Supplemental Material – Study 1

Withdraw of the Preregistration – Study 1

We initially planned to conduct Study 1 as a preregistered empirical project, recruiting participants from Germany via Prolific. However, after collecting data from 100 participants, we found that the mean scores and variability on the PID-5 traits were very low, raising concerns about the feasibility of the entire project. Consequently, we decided to terminate data collection in Germany and withdraw the preregistration. Instead, we shifted to recruiting participants from the United States who answered "yes" to the question, "Are you currently diagnosed with a mental health condition?" This approach successfully yielded higher mean scores and greater variability on the PID-5 traits. Too few participants in Germany on Prolific met this criterion.

Additional Demographic Information – Study 1

Thirty-nine percent were married, 32% single, 19% in a permanent partnership, 11% divorced, and 1% widowed. Forty-one percent held a bachelor's degree, 29% a high school diploma, 17% a master's degree, 10% a trade school certificate, 2% a PhD, 1% no education degree, and less than 1% a medical doctor.

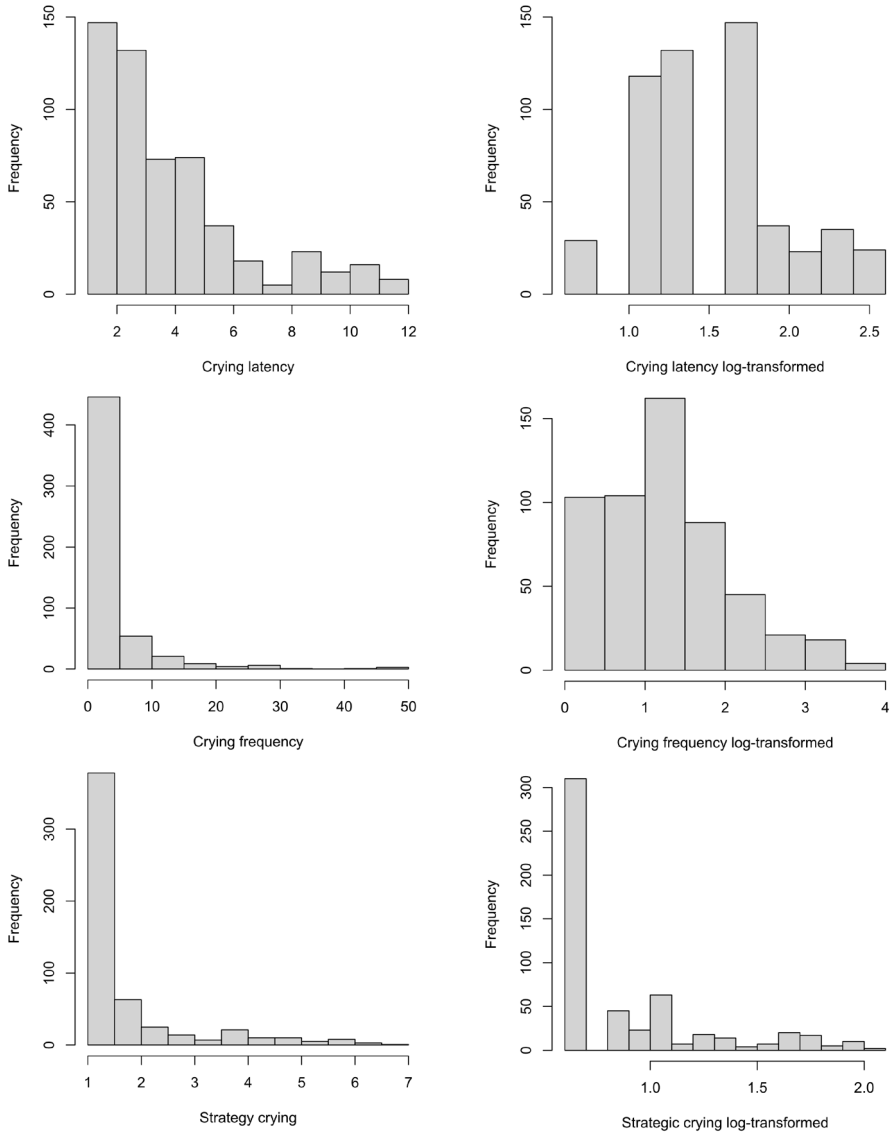
Additional Information on the Last Crying Episode – Study 1

Crying episodes lasted $M = 9.77$ minutes on average ($SD = 11.10$), and intensity was $M = 3.42$ ($SD = 1.77$). In 87% of the cases, participants cried at home, in 7% of the cases in public space, in 3% of the cases at work, and in 3% of the cases elsewhere. In 84% of the cases, participants could remember the reason that triggered crying.

