

Supplemental Table 1. List of life events**Health**

1. Your spouse died
2. Another immediate family member died
3. Immediate family member attempted suicide
4. Death of a close friend
5. An immediate family member was seriously ill
- 6. You cared for a family member who was seriously ill**
7. You were hospitalized for a serious illness or injury
8. Your pet died
9. You had a sudden and serious impairment of vision or hearing
10. Immediate family member starts drinking or using drugs heavily
11. Your own problems with alcohol or drugs
12. Unwanted pregnancy
13. Miscarriage
14. Abortion
15. Sexual difficulties or infertility

Living arrangements

16. You moved
- 17. You were evicted or told to move**
18. You bought a home and took out a mortgage
- 19. Lost or had to move out of home because of a flood, fire or other disaster**
20. You had a period of homelessness

Family

21. Marriage
22. Divorce
23. Break-up of family
24. Your spouse or partner had an affair
25. You separated from your spouse/partner
26. Children placed in the care of others
27. Trouble or behavior problems in your own children
28. You had an affair
29. Break-up of affair
30. Increase in the number of arguments with your spouse/partner
31. Increase in number of other family arguments
32. Break-up with steady boyfriend or girlfriend
33. Marital/relationship reconciliation
34. Problems related to a sexual relationship
35. Son or daughter left home (for any reason)
36. Trouble with relatives (for example, in-laws)
37. Gaining of a new member of your immediate family

Financial and work

- 38. Getting into debt beyond means of repayment
- 39. Fired, laid off, or became unemployed
- 40. New job in a new line of work
- 41. New job in the same line of work
- 42. Income decreased substantially
- 43. Promotion or change of responsibilities at work
- 44. Trouble with superiors (bosses) at work
- 45. Spouse/partner begins or stops work
- 46. Change in hours or conditions of work
- 47. Retirement
- 48. You became disabled or unable to work**
- 49. Had major unexpected expenses**

Legal and crime

- 50. You had a jail sentence
- 51. Immediate family member sent to prison**
- 52. Involvement in physical fight
- 53. Conviction for minor violation
- 54. You were robbed or burglarized**
- 55. Involved in a personal lawsuit or court case**
- 56. You were physically assaulted or attacked**
- 57. Car accident**
- 58. You had other serious trouble with the law**
- 59. Your children or other family members had other trouble with the law**

Other

- 60. Serious restriction of social life
- 61. Argument with neighbors

Events highlighted in **bold** were added to the original list published by Spurgeon et al (2001) from other sources such as the STRAIN measure (Slavich GM, Shields GS. Assessing lifetime stress exposure using the Stress and Adversity Inventory for Adults (Adult STRAIN): An overview and initial validation. *Psychosomatic Medicine* 2017; 80:17-27) using principles delineated by Wethington E, Brown GW, Kessler RC (Interview measurement of stressful life events. In Cohen S, Kessler RC, Gordon LU. *Measuring Stress*. New York: Oxford University Press, 1997. Pp 59-79.)

Omitted from original: Prolonged ill health requiring treatment by own doctor

Supplemental Table 2. Correlations among psychosocial factors

	Brief Resilient Coping Scale	PROMIS Self-Efficacy*	PROMIS Emotional Support*	PROMIS Social Isolation*
Full sample				
Brief Resilient Coping Scale	---	0.47	0.28	-0.22
PROMIS Self- efficacy*		---	0.41	-0.43
PROMIS Emotional Support*			---	-0.60
PROMIS Social Isolation*				---
No trauma history				
Brief Resilient Coping Scale	---	0.32	0.39	-0.14
PROMIS Self- efficacy*		---	0.47	-0.53
PROMIS Emotional Support*			---	-0.44
PROMIS Social Isolation*				---
Trauma history				
Brief Resilient Coping Scale	---	0.57	0.27	-0.30
PROMIS Self- efficacy*		---	0.38	-0.38
PROMIS Emotional Support*			---	-0.63
PROMIS Social Isolation*				---

*PROMIS scales, reported as T-scores

PROMIS, Patient-Reported Outcomes Measurement Information System

Supplemental Table 3. Association of perceived stress (Perceived Stress Scale) with stressful events (Life Events Inventory) and positive and negative psychosocial factors including individual psychosocial factors. All factors included in a single model.

