

Supplementary materials

Camouflaging in autism: A cause or a consequence of mental health difficulties?

Table S1. Characteristics and test statistics between the sample that was included in the study and the sample that dropped-out between the first and second measurement.

	Included sample	Drop-out	Test statistics
Biological sex (m/f/o) T1	174/157/1	9/12/1	$\chi^2(2) = 1.75, p = .42$
	M (SD; range)	M (SD; range)	
Age T1	52.4 (12.4; 30-84)	52.3 (13.8; 31-78)	$t(23.31) = .05, p = .96$
AQ T1	34.7 (7.4; 10-48)	30.8 (8.4; 16-45)	$t(23.17) = 2.06, p = .05$
CAT-Q-NL T1	98.6 (26; 29-169)	94.5 (29.8; 42-161)	$t(23.15) = .62, p = .54$
SCL-90-R T1	169.6 (51.1; 93-397)	173.4 (56.9; 106-320)	$t(23.27) = -.31, p = .76$

m/f/o: male/female/other, AQ: Autism Spectrum Quotient, CAT-Q-NL: Dutch Camouflaging Autistic Traits Questionnaire, SCL-90-R: Symptom Checklist-90 Revised.

Table S2. Results of the sensitivity analyses in which we controlled for baseline level of the outcome variable.

Outcome: SCL-90-R total								
	Intercept	SCL-90-R T1	Time	CAT-Q-NL T1	AQ T1	Sex T1	Age T1	Time* CAT-Q-NL T1
β	11.49	.92	6.43	.05	.11	.04	.11	-.08
CI	-4.81; 27.78	.88; .96	-.82; 13.69	-.06; .15	-.18; .40	-3.70; 3.77	-.29; .02	-.16; -.01
p	.167	<.001	.082	.373	.455	.985	.09	.026
Outcome: CAT-Q-NL Assimilation								
	Intercept	Assimilation T1	Time	SCL-90-R T1	AQ T1	Sex T1	Age T1	Time* SCL-90-R T1
β	-.01	.63	-1.09	.02	.34	-.54	-.03	.00
CI	-3.77; 3.75	.58; .69	-2.23; .06	.01; .03	.29; .40	-1.50; .42	-.07; .01	-.00; .01
p	.997	<.001	.063	.002	<.001	.272	.168	.189

CI: Confidence interval, p: p-value, SCL-90-R: Symptom Checklist-90 Revised, AQ: Autism Spectrum Quotient, Sex: Biological Sex. In bold are the predictors for which the p-value was significant.

Table S3A. Results of the multilevel models with mental health difficulties, depression and anxiety as outcome variables and compensation or masking as predictor variables with significant results in bold.

Outcome: SCL-90-R total							
	Intercept	Time	Compensation T1	AQ T1	Sex T1	Age T1	Time* Compensation T1
β	104.50	2.63	1.41	1.11	4.83	-.48	-.14
CI	66.46, 142.55	-5.83, 11.09	1.02, 1.81	.74, .148	-5.48, 15.14	-.90, -.06	-.38, .11
p	<.001	.542	<.001	<.001	.358	.026	.274
Outcome: SCL-90-R depression							
	Intercept	Time	Masking T1	AQ T1	Sex T1	Age T1	Time* Masking T1
β	128.58	5.43	1.32	0.29	7.33	-.42	-.21
CI	90.22, 166.94	-1.52, 12.38	0.80, 1.84	-0.06, 0.63	-3.20, 18.87	-0.86, .01	-.41, -.01
p	<.001	.126	<.001	.100	.172	.058	.044
Outcome: SCL-90-R anxiety							
	Intercept	Time	Compensation T1	AQ T1	Sex T1	Age T1	Time* Compensation T1
β	19.62	-.06	.24	.20	2.72	-.10	-.00
CI	10.11, 29.13	-2.31, 2.20	.14, .35	.11, .30	.15, 5.29	-.21, .00	-.07, .06
p	<.001	.962	<.001	<.001	.038	.057	.977
	Intercept	Time	Masking T1	AQ T1	Sex T1	Age T1	Time* Masking T1
β	23.13	.90	.25	.05	3.17	-.09	-.03
CI	13.63, 32.63	-.94, 2.75	.12, .38	-.04, .14	.58, 5.76	-.19, .02	-.08, .03
p	<.001	.337	<.001	.273	.016	.115	.330
Outcome: SCL-90-R anxiety							
	Intercept	Time	Compensation T1	AQ T1	Sex T1	Age T1	Time* Compensation T1
β	9.11	.11	.17	.12	1.45	-.06	-.01
CI	4.69, 15.30	-1.18, 1.40	.11, .23	.07, .17	.02, 2.88	-.12, -.01	-.05, .03
p	<.001	.868	<.001	<.001	.047	.029	.572
	Intercept	Time	Masking T1	AQ T1	Sex T1	Age T1	Time* Masking T1
β	12.24	.45	.17	.02	1.73	-.05	-.02
CI	6.92, 17.56	-.61, 1.51	.10, .25	-.03, .07	.28, 3.17	-.11, .01	-.05, .01
p	<.001	.402	<.001	.410	.019	.074	.224