Please note that we used robust regressions due to the skewed distributions of antagonism, disinhibition, and psychoticism. Additionally, we applied a natural logarithm transformation to crying latency, crying frequency, and strategic crying to reduce skewness in the criterion variable (see Figure S1). Variance inflation factors were well below 5 (negative affectivity = 1.47, detachment = 1.37, antagonism = 1.54, disinhibition = 2.93, psychoticism = 1.96)

Figure S1

Distributions of Crying Latency, Crying Frequency and Strategic Crying When Log-transformed or not – Study 1



Note. Crying latency: "When was the last time you cried?", response: 12 multiple choice options (1 = *today*, 12 = *I have never cried in the last 5 years*); crying frequency: "How often have you cried during the last 4 weeks?", open-ended response; strategic crying: e.g., "I sometimes shed tears, perhaps to turn a situation in my favor", response: Likert scale from 1 (*never*) to 7 (*often*).

Table S1

Regression Model Predicting Log-Transformed Crying Latency by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	1.62	1.47 – 1.77	<.001
Negative affectivity	-0.10	-0.14 – -0.06	<.001
Detachment	-0.04	-0.08 – -0.00	.035
Antagonism	0.09	0.05 – 0.14	<.001
Disinhibition	0.01	-0.05 – 0.07	.832
Psychoticism	-0.03	-0.09 – 0.02	.190

Note. R^2/R^2 adjusted = .09/.09 (obtained with lm command in R).

Table S2

Regression Model Predicting Log-Transformed Crying Frequency by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	0.44	0.23 – 0.66	<.001
Negative affectivity	0.19	0.13 – 0.25	<.001
Detachment	0.04	-0.01 – 0.10	.146
Antagonism	-0.13	-0.20 – -0.06	<.001
Disinhibition	0.03	-0.05 – 0.12	.443
Psychoticism	0.05	-0.03 – 0.12	.218

Note. R^2/R^2 adjusted = .13/.12 (obtained with lm command in R).

Table S3

Regression Model Predicting Crying Proneness Positive by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	3.03	2.55 – 3.51	<.001
Negative affectivity	0.27	0.14 – 0.40	<.001
Detachment	-0.22	-0.35 – -0.10	<.001
Antagonism	-0.00	-0.16 – 0.16	.977
Disinhibition	0.11	-0.08 – 0.30	.275
Psychoticism	0.04	-0.12 – 0.21	.617

Note. R^2/R^2 adjusted = .05/.04 (obtained with lm command in R).

Table S4

Regression Model Predicting Crying Proneness Negative by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	3.72	3.32 – 4.11	<.001
Negative affectivity	0.56	0.45 – 0.67	<.001
Detachment	-0.18	-0.28 – -0.08	.001
Antagonism	-0.13	-0.26 – -0.00	.050
Disinhibition	0.01	-0.15 – 0.16	.936
Psychoticism	0.01	-0.12 – 0.15	.847

Note. R^2/R^2 adjusted = .20/.09 (obtained with lm command in R).

Table S5

Regression Model Predicting Affect Improvement by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	6.15	5.68 – 6.62	<.001
Negative affectivity	-0.06	-0.19 – 0.07	.344
Detachment	-0.25	-0.37 – -0.12	<.001
Antagonism	-0.01	-0.17 – 0.14	.876
Disinhibition	0.11	-0.08 – 0.30	.241
Psychoticism	-0.04	-0.20 – 0.12	.614

Note. R^2/R^2 adjusted = .04/.03 (obtained with lm command in R).

