Table S1

*Description and coding of the predictors*

|  |
| --- |
| Control variables  |
| Gender (Level 2 1) | * Gender effects
 | * Coded with 0 in women
* Coded with 1 in men
* Grand mean centered (in the total sample) a
 |
| Linear age (Level 1) | * Linear age effects
 | * Age (divided by 10 b)
* Grand mean centered (in the total sample) a
 |
| Quadratic age (Level 1) | * Quadratic age effects
 | * Linear age variable 2
 |
| Cubic age (Level 1) | * Cubic age effects
 | * Linear age variable 3
 |
| Testing (Level 1) | * Effects due to repeated well-being assessments
 | * Coded with the number of previous assessments of the respective indicator of subjective well-being (i.e., with 0 for the first, 1 for the second, and 2 for the third assessment, etc.)
* Grand mean centered (in the total sample)
 |
| Analyses regarding well-being differences between leaders and non-leaders in the total sample |
| Selection and post-transition difference (Level 1) | * Well-being differences between non-leaders and individuals who became leaders *after* the respective well-being assessment (selection effects, category 1 vs. 0)
* Well-being differences between non-leaders and individuals who became leaders *before* the respective well-being assessment (post-transition difference effects, category 2 vs. 0)
 | * Coded with 0 in non-leaders
* Coded with 1 for well-being assessments in the years *before* becoming a leader (in leaders)
* Coded with 2 for well-being assessments in the years *after* becoming a leader (in leaders)
 |
| Analyses regarding well-being changes before and after becoming a leader in leaders only |
| Anticipation (Level 1) | * Linear well-being changes in the five years before becoming a leader
 | * Coded with -1 for well-being assessments one year before becoming a leader
* Coded with -2 for well-being assessments two years before becoming a leader
* Coded with -3 for well-being assessments three years before becoming a leader
* Coded with -4 for well-being assessments four years before becoming a leader
* Coded with -5 for well-being assessments five years before becoming a leader
* Coded with 0 for all other well-being assessments
 |
| Socialization (Level 1) | * Linear well-being changes in the five years after becoming a leader
 | * Coded with 1 for well-being assessments one year after becoming a leader
* Coded with 2 for well-being assessments two years after becoming a leader
* Coded with 3 for well-being assessments three years after becoming a leader
* Coded with 4 for well-being assessments four years after becoming a leader
* Coded with 5 for well-being assessments five years after becoming a leader
* Coded with 0 for all other well-being assessments
 |
| Short-term (Level 1) | * Short-term well-being differences in the first year of being a leader vs. all other years
 | * Coded with 1 for well-being assessments in the first year of being a leader
* Coded with 0 for all other well-being assessments
 |
| Long-term (Level 1) | * Long-term well-being differences more than one year after becoming a leader vs. before
 | * Coded with 1 for well-being assessments more than one year after becoming a leader

Coded with 0 for all other well-being assessments |

*Note:* a The gender, linear age, and testing variable were centered, so that the intercept in each model refers to an “average” person with an “average” gender, age, and number of previous well-being assessments. The linear age variable was divided by 10 to ensure that the linear, quadratic, and cubic age effects would be large enough to be displayed rounded. The outcome variables (life satisfaction, happiness, sadness, fear, and anger, respectively) were standardized in the analyses.

Table S2

*Number of leaders (N=1,426) and non-leaders (N=24,248) who provided information on subjective well-being between 2007 and 2018 (N=25,674)*

