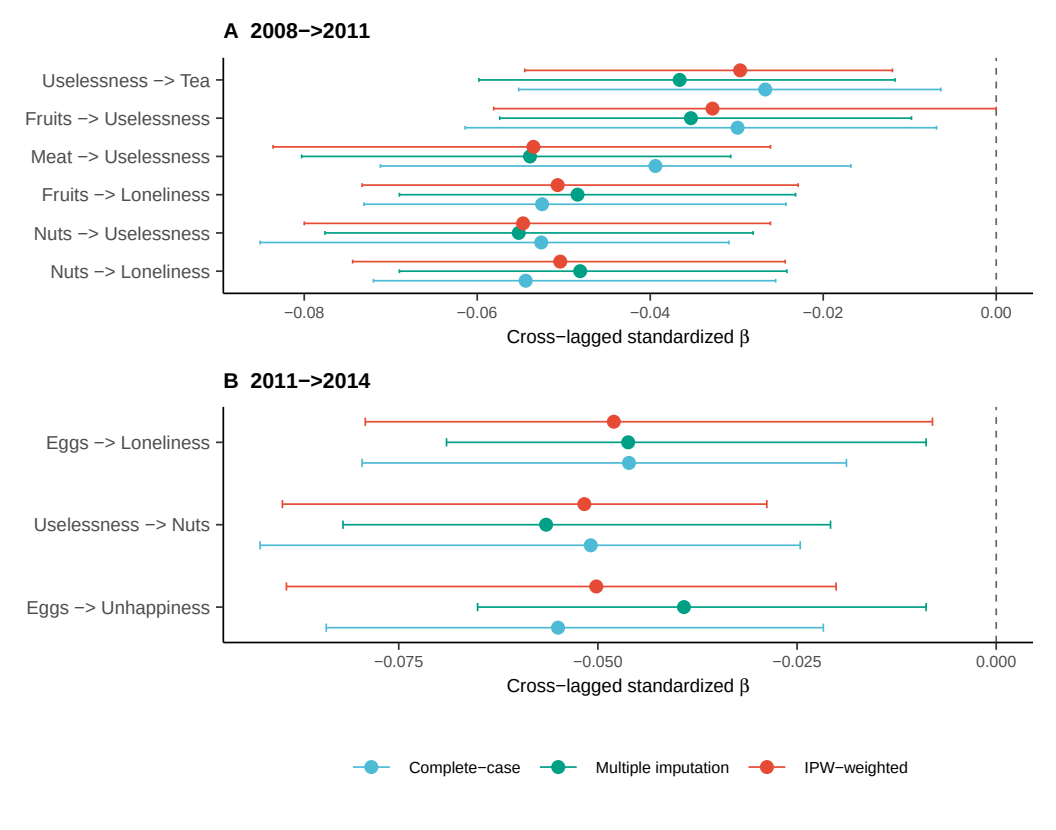

A 2008−>2011
Uselessness −> Tea
Fruits −> Uselessness
Meat −> Uselessness
Fruits −> Loneliness
Nuts −> Uselessness
Nuts −> Loneliness
−0.08
−0.06
−0.04
−0.02
0.00
Cross−lagged standardized β
B 2011−>2014
Eggs −> Loneliness
Uselessness −> Nuts
Eggs −> Unhappiness
−0.075
−0.050
−0.025
0.000
Cross−lagged standardized β
Complete−case
Multiple imputation
IPW−weighted