Table S6

Regression Model Predicting Log-Transformed Strategic Crying by the PID-5 Traits – Study 1

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	-0.40	-0.51 – -0.29	<.001
Negative affectivity	0.06	0.03 – 0.09	<.001
Detachment	-0.03	-0.06 – -0.01	.017
Antagonism	0.22	0.18 – 0.26	<.001
Disinhibition	-0.03	-0.07 – 0.01	.171
Psychoticism	0.10	0.06 – 0.13	<.001

Note. R^2/R^2 adjusted = .39/.39 (obtained with lm command in R).

Table S7

Correlations Between *PID-5 Traits and Feeling Close to Present Person When Crying – Study 1*

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
Feeling Close	-.09	-.20	-.10	-.19	-.10

Table S8

Comparisons of the PID-5 Traits When Participants Cried Alone or in the Presence of Others – Study 1

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
No person present (n=325)	3.36 (1.37)	3.30 (1.48)	2.09 (1.19)	2.60 (1.23)	2.41 (1.31)
Person present (n=220)	3.66 (1.43)	2.85 (1.35)	2.19 (1.22)	2.55 (1.25)	2.49 (1.28)
Test statistic	t(456.66) = -2.40, p = .017, d = -0.21	t(496.83) = 3.63, p < .001, d = 0.31	t(461.91) = -0.96, p = .339, d = -0.08	t(466.02) = 0.46, p = .647, d = 0.04	t(479.12) = -0.65, p =.513, d = -0.06

Table S9

Comparisons of the PID-5 Traits When Participants Received Support or Did not Receive Support – Study 1

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
Support yes (n = 160)	3.68 (1.40)	2.79 (1.30)	2.15 (1.17)	2.57 (1.27)	2.51 (1.29)
Support no (n = 60)	3.60 (1.50)	3.02 (1.48)	2.30 (1.34)	2.52 (1.20)	2.44 (1.25)
Test statistic	t(99.86) = 0.33, p = .740, d = 0.05	t(95.28) = -1.03, p = .306, d = -0.17	t(94.98) = -0.74, p = .463, d = -0.12	t(111.76) = 0.25, p = .807, d = 0.04	t(108.75) = 0.32, p = .751, d = 0.05

Supplemental Material – Study 2

Additional Demographic Information – Study 2

Thirty-nine percent were married, 31% single, 19% in a permanent partnership, 11% divorced, and 2% widowed. Thirty-six percent held a bachelor's degree, 32% a high school diploma, 20% a master's degree, 9% a trade school certificate, 2% a PhD, 1% no education degree, and less than 1% a medical doctor. Nine percent of the participants identified as Hispanic or Latinx. Participants reported the following racial identities (multiple responses were possible): Native North American or Alaska Native (2%), Asian (4%), Black or African American (16%), Native Hawaiian or Other Pacific Islander (0.2%), White (80%), and Other (4%).

Reliability Estimates for the ten Emotion Regulation Strategies of the PMERQ

Confront Unpleasant Situations (ω = .87), Avoid Unpleasant Situations (ω = .87), Resolve Conflicts (ω = .88), Avoid Conflicts (ω = .90), Focus Elsewhere (ω = .80), Cognitively Distract (ω = .90), Consider Benefits (ω = .90), Reduce Importance (ω = .73), Support by Emotion Sharing (ω =.77), and Expressive Suppression (ω = .71).