|  |
| --- |
| Life satisfaction |
|  | Year of assessment | Number of assessments |
|  | Total | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |  |  |
| Sample  | N | N | N | N | N | N | N | N | N | N | N | N | N | M | SD |
| Total (N=25,674) | 25,672 | 11,815 | 11,343 | 11,045 | 14,791 | 16,052 | 16,743 | 18,688 | 17,178 | 16,921 | 15,437 | 14,413 | 12,967 | 6.91 | 3.33 |
| Non-leaders (N=24,248) | 24,246 | 11,036 | 10,563 | 10,254 | 13,742 | 14,926 | 15,611 | 17,499 | 16,085 | 15,852 | 14,465 | 13,508 | 12,147 | 6.83 | 3.33 |
| Leaders (N=1,426) | 1,426 | 779 | 780 | 791 | 1,049 | 1,126 | 1,132 | 1,189 | 1,093 | 1,069 | 972 | 905 | 820 | 8.21 | 3.11 |
|  Transition in 2007 (N=200) | 200 | 200 | 182 | 175 | 163 | 154 | 128 | 120 | 115 | 106 | 101 | 94 | 88 | 8.13 | 3.97 |
|  Transition in 2008 (N=36) | 36 | 35 | 36 | 34 | 31 | 29 | 25 | 25 | 25 | 23 | 20 | 18 | 13 | 8.72 | 3.55 |
|  Transition in 2009 (N=127) | 127 | 120 | 125 | 127 | 113 | 103 | 95 | 89 | 86 | 77 | 69 | 57 | 60 | 8.83 | 3.46 |
|  Transition in 2010 (N=35) | 35 | 28 | 30 | 35 | 35 | 28 | 24 | 20 | 16 | 15 | 15 | 12 | 11 | 7.69 | 3.64 |
|  Transition in 2011 (N=161) | 161 | 136 | 137 | 139 | 154 | 161 | 132 | 121 | 107 | 102 | 94 | 87 | 82 | 9.02 | 3.06 |
|  Transition in 2012 (N=147) | 147 | 27 | 30 | 30 | 116 | 137 | 147 | 129 | 102 | 102 | 92 | 87 | 81 | 7.35 | 2.87 |
|  Transition in 2013 (N=237) | 237 | 82 | 82 | 85 | 162 | 191 | 217 | 237 | 197 | 184 | 166 | 147 | 135 | 7.95 | 2.74 |
|  Transition in 2014 (N=44) | 44 | 12 | 14 | 14 | 26 | 32 | 40 | 43 | 43 | 31 | 26 | 25 | 24 | 7.50 | 2.64 |
|  Transition in 2015 (N=215) | 215 | 77 | 82 | 86 | 138 | 156 | 173 | 209 | 205 | 215 | 178 | 160 | 150 | 8.51 | 2.67 |
|  Transition in 2016 (N=50) | 50 | 13 | 12 | 14 | 25 | 29 | 36 | 47 | 48 | 48 | 50 | 44 | 39 | 8.10 | 2.22 |
|  Transition in 2017 (N=174) | 174 | 49 | 50 | 52 | 86 | 106 | 115 | 149 | 149 | 166 | 161 | 174 | 137 | 8.01 | 2.79 |
|  | Affect |
|  | Year of assessment | Number of assessments |
|  | Total | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |  |  |
| Sample  | N | N | N | N | N | N | N | N | N | N | N | N | N | M | SD |
| Total (N=25,674) | 25,212 | 11,821 | 11,340 | 11,062 | 10,346 | 11,627 | 11,809 | 16,656 | 17,216 | 16,393 | 15,489 | 14,422 | 12,987 | 6.39 | 3.51 |
| Non-leaders (N=24,248) | 23,801 | 11,042 | 10,559 | 10,270 | 9,592 | 10,802 | 11,006 | 15,533 | 16,118 | 15,332 | 14,515 | 13,515 | 12,167 | 6.32 | 3.50 |
| Leaders (N=1,426) | 1,411 | 779 | 781 | 792 | 754 | 825 | 803 | 1,123 | 1,098 | 1,061 | 974 | 907 | 820 | 7.60 | 3.47 |
|  Transition in 2007 (N=200) | 200 | 200 | 182 | 176 | 163 | 154 | 128 | 120 | 116 | 108 | 100 | 94 | 88 | 8.15 | 3.99 |
|  Transition in 2008 (N=36) | 36 | 35 | 36 | 34 | 31 | 29 | 25 | 25 | 25 | 23 | 20 | 18 | 13 | 8.72 | 3.55 |
|  Transition in 2009 (N=127) | 127 | 120 | 126 | 127 | 113 | 102 | 95 | 89 | 86 | 77 | 70 | 57 | 60 | 8.83 | 3.45 |
|  Transition in 2010 (N=35) | 35 | 28 | 30 | 35 | 35 | 28 | 24 | 20 | 16 | 15 | 15 | 12 | 11 | 7.69 | 3.64 |
|  Transition in 2011 (N=161) | 157 | 135 | 137 | 139 | 134 | 141 | 117 | 121 | 107 | 102 | 95 | 87 | 82 | 8.90 | 3.18 |
|  Transition in 2012 (N=147) | 136 | 27 | 30 | 30 | 27 | 32 | 34 | 128 | 103 | 103 | 92 | 88 | 81 | 5.70 | 3.29 |
|  Transition in 2013 (N=237) | 237 | 82 | 82 | 85 | 87 | 131 | 140 | 237 | 199 | 184 | 166 | 147 | 136 | 7.07 | 3.23 |
|  Transition in 2014 (N=44) | 44 | 13 | 14 | 14 | 13 | 20 | 23 | 41 | 44 | 31 | 26 | 25 | 24 | 6.55 | 3.17 |
|  Transition in 2015 (N=215) | 215 | 77 | 82 | 86 | 85 | 107 | 119 | 185 | 205 | 215 | 179 | 161 | 150 | 7.68 | 3.18 |
|  Transition in 2016 (N=50) | 50 | 13 | 12 | 14 | 14 | 17 | 23 | 36 | 48 | 48 | 49 | 44 | 38 | 7.12 | 2.52 |
|  Transition in 2017 (N=174) | 174 | 49 | 50 | 52 | 52 | 64 | 75 | 121 | 149 | 155 | 162 | 174 | 137 | 7.13 | 3.20 |

