

Supplemental Material

Table S1. Confirmatory factor analysis (CFA) model fit indices

Scale	Chi-square	df	CFI	RMSEA	RMSEA 90% CI	SRMR
GAD-7	84.58	9	0.98	0.08	0.06–0.11	0.02
PHQ-9	342.43	27	0.93	0.10	0.09–0.11	0.05
WHO-5	89.42	5	0.97	0.12	0.10–0.15	0.03
SWLS	34.20	5	0.99	0.07	0.05–0.10	0.02

CFI: Comparative Fit Index. RMSEA: Root Mean Square Error of Approximation. SRMR: Standardized Root Mean Square Residual.

Table S2. Structural models - full sample (standardized coefficients)

Outcome	Predictor	β (std)	SE	p	95% CI low	95% CI high
GAD-7	First-order model					
	Age (centered)	-0.151	0.029	< 0.001	-0.207	-0.095
	Classic (only/+) vs Non-users/Non-classic	0.093	0.038	0.014	0.019	0.167
	Classic-only vs Classic+	-0.001	0.031	0.975	-0.063	0.061
	Non-classic-only vs Non-users	0.038	0.036	0.291	-0.032	0.107
	Second-order model					
	Age \times Classic (only/+) vs Non-users/Non-classic	-0.147	0.037	< 0.001	-0.219	-0.075
	Age \times Classic-only vs Classic+	-0.026	0.030	0.378	-0.085	0.032
	Age \times Non-classic-only vs Non-users	0.059	0.043	0.172	-0.026	0.143
	PHQ-9	First-order model				
Age (centered)		-0.222	0.028	< 0.001	-0.277	-0.166
Classic (only/+) vs Non-users/Non-classic		0.073	0.038	0.052	0.00	0.147
Classic-only vs Classic+		-0.040	0.033	0.229	-0.105	0.025
Non-classic only vs Non-users		0.048	0.033	0.145	-0.017	0.113
Second-order model						
Age \times Classic (only/+) vs Non-users/Non-classic		-0.089	0.037	0.017	-0.163	-0.016
Age \times Classic-only vs Classic+		-0.032	0.031	0.293	-0.092	0.028
Age \times Non-classic only vs Non-users		0.066	0.043	0.124	-0.018	0.150
SLWS		First-order model				
	Age (centered)	-0.021	0.031	0.509	-0.082	0.041
	Classic (only/+) vs Non-users/Non-classic	0.019	0.039	0.631	-0.058	0.095
	Classic-only vs Classic+	0.007	0.034	0.823	-0.058	0.073
	Non-classic only vs Non-users	-0.084	0.036	0.019	-0.155	-0.014
	Second-order model					
	Age \times Classic (only/+) vs Non-users/Non-classic	0.087	0.042	0.039	0.005	0.169
	Age \times Classic-only vs Classic+	0.035	0.034	0.300	-0.031	0.100
	Age \times Non-classic only vs Non-users	-0.048	0.049	0.328	-0.145	0.048
	WHO-5	First-order model				
Age (centered)		0.039	0.032	0.218	-0.023	0.102
Classic (only/+) vs Non-users/Non-classic		-0.045	0.038	0.233	-0.118	0.029
Classic-only vs Classic+		0.020	0.032	0.526	-0.043	0.084
Non-classic only vs Non-users		-0.051	0.035	0.144	-0.119	0.017
Second-order model						
Age \times Classic (only/+) vs Non-users/Non-classic		0.062	0.041	0.124	-0.017	0.142
Age \times Classic-only vs Classic+		0.063	0.032	0.051	0.000	0.127
Age \times Non-classic only vs Non-users		-0.019	0.048	0.686	-0.113	0.074

Table S3. Structural models - user-only subsample (standardized coefficients)

Outcome	Predictor	β (std)	SE	p	95% CI low	95% CI high
GAD-7	First-order model					
	Age (centered)	-0.048	0.042	0.252	-0.131	-0.034
	Classic (only/+) vs Non-classic-only	0.054	0.046	0.243	-0.037	0.145
	Classic-only vs Classic+	0.010	0.045	0.829	-0.078	0.098
	Second-order model					
	Age × Classic (only/+) vs Non-classic-only	-0.138	0.045	0.002	-0.225	-0.051
Age × Classic-only vs Classic+	0.044	0.045	0.329	-0.044	0.132	
PHQ-9	First-order model					
	Age (centered)	-0.176	0.040	<0.001	-0.255	-0.097
	Classic (only/+) vs Non-classic-only	0.025	0.043	0.554	-0.059	0.110
	Classic-only vs Classic+	0.057	0.046	0.211	-0.032	0.147
	Second-order model					
	Age × Classic (only/+) vs Non-classic-only	-0.093	0.044	0.035	-0.179	-0.006
Age × Classic-only vs Classic+	0.049	0.044	0.261	-0.036	0.134	
SWLS	First-order model					
	Age (centered)	-0.067	0.045	0.138	-0.154	0.021
	Classic (only/+) vs Non-classic-only	0.066	0.046	0.147	-0.023	0.156
	Classic-only vs Classic+	-0.014	0.046	0.759	-0.105	0.076
	Second-order model					
	Age × Classic (only/+) vs Non-classic-only	0.082	0.050	0.101	-0.016	0.180
Age × Classic-only vs Classic+	-0.054	0.048	0.258	-0.149	0.040	