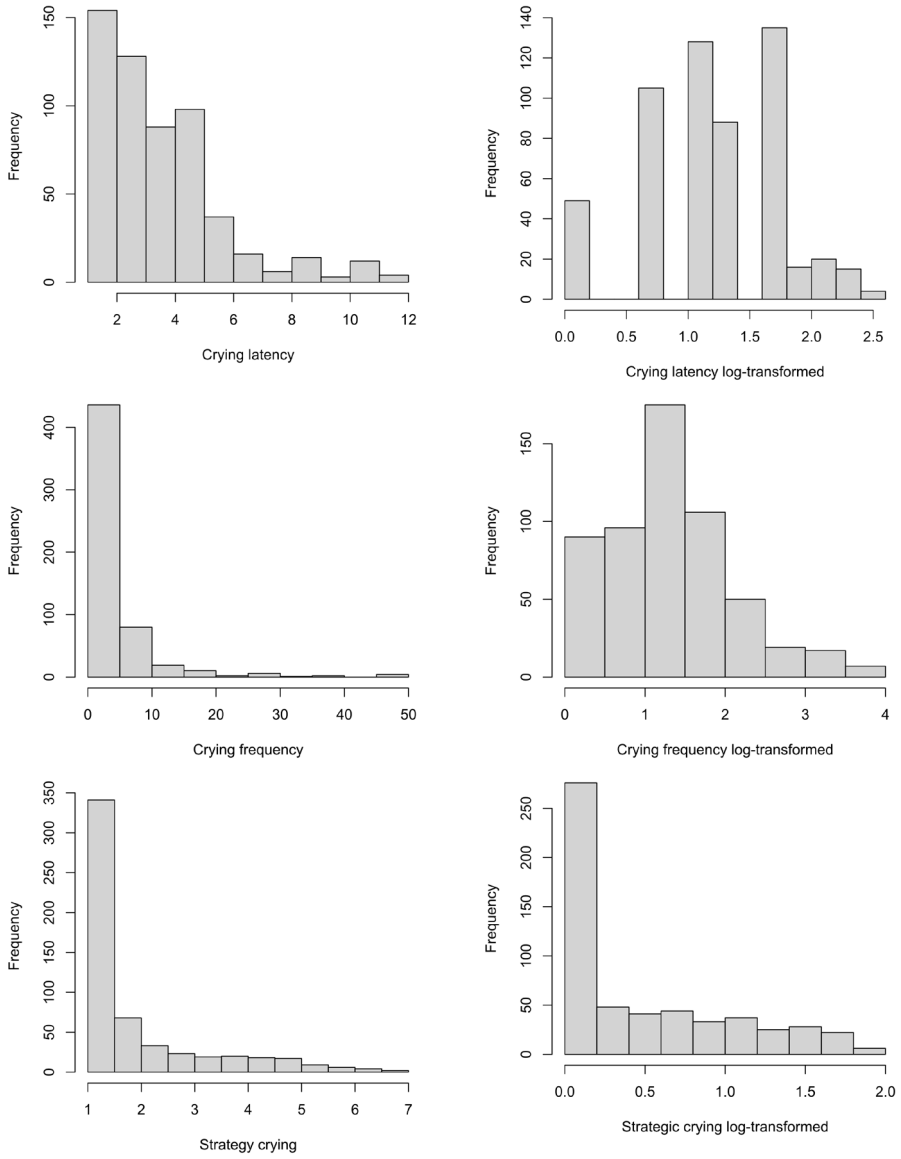
Additional Information on the Last Crying Episode – Study 2

Crying Episodes lasted $M = 9.37$ minutes on average ($SD = 9.76$), and intensity was $M = 3.51$ ($SD = 1.78$). In 88% of the cases, participants cried at home, in 4% of the cases in public space, in 4% of the cases at work, and in 4% of the cases elsewhere. In 88% of the cases, participants could remember the reason that triggered crying.

Please note that we used robust regressions due to the skewed distributions of antagonism, disinhibition, and psychoticism. Additionally, we applied a natural logarithm transformation to crying latency, crying frequency, and strategic crying to reduce skewness in the criterion variable (see Figure S2). Variance inflation factors were well below 5 (negative affectivity = 1.76, detachment = 1.41, antagonism = 1.48, disinhibition = 2.05, psychoticism = 2.17)

Figure S2

Distributions of Crying Latency, Crying Frequency and Strategic Crying When Log-transformed or not – Study 2



Note. Crying latency: "When was the last time you cried?", response: 12 multiple choice options (1 = *today*, 12 = *I have never cried in the last 5 years*); crying frequency: "How often have you cried during the last 4 weeks?", open-ended response; strategic crying: e.g., "I sometimes shed tears, perhaps to turn a situation in my favor", response: Likert scale from 1 (*never*) to 7 (*often*).

