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| Supplementary Table 3. Sensitivity analysis. Comparison of mental well-being scores, using crude and multivariable linear regression a. |
|  | **Non-care-seekers vs care-seekers (among need-perceivers, n=329)** |
|  | Crude | Model 12 | Model 23 |
| Time 1, 2008 |  |  |  |
| Unstandardised B1  | -1.66 (-3.06 to -0.26) | -1.38 (-2.80 to 0.05) | -2.45 (-3.81 to -1.10) |
| P-value | 0.02 | 0.06 | 0.00 |
| R2 | 0.02 | 0.04 | 0.19 |
| Time 2, 2009 |  |  |  |
| Unstandardised B1 | -0.20 (-1.66 to 1.25) | 0.03 (-1.45 to 1.52) | -1.08 (-2.51 to 0.34) |
| P-value | 0.78 | 0.97 | 0.14 |
| R2 | 0.00 | 0.03 | 0.16 |
|  |
|  | **Insufficient vs sufficient care-perceivers (among care-seekers, n=202)** |
| Time 1, 2008 |  |  |  |
| Unstandardised B1  | -2.55 (-4.54 to -0.57) | -2.52 (-4.35 to -0.50) | -1.91 (-3.71 to -0.10) |
| P-value | 0.01 | 0.01 | 0.04 |
| R2 | 0.03 | 0.08 | 0.28 |
| Time 2, 2009 |  |  |  |
| Unstandardised B1  | -0.75 (-2.86 to 1.36) | -0.72 (-2.86 to 1.41) | -0.16 (-2.10 to 1.79) |
| P-value | 0.48 | 0.51 | 0.87 |
| R2 | 0.00 | 0.05 | 0.23 |

a Including those that had missing data on WHO (Ten) Well-being Index at T1 or T2.

1 Lower score indicates lower mental well-being on WHO (Ten) Well-being Index, 0-30 p. 95% confidence intervals.

2 Adjusted for age category, education, country of birth.

3 Adjusted for age category, education, country of birth, persistent physical illness, and persistent mental illness.