Supplementary Table 1
Characteristics of the participants at each time-point

Variable	T0	T1	T2
n	630	178	63
Age	$M = 52.74$ yrs, $SD =$ 14.79, *range* = 17-85	$M = 55.75$ yrs, SD = 13.80, *range* = 19-85	$M = 57.13$ yrs, $SD =$ 15.17, *range* = 24-84
Gender	285 m, 340 f, 5 unknown	86 m, 91 f, 1 unknown	32 m, 31 f
No. of Group Memberships (0-10)	$M = 1.62$, $SD = 1.45$	$M = 2.21$, $SD = 1.87$	$M = 1.76$, $SD = 1.98$
Community Belonging (1-4)	$M = 2.71$, $SD = 1.09$	$M = 2.75$, $SD = 1.08$	$M = 2.70$, $SD = 1.00$
Social Support (1-5)	$M = 3.47$, $SD = 1.19$	$M = 3.69$, $SD = 1.11$	$M = 3.60$, $SD = 1.14$
Loneliness (1-5)	$M = 2.42$, $SD = 1.18$	$M = 2.35$, $SD = 1.00$	$M = 2.41$, $SD = 1.17$
Health-Related QoL (-0.59-1)	$M = 0.61$, $SD = 0.32$	$M = 0.61$, $SD = 0.33$	$M = 0.59$, $SD = 0.36$
Relationship (0 = no, 1 = yes)	0 = 257, 1 = 373	0 = 79, 1 = 99	0 = 25, 1 = 38
Education (0 = none, 1 = schl/coll, 2 = uni/wrk)	0 = 69, 1 = 276, 2 = 285	0 = 21, 1 = 76, 2 = 81	0 = 9, 1 = 26, 2 = 28

Supplementary Table 2
T0 (n = 630): Descriptive statistics and correlations

Variable	1	2	3	4	5	6	7	8	9
1. No. of Groups	-								
(0-10; *M* = 1.62, *SD* = 1.45)									
2.Community Belonging	.31***	-							
(1-4; *M* = 2.71, *SD* = 1.09)									
3.Social Support	.14***	.38***	-						
(1-5; *M* = 3.47, *SD* = 1.19, *α* =.87)									
4.Loneliness	-.19***	-.43***	-.50***	-					
(1-5; *M* = 2.42, *SD* = 1.18, *α* =.90)									
5.Health-Related Quality of Life	.11**	.22***	.21***	-.33***	-				
(-0.59-1.00; *M* = 0.60, *SD* = 0.32, *α* =.69)									
6.Age	.17***	.15***	.09*	-.21***	-.003	-			
(17-85; *M* = 52.74, *SD* = 14.79)									
7.Gender	.04	.03	-.07†	.07†	-.08*	-.03	-		
(Male =1, Female = 2)									
8.Relationship	.09*	.18***	.13***	-.31***	.15***	.01	.01	-	
(Yes = 1, No = 0)									
9.Education	.19***	.06*	.01	-.05	.13****	.05	.05	.06	-
(1 = none, 2 = sch/coll, 3 = uni/wrk)									

Note. ***$p \leq .001$, ** $p < .01$, * $p < .05$, † $p < .10$

Supplementary Table 3

T0/T1 (n = 178): Descriptive statistics and inter-correlations for key variables

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1. Change in No. of Groups (T0-T1, *M* = 0.33, *SD* = 2.15)	-													
2. No. of Groups T0 (1-10, *M* = 1.89, *SD* = 1.59)	-.54***	-												
3. No. of Groups T1 (1-10, *M* = 2.21, *SD* = 1.87)	.69***	.23**	-											
4. Community Belonging T0 (1-4, *M* = 2.72, *SD* = 1.12)	-.16*	.31**	.08	-										
5. Community Belonging T1 (1-4, *M* = 2.75, *SD* = 1.08)	.10	.14†	.24**	.44***	-									
6. Social Support T0 (1-5, *M* = 3.61, *SD* = 1.13, *α* = .86)	-.08	.15†	.03	.30***	.30***	-								
7. Social Support T1 (1-5, *M* = 3.69, *SD* = 1.11, *α* = .89)	-.10	.07	.05	.23**	.45***	.58***	-							
8. Loneliness T0 (1-5, *M* = 2.42, *SD* = 1.13, *α* = .88)	.15	-.20**	-.001	-.38***	-.29***	-.42***	-.32***	-						
9. Loneliness T1 (1-5, *M* = 2.35, *SD* = 1.00, *α* = .87)	.06	-.15*	-.06	-.25**	-.40***	-.30***	-.47***	.44***	-					
10.Quality of Life T0 (-0.59-1, *M* = 0.57, *SD* = 0.35, *α* = .72)	-.05	.03	-.03	.16*	.09	.18*	.18*	-.28**	-.22**	-				
11.Quality of Life T1 (-0.59-1, *M* = 0.61, *SD* = 0.33, *α* = .74)	-.08	.14†	.03	.21**	.22**	.16*	.19*	-.25**	-.30***	.68***	-			
12. Age (*M* = 55.75, *SD* = 13.80)	-.09	.19*	.07	.19*	.08	.15*	.15*	-.26**	-.22**	.01	.06	-		
13. Gender (1 = male, 2 = female)	.01	.14†	.13†	-.03	-.04	-.07	-.03	-.02	-.11	-.06	-.03	.10	-	
13. Relationship (0 = no, 1 = yes)	-.03	.07	.02	.06	.23**	.08	.13†	-.37***	-.22**	.04	.04	.07	.08	-
14. Education (1 = none, 2 = sch/coll, 3 = uni/wrk)	-.06	.23**	.13†	.10	.03	.05	-.07	-.08	-.11	.20**	.23**	.15†	.09	.04

Note. *** $p < .001$, ** $p < .01$, * $p < .05$, † $p < .10$.

Supplementary Table 4

T1/T2 (n =63): Descriptive statistics and inter-correlations for Number of Group Memberships, Health-Related Quality of Life, Age, and Gender

Variable	1	2	3	4	5	6	7	8
1. No. of Groups T1	-							
(1-10, *M* = 2.77, *SD* = 1.63)								
2. No. of Groups T2	.45**	-						
(1-10, *M* = 1.53, *SD* = 1.30)								
3.Quality of Life T1	.15	.18	-					
(-0.59-1, *M* = 0.56, *SD* = 0.38, *α* = .80)								
4.Quality of Life T2	.06	.03	.65***	-				
(-0.59-1, *M* = .59, *SD* = 0.37, *α* = .77)								
5. Age	.08	.17	.19	.003	-			
(*M* = 57.09, *SD* = 15.58)								
6. Gender	.22	.18	-.01	-.03	.12	-		
(1 = male, 2 = female)								
7. Relationship	.36*	.11	.01	.10	.08	.08	-	
(0 = no, 1 = yes)								
8. Education	.30*	.05	.26†	.02	.31*	.24	-.12	-
(1 = none, 2 = sch/coll, 3 = uni/wrk)								

*Note. *** p* < .001, ** *p* < .01, * *p* < .05, † *p* < .10.