Table S10

Regression Model Predicting Log-Transformed Crying Latency by the PID-5 Traits – Study 2

	Crying latency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	1.67	1.52 – 1.83	<.001
Negative affectivity	-0.12	-0.16 – -0.07	<.001
Detachment	0.00	-0.04 – 0.04	.959
Antagonism	0.06	0.02 – 0.11	.004
Disinhibition	-0.04	-0.09 – 0.02	.173
Psychoticism	-0.02	-0.07 – 0.04	.544

Note. R^2/R^2 adjusted = 0.20/0.09 (obtained with lm command in R)**.**

Table S11

Regression Model Predicting Log-Transformed Crying Frequency by the PID-5 Traits – Study 2

	Crying frequency log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	0.49	0.26 – 0.72	< .001
Negative affectivity	0.21	0.14 – 0.28	< .001
Detachment	-0.04	-0.10 – 0.02	.159
Antagonism	-0.05	-0.12 – 0.01	.102
Disinhibition	0.01	-0.07 – 0.09	.752
Psychoticism	0.06	-0.02 – 0.14	.117

Note. R^2/R^2 adjusted = .12/.11 (obtained with lm command in R).

Table S12

Regression Model Predicting Crying Proneness Positive by the PID-5 Traits – Study 2

	Crying proneness positive		
Predictors	Estimates	CI	*p*
(Intercept)	3.20	2.73 – 3.68	<.001
Negative affectivity	0.12	-0.02 – 0.25	.104
Detachment	-0.19	-0.32 – -0.07	.003
Antagonism	0.01	-0.13 – 0.15	.880
Disinhibition	0.07	-0.09 – 0.24	.391
Psychoticism	0.20	0.04 – 0.36	.016

Note. R^2/R^2 adjusted = .05/.04 (obtained with lm command in R).

Table S13

Regression Model Predicting Crying Proneness Negative by the PID-5 Traits – Study 2

	Crying proneness negative		
Predictors	Estimates	CI	*p*
(Intercept)	4.02	3.62 – 4.41	<.001
Negative affectivity	0.53	0.42 – 0.64	<.001
Detachment	-0.20	-0.30 – -0.10	<.001
Antagonism	-0.03	-0.14 – 0.08	.617
Disinhibition	-0.09	-0.23 – 0.04	.180
Psychoticism	0.02	-0.11 – 0.15	.731

Note. R^2/R^2 adjusted = .15/.14 (obtained with lm command in R).

Table S14

Regression Model Predicting Affect Improvement by the PID-5 Traits – Study 2

	Affect improvement		
Predictors	Estimates	CI	p
(Intercept)	6.15	5.64 – 6.67	<.001
Negative affectivity	-0.20	-0.34 – -0.05	.010
Detachment	-0.24	-0.38 – -0.11	<.001
Antagonism	0.31	0.16 – 0.45	<.001
Disinhibition	-0.02	-0.19 – 0.16	.864
Psychoticism	0.13	-0.04 – 0.30	.142

Note. R^2/R^2 adjusted = .07/.06 (obtained with lm command in R).

Table S15

Regression Model Predicting Log-Transformed Strategic Crying by the PID-5 Traits – Study 2

	Strategic crying log-transformed		
Predictors	Estimates	CI	*p*
(Intercept)	-0.34	-0.46 – -0.22	<.001
Negative affectivity	0.05	0.01 – 0.08	.012
Detachment	-0.05	-0.08 – -0.02	.002
Antagonism	0.29	0.26 – 0.33	<.001
Disinhibition	-0.01	-0.05 – 0.03	.625
Psychoticism	0.03	-0.01 – 0.08	.094

Note. R^2/R^2 adjusted = .43/.43 (obtained with lm command in R).

Table S16

Correlations Between PID-5 Traits and Feeling Close to Present Person When Crying – Study 2

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
Feeling Close	-0.06	-0.16	-0.02	-0.09	-0.03

Table S17

Comparisons of the PID-5 Traits When Participants Cried Alone or in the Presence of Others – Study 2

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
No person present (n = 318)	3.81 (1.31)	3.39 (1.33)	2.44 (1.30)	2.99 (1.25)	2.97 (1.30)
Person present (n = 242)	3.71 (1.39)	2.90 (1.25)	2.31 (1.19)	2.70 (1.16)	2.87 (1.30)
Test statistic	t(501.72) = 0.86, p = .390, d = 0.07	t(534.30) = 4.49, p < .001, d = 0.38	t(539.75) = 1.21, p = .227, d = 0.10	t(536.67) = 2.88, p = .004, d = 0.24	t(520.11) = 0.90, p = .368, d = 0.08

Table S18

Comparisons of the PID-5 Traits When Participants Received Support or Did not Receive Support – Study 2

