.12	-1.20 (0.77)	-2.72, 0.31	-1.57	0.119	0.00	0.01, 0.84	-1.64, 1.67	0.02	0.987	-0.24	-2.50, 0.98	-4.44, -0.56	-2.56	0.012
Model:	$R^2 = 0.10$ , $F(4, 171) = 4.58^{**}$					$R^2 = 0.12$ , $F(4, 128) = 4.38^{**}$					$R^2 = 0.13$ , $F(4, 107) = 3.96^{***}$				

Notes.

\* =  $p < 0.05$ , \*\* =  $p < 0.01$ . \*\*\* =  $p < 0.001$ . T = Time. Bold = significant at  $p = 0.05 / 3 = 0.0167$  (i.e., Bonferroni correction applied for multiple tests).