Table S1. Point estimates for indirect effects and 95% bias corrected confidence intervals for serial multiple mediation analysis in which defeat, and internal entrapment were represented as mediators in the association mental well-being and self-harm thoughts (controlling for gender, depression, and external entrapment).

Mediation Path	95% Confidence Intervals [a]		
	Point Estimate	Lower	Upper
Mental well-being > Defeat > SHT	−0.05	−0.09	−0.02
Mental well-being > Internal Entrapment > SHT	0.01	−0.01	0.01
Mental well-being > Defeat > Internal Entrapment > SHT	−0.03	−0.06	−0.01
Total indirect effect	0.07	−0.10	−0.05

a Statistical significance indicated by confidence intervals not containing 0; SHT—self-harm.

Table S2. Point estimates for indirect effects and 95% bias corrected confidence intervals for serial multiple mediation analysis in which defeat, and external entrapment were represented as mediators in the association between mental well-being and self-harm thoughts (controlling for gender, depression, and internal entrapment).

Mediation Path	95% Confidence Intervals [a]		
	Point Estimate	Lower	Upper
Mental well-being > Defeat > SHT	−0.05	−0.09	0.05
Mental well-being > External Entrapment > SHT	0.01	0.01	0.02
Mental well-being > Defeat > External Entrapment > SH	−0.03	−0.06	−0.01
Total indirect effect	0.07	−0.10	−0.05

a Statistical significance indicated by confidence intervals not containing 0; SHT—self-harm thoughts

Table S3. Point estimates for indirect effects and 95% bias corrected confidence intervals for serial multiple mediation analysis in which defeat, and internal entrapment were represented as mediators in the association mental well-being and self-harm behaviors (controlling for gender, depression, and external entrapment).

Mediation Path	95% Confidence Intervals [a]		
	Point Estimate	Lower	Upper
Mental well-being > Defeat > SHB	0.01	−0.04	0.09
Mental well-being > Internal Entrapment > SHB	0.01	−0.00	0.05
Mental well-being > Defeat > Internal Entrapment > SHB	−0.04	−0.12	−0.01
Total indirect effect	−0.02	−0.06	0.03

a Statistical significance indicated by confidence intervals not containing 0; SHB—self-harm behavior.

Table S4. Point estimates for indirect effects and 95% bias corrected confidence intervals for serial multiple mediation analysis in which defeat, and external entrapment were represented as mediators in the association between mental well-being and self-harm behaviors (controlling for gender, depression, and internal entrapment).

95% Confidence Intervals [a]			
Mediation Path	**Point Estimate**	**Lower**	**Upper**
Mental well-being > Defeat > SHT	0.004	−0.026	0.055
Mental well-being > External Entrapment > SHB	−0.002	−0.012	0.005
Mental well-being > Defeat > External Entrapment > SHB	0.003	−0.003	0.012
Total indirect effect	0.005	−0.025	0.057

a Statistical significance indicated by confidence intervals not containing 0; SHT—self-harm thoughts; SHB—self-harm behavior.

Table S5. Point estimates for effects and 95% confidence intervals for moderation analysis in which mental well-being was represented as a moderator in the relationship between internal entrapment at baseline and prospective self-harm thoughts (controlling for gender, depression, and external entrapment).

Moderations Path	**β**	**p**	**95%CI**
Internal Entrapment → SHT	0.31	0.005	0.09, 0.53
Internal Entrapment x Mental Well-being → SHT	−0.01	0.165	−0.02, 0.01

SHT—self-harm thoughts.

Table S6. Point estimates for effects and 95% confidence intervals for moderation analysis in which mental well-being was represented as a moderator in the relationship between external entrapment at baseline and prospective self-harm thoughts (controlling for gender, depression, and internal entrapment).

Moderation Path	**β**	**p**	**95%CI**
External Entrapment → SHT	0.18	.014	0.36, 0.33
External Entrapment x Mental Well-being → SHT	−0.01	0.211	−0.01, 0.00

SHT—self-harm thoughts.