Table S4. User-only models with additional covariates for each latent factor

Covariate (latent factor)	Predictor	β (std)	SE	p	95% CI low	95% CI high
Recency (GAD-7)	First-order model					
	Age (centered)	-0.105	0.074	0.156	-0.25	0.04
	Recency of last use (centered)	0.065	0.075	0.384	-0.082	0.213
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.138	0.045	0.002	-0.227	-0.049
	Age \times Classic Only vs Classic+	0.044	0.045	0.329	-0.044	0.132
Recency (PHQ-9)	First-order model					
	Age (centered)	-0.215	0.082	0.009	-0.377	-0.054
	Recency of last use (centered)	0.042	0.082	0.607	-0.118	0.202
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.097	0.043	0.024	-0.182	-0.013
	Age \times Classic Only vs Classic+	0.048	0.044	0.275	-0.038	0.134
Dose (GAD-7)	First-order model					
	Age (centered)	-0.047	0.047	0.319	-0.138	0.045
	Dose level (centered)	0.018	0.050	0.724	-0.08	0.115
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.148	0.046	0.001	-0.239	-0.057
	Age \times Classic Only vs Classic+	0.041	0.048	0.392	-0.053	0.136
Dose (PHQ-9)	First-order model					
	Age (centered)	-0.181	0.045	<0.001	-0.269	-0.094
	Dose level (centered)	0.103	0.056	0.066	-0.007	0.214
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.105	0.047	0.025	-0.196	-0.013
	Age \times Classic Only vs Classic+	0.042	0.047	0.366	-0.049	0.134
Cumulative lifetime use (GAD-7)	First-order model					
	Age (centered)	-0.037	0.046	0.422	-0.127	0.053
	Lifetime uses (centered)	-0.041	0.047	0.377	-0.133	0.05
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.144	0.045	0.001	-0.232	-0.057
	Age \times Classic Only vs Classic+	0.05	0.046	0.277	-0.04	0.14
Cumulative lifetime use (PHQ-9)	First-order model					
	Age (centered)	-0.174	0.042	<0.001	-0.256	-0.091
	Lifetime uses (centered)	-0.010	0.047	0.837	-0.101	0.082
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.096	0.044	0.031	-0.182	-0.009
	Age \times Classic Only vs Classic+	0.052	0.044	0.244	-0.035	0.138

Table S4. User-only models with additional covariates for each latent factor (continued)

Covariate (latent factor)	Predictor	β (std)	SE	p	95% CI low	95% CI high
Age at first use (GAD-7)	First-order model					
	Age (centered)	-0.046	0.042	0.281	-0.129	0.037
	Age at first use: 18–25 vs <18	-0.092	0.055	0.093	-0.198	0.015
	Age at first use: 26+ vs <18	-0.044	0.053	0.405	-0.147	0.060
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.139	0.045	0.002	-0.228	-0.051
	Age \times Classic Only vs Classic+	0.040	0.045	0.372	-0.048	0.127
Age at first use (PHQ-9)	First-order model					
	Age (centered)	-0.166	0.04	<0.001	-0.245	-0.087
	Age at first use: 18–25 vs <18	-0.091	0.055	0.097	-0.198	0.016
	Age at first use: 26+ vs <18	-0.079	0.054	0.146	-0.186	0.028
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.086	0.044	0.053	-0.172	0.001
	Age \times Classic Only vs Classic+	0.047	0.044	0.285	-0.039	0.132
Mystical experience (GAD-7)	First-order model					
	Age (centered)	-0.055	0.042	0.197	-0.138	0.028
	Mystical experience (Yes vs No)	-0.119	0.048	0.012	-0.213	-0.026
	Second-order model					
	Age \times Classic (only/+) vs Non-classic-only	-0.124	0.045	0.006	-0.213	-0.035
	Age \times Classic Only vs Classic+	0.062	0.046	0.178	-0.028	0.152
	Mystical experience (PHQ-9)	First-order model				
Age (centered)		-0.181	0.041	<0.001	-0.26	-0.101
Mystical experience (Yes vs No)		-0.071	0.049	0.147	-0.166	0.025
Second-order model						
Age \times Classic (only/+) vs Non-classic-only		-0.084	0.045	0.064	-0.173	0.005
Age \times Classic Only vs Classic+		0.059	0.044	0.178	-0.027	0.146

Table S5. Logistic regression models predicting mystical experience

Model	Predictor	OR	SE	p	95% CI low	95% CI high
Base model						
First-order model						
	Age (centered)	1.010	0.009	0.261	0.994	1.020
	Classic (only/+) vs Non-classic-only	1.560	0.087	< 0.001	1.32	1.84
	Classic only vs Classic+	0.746	0.119	0.009	0.598	0.929
Second-order model						
	Age × Classic (only/+) vs Non-classic-only	1.020	0.007	0.024	1.000	1.030
	Age × Classic-only vs Classic+	1.030	0.009	0.002	1.010	1.050
With dose as covariate						
First-order model						
	Age (centered)	1.000	0.009	0.999	0.982	1.020
	Dose level (centered)	1.700	0.146	0.001	1.280	2.260
	Classic (only/+) vs Non-classic-only	0.679	0.093	0.001	0.566	0.815
	Classic only vs Classic+	1.250	0.127	0.081	0.973	1.600
Second-order model						
	Age × Classic (only/+) vs Non-classic-only	1.020	0.008	0.025	1.000	1.030
	Age × Classic-only vs Classic+	1.030	0.010	0.002	1.010	1.050

OR: odds ratio