	Negative affectivity	Detachment	Antagonism	Disinhibition	Psychoticism
Support yes (n = 189)	3.63 (1.36)	2.79 (1.20)	2.37 (1.19)	2.65 (1.15)	2.87 (1.25)
Support no (n = 53)	3.99 (1.49)	3.29 (1.37)	2.08 (1.16)	2.85 (1.21)	2.88 (1.46)
Test statistic	t(77.82) = -1.59, p = .117, d = -0.26	t(75.52) = -2.44, p = .017, d = -0.41	t(85.33) = 1.60, p = .114, d = 0.24	t(80.19) = -1.07, p = .287, d = -0.17	t(74.89) = -0.03, p = .976, d = 0.01

Table S19

Correlations Between Crying Variables and Additional PID-5 Facets – Study 2

	Attention Seeking	Callousness	Depressively	Hostility	Perseveration	Restricted Affectivity	Rigid Perfectionism	Risk Taking	Submissiveness	Suspiciousness
Crying latency	-.09	.02	-.17	-.17	-.18	.28	-.12	-.08	-.10	-.15
Crying frequency	.03	-.01	.19	.16	.17	-.18	.08	.04	.12	.16
Crying proneness (positive)	.14	.02	-.02	.08	.08	-.19	.10	.06	.13	.10
Crying proneness (negative)	.10	-.03	.02	.10	.11	-.30	.16	.12	.05	.17
Affect improvement	.14	.05	-.20	-.07	-.10	.07	.05	.12	-.02	.00
Strategic crying	.47	.46	.14	.29	.21	.09	.28	.51	.24	.40
Support when crying	.24	.03	-.20	-.01	-.14	-.14	.03	.14	.01	.01
Shame when crying	.09	.16	.18	.17	.17	.25	.19	.17	.14	.22

Table S20

Regression Model Predicting Crying Frequency by Depressivity – Study 2

	Crying Proneness Negative		
Predictors	Estimates	CI	*p*
(Intercept)	0.89	0.61 – 1.17	<.001
Depressivity	0.16	-0.03 – 0.36	.106
Depressivity* Depressivity	-0.01	-0.04 – 0.02	.473

Note. R^2/R^2 *adjusted* = .03/.03 (obtained with lm command in R).

Table S21

Correlations Between PID-5 and PMERQ – Study 2

	Confront Unpleasant Situations	Avoid Unpleasant Situations	Resolve Conflicts	Avoid Conflicts	Focus Elsewhere	Cognitively Distract	Consider Benefits	Reduce Importance	Support by Emotion Sharing	Expressive Suppression
Negative affectivity	-.05	.30	.04	.14	.05	.24	-.07	.09	.14	.12
Detachment	-.13	.19	-.17	.00	-.14	.04	-.24	-.04	-.25	.22
Antagonism	.25	.01	.01	.14	.22	.13	.11	.17	.16	.20
Disinhibition	-.08	.18	-.08	.11	.05	.21	-.07	.06	-.02	.22
Psychoticism	.11	.18	.04	.15	.11	.22	.06	.19	.10	.22

Table S22

Correlations Between Crying Variables and PMERQ – Study 2

	Confront Unpleasant Situations	Avoid Unpleasant Situations	Resolve Conflicts	Avoid Conflicts	Focus Elsewhere	Cognitively Distract	Consider Benefits	Reduce Importance	Support by Emotion Sharing	Expressive Suppression
Crying latency	.01	-.03	-.02	-.01	.01	-.05	.03	.03	-.11	.05
Crying frequency	-.06	.01	-.03	-.02	-.09	-.03	-.08	-.04	.02	-.06
Crying proneness (positive)	-.03	.02	-.01	.02	.03	.07	.04	.04	.13	-.02
Crying proneness (negative)	.03	.10	.09	.09	.11	.15	.03	.08	.20	-.07
Affect improvement	.11	.03	.13	.10	.19	.11	.20	.13	.10	.10
Strategic crying	.25	.03	.06	.20	.24	.14	.14	.21	.25	.16
Support when crying	.14	.01	.13	.12	.22	.10	.15	.15	.28	-.05
Shame when crying	-.02	.18	.06	.18	.14	.22	.03	.09	-.01	.27