**Supplementary Digital Content 1:** RedCap Intervention

All participants will be sent every other day through Redcap writing prompts regarding past life event examples provided below

* + 1. Tell me about your earliest memory as a child? Tell who was there, what were you doing, what was happening around you?
    2. Tell me about grade-school. What was your favorite subject? Who was your favorite teacher?
    3. Tell me about a favorite memory or time in grade-school that you enjoyed?
    4. Tell me about your friendships in school? Who was your best friend? Tell me about a favorite time with your best friend or friend?
    5. Who was the most significant person in your life when you were a child? Why? How did he/she support you? Describe this person.
    6. Please provide a favorite memory about the most significant person in your life when you were a child.
    7. Tell me about your childhood neighborhood? Where did you live, tell me about your home? Tell me about where you would play and your favorite things to do around the neighborhood?
    8. Were you active in any sport/art/music program as a child? If so, please tell me about this activity and about a favorite memory involving this activity. If not tell me about a favorite past time when you were a child.
    9. Tell me about a family pet as a child? What was his/her name? Tell me about a favorite memory with your pet.
    10. Tell me about a favorite place/s to go as a child? Where did you go, how often, what did you do when you were there? Tell me about a favorite memory at this place.
    11. Tell me about middle school/high school. Tell me about a significant memory in middle school/high school? Who was your favorite teacher and what was your favorite subject?
    12. Tell me about where you were living in middle school/high school? What was the neighborhood like? What was your favorite thing/s to do around the neighborhood?
    13. Tell me about your favorite friends in middle school/high school. Who was your best friend? Tell me about a favorite time with your best friend or friend?
    14. Who was the most significant person in your life when you were a teenager? Why? How did he/she support you? Describe this person.
    15. Tell me about your first car or driving experience? Were you a good driver, any stories about this?
    16. Please provide a favorite memory about the most significant person in your life when you were a teenager.
    17. Tell me about your first job? What were the job responsibilities? Tell me about a significant memory at your first job.
    18. Tell me about extra-curricular activities when you were a teenager? Were you involved in sports/art/theatre/music etc.? Tell me about a favorite memory involving this activity. If not, tell me about a favorite past time.
    19. Tell me about a favorite place/s to go as a teenager? Where did you go, how often, what did you do when you were there? Tell me about a favorite memory at this place.
    20. Tell me about your early adulthood? Where were you living? What was your job?
    21. Tell me about a significant memory in early adulthood. A transition period in your life or a memory that stands out during this time.
    22. Tell me about your friend-ships and family in early adulthood? Tell me about these people, how often you saw them, and how they are important to you.
    23. Who was the most significant person in your life when you were a young adult? Why? How did he/she support you? Describe this person.
    24. Please provide a favorite memory about the most significant person in your life as a young adult.
    25. What was a favorite past time (reading, writing, music, sports, art, etc.) in early adulthood. Tell me about this past time. Provide a significant memory involving this activity.
    26. Tell me about your significant other (long term relationship, life partner, or spouse). When and how did you meet? Describe this person.
    27. Tell me about your wedding day or a significant day in the relationship with your significant other (long term relationship, life partner, or spouse).
    28. What was your most significant job/favorite job (including working at home)? Tell me about your responsibilities. Tell me about a favorite time at this job?
    29. Tell me about a time you were awarded or given praise at your job. What was the award or praise about? How was it presented? How did this make you feel.
    30. Tell me about your child/children or a special child in your life in early or middle adulthood. What are their names, ages, describe the child/children.
    31. Tell me about a few special memories with your child/children or a special child in your life.
    32. Tell me about your middle adulthood? Where were you living? What was your job? Tell me about a significant memory during this time.
    33. Tell me about your friendships and family in middle adulthood? Who was the most significant person in your life at this time? Why? How did he/she support you? Please describe this person.
    34. Please provide a favorite memory about the most significant person in your life in middle adulthood.
    35. What was a favorite past time/interest (reading, writing, music, sports, art, volunteering, church, social group, etc.) in middle adulthood. Tell me about this past time. Provide a significant memory involving this activity.
    36. What type of music do you like to listen to? Tell me about your favorite song. If possible tell me about a special memory involving your favorite music/song.
    37. What is your favorite television show/s? Tell me about this show/s and why you like it so much.
    38. Tell me about your dislikes (food, activity, specific to you). Have you always disliked these, why?
    39. What is your favorite topic/s to talk about? Tell me about this topic/s and why you like it so much.
    40. What helps you to relax or wind down? Tell me about this technique/option and why it helps you relax.