*Note.* M=Mean. SD=Standard Deviation.

Table S3

*Number of observations per cell of the transition-related predictors*

|  |  |  |
| --- | --- | --- |
|  | Life satisfaction | Affect |
| Total sample (leaders and non-leaders)  | N | N |
| Selection/post-transition difference |  |  |
| 0 | 165,688 | 150,451 |
| 1 | 4,760 | 3,910 |
| 2 | 6,945 | 6,807 |
|  |  |  |
| Leaders only | N | N |
| Anticipation |  |  |
| 0 | 5,671 | 5,530 |
| -1 | 1,160 | 958 |
| -2 | 1,059 | 858 |
| -3 | 758 | 606 |
| -4 | 618 | 514 |
| -5 | 405 | 300 |
| Socialization |  |  |
| 0 | 5,425 | 4,528 |
| 1 | 1,205 | 1,192 |
| 2 | 965 | 966 |
| 3 | 857 | 858 |
| 4 | 649 | 649 |
| 5 | 570 | 573 |
| Short-term |  |  |
| 0 | 8,246 | 7,474 |
| 1 | 1,425 | 1,292 |
| Long-term |  |  |
| 0 | 5,425 | 4,528 |
| 1 | 4,246 | 4,238 |

Table S4

*Correlations between life satisfaction, happiness, sadness, fear, and anger across all waves*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Life satisfaction | Happiness | Sadness | Fear |
| Total sample (leaders and non-leaders; N=25,674) | r | r | r | r |
| Life satisfaction | 1 |  |  |  |
| Happiness | 0.48 | 1.00 |  |  |
| Sadness | -0.38 | -0.32 | 1.00 |  |
| Fear | -0.32 | -0.24 | 0.49 | 1.00 |
| Anger | -0.31 | -0.23 | 0.39 | 0.34 |
| Leaders only (N=1,426) | r | r | r | r |
| Life satisfaction | 1.00 |  |  |  |
| Happiness | 0.49 | 1.00 |  |  |
| Sadness | -0.41 | -0.34 | 1.00 |  |
| Fear | -0.35 | -0.25 | 0.48 | 1.00 |
| Anger | -0.34 | -0.28 | 0.38 | 0.34 |