	Model 2 (No covariates)				Model 3 (Controlling for covariates*)			
	Beta (95% CI)	P	St. b	Model R ²	Beta (95% CI)	P	St. b	Model R ²
Total Sample								
Life Events Inventory	0.13 (0.03, 0.23)	0.01	0.12	0.51	0.14 (0.03, 0.24)	0.009	0.13	0.56
Brief Resilience	0.05 (-0.12, 0.23)	0.55	0.03		0.03 (-0.14, 0.20)	0.74	0.02	
PROMIS Self-efficacy	-0.11 (-0.14, -0.07)	<.0001	-0.31		-0.09 (-0.13, -0.05)	<.0001	-0.27	
PROMIS Emotional support	-0.04 (-0.08, 0.01)	0.11	-0.09		-0.06 (-0.10, -0.01)	0.01	-0.16	
PROMIS Social Isolation	0.22 (0.16, 0.28)	<.0001	0.44		0.21 (0.15, 0.267)	<.0001	0.42	
No Trauma								
Life Events Inventory	0.003 (-0.19, 0.19)	0.97	0.003	0.56	0.01 (-0.19, 0.21)	0.93	0.01	0.62
PROMIS Brief Resilience	-0.04 (-0.29, 0.22)	0.78	-0.03		-0.07 (-0.36, 0.23)	0.64	-0.05	
PROMIS Self-efficacy	-0.07 (-0.13, -0.01)	0.02	-0.26		-0.07 (-0.13, 0.004)	0.06	-0.23	
PROMIS Emotional support	-0.09 (-0.17, -0.02)	0.02	-0.25		-0.09 (-0.17, -0.003)	0.058	-0.24	
PROMIS Social Isolation	0.19 (0.09, 0.29)	0.0002	0.40		0.19 (0.09, 0.30)	0.0014	0.39	
Trauma History								
Life Events Inventory	0.15 (0.03, 0.27)	0.01	0.15	0.48	0.16 (0.04, 0.28)	0.011	0.16	0.54
Brief Resilience	0.13 (-0.11, 0.37)	0.27	0.08		0.08 (-0.15, 0.32)	0.48	0.05	
PROMIS Self-efficacy	-0.12 (-0.18, -0.07)	<.0001	-0.35		-0.10 (-0.16, -0.04)	0.0002	-0.28	
PROMIS Emotional support	-0.003 (-0.06, 0.05)	0.92	-0.01		-0.04 (-0.10, 0.02)	0.16	-0.11	

PROMIS Social Isolation	0.24 (0.16, 0.31)	<.0001	0.48	0.21 (0.14, 0.29)	<.0001	0.43
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*Age, gender, disease duration, and education \leq high school, income \leq 125% of the federal poverty level, race and ethnicity, number of comorbidities, BILD score \geq 2, and glucocorticoid use (\geq 7.5 mg/day).

PROMIS, Patient-Reported Outcomes Measurement Information System

Supplemental Table 4. Association of perceived stress (Perceived Stress Scale) with stressful events (Life Events Inventory) and positive and negative psychosocial factors, by trauma history (Brief Trauma Questionnaire, without Adverse Childhood Experiences trauma), in models with and without adjustment

	No Trauma History (N = 75)		Trauma History (N = 167)	
	Beta (95% CI)	P	Beta (95% CI)	P
Model 1				
Life Events Inventory	-0.06 (-0.35, 0.23)	0.68	0.22 (0.06, 0.37)	0.005
Model R ²	0.002		0.05	
Model 2				
Life Events Inventory	-0.004 (-0.21, 0.20)	0.97	0.17 (0.05, 0.29)	0.006
Positive psychosocial factor score*	-0.80 (-1.25, -0.35)	0.0007	-0.63 (-0.97, -0.29)	0.0003
PROMIS Social Isolation	0.24 (0.15, 0.34)	<.001	0.22 (0.15, 0.29)	<.001
Model R ²	0.52		0.44	
Model 3				
Life Events Inventory	-0.01 (-0.23, 0.20)	0.92	0.19 (0.07, 0.31)	0.002
Positive psychosocial factor score*	-0.84 (-1.36, -0.33)	0.002	-0.63 (-0.97, -0.30)	0.0003
PROMIS Social Isolation	0.24 (0.14, 0.34)	<.0001	0.22 (0.15, 0.29)	<.001
Model R ²	0.55		0.49	

*First eigenvalue from principal component analysis of resilience, emotional support, and self-efficacy scores

Model 1: Includes Life Events Inventory only

Model 2: Includes Life Events Inventory, Positive psychosocial factor score, and PROMIS Social Isolation T-score

Model 3: Includes Life Events Inventory, Positive psychosocial factor score, PROMIS Social Isolation T-score, and age, gender, disease duration, and education ≤high school, income ≤125% of the federal poverty level, race and ethnicity, number of comorbidities, BILD score ≥2, glucocorticoid use (≥7.5 mg/day), and PHQ score ≥10.

PROMIS, Patient-Reported Outcomes Measurement Information System; BILD, Brief Index of Lupus Damage