CI: Confidence interval, adj. p: Bonferroni-Holm adjusted p-value, CAT-Q-NL: Dutch Camouflaging Autistic Traits Questionnaire, AQ: Autism Spectrum Quotient, Sex: Biological Sex. In bold are the predictors for which the p-value was significant.

Table S3B. Results of the multilevel models with compensation and masking as outcome variables and mental health difficulties, depression and anxiety as predictor variables.

Outcome: CAT-Q-NL Compensation							
	Intercept	Time	SCL-90-R T1	AQ T1	Sex T1	Age T1	Time* SCL-90-R T1
β	22.87	-.25	.07	-.00	1.32	-.11	.00
CI	15.16, 30.59	-1.70, 1.19	.05, .10	-.07, .06	-.83, 3.48	-.20, -.02	-.01, .01
p	<.001	.730	<.001	.942	.228	.014	.624
	Intercept	Time	Depression T1	AQ T1	Sex T1	Age T1	Time* Depression T1
β	28.80	-.25	.21	.01	1.38	-.12	.01
CI	21.24, 36.37	-1.43, .92	.11, .30	-.06, .07	-.85, 3.61	-.21, -.03	-.02, .04
p	<.001	.671	<.001	.848	.226	.008	.520
	Intercept	Time	Anxiety T1	AQ T1	Sex T1	Age T1	Time* Anxiety T1
β	27.49	-.15	.45	.00	1.08	-.11	.01
CI	20.08, 34.90	-1.30, 1.00	.29, .61	-.06, .07	-1.12, 3.28	-.20, -.03	-.04, .07
p	<.001	.798	<.001	.883	.337	.012	.646
Outcome: CAT-Q-NL Masking							
	Intercept	Time	SCL-90-R T1	AQ T1	Sex T1	Age T1	Time* SCL-90-R T1
β	27.96	.34	.06	-.05	1.53	-.12	-.00
CI	20.58, 35.33	-.98, 1.67	.04, .08	-.11, .01	-.53, 3.60	-.21, -.04	-.01, .00
p	<.001	.613	<.001	.120	.145	.004	.193
	Intercept	Time	Depression T1	AQ T1	Sex T1	Age T1	Time* Depression T1
β	32.01	-.05	.18	-.04	1.52	-.13	-.01
CI	24.89, 39.13	-1.13, 1.03	.09, .27	-.10, .02	-.58, 3.62	-.22, -.05	-.04, .02
p	<.001	.924	<.001	.177	.156	.003	.401
	Intercept	Time	Anxiety T1	AQ T1	Sex T1	Age T1	Time* Anxiety T1
β	30.97	.22	.39	-.01	1.31	-.13	-.04
CI	23.96, 37.98	-.83, 1.27	.24, .54	-.10, .02	-.78, 3.40	-.21, -.04	-.09, .01
p	<.001	.683	<.001	.175	.219	.004	.155

CI: Confidence interval, adj. p: Bonferroni-Holm adjusted p-value, SCL-90-R: Symptom Checklist-90 Revised, AQ: Autism Spectrum Quotient, Sex: Biological Sex. In bold are the predictors for which the p-value was significant.

Table S4. Fit indices for the comparison between multilevel models without the interaction between time and predictor and with this interaction.

Model		Outcome	Predictor	AIC	BIC	R²	ΔR²	BF
1	W/o interaction	SCL-90-R	Compensation	6764.06	6800.04	.154	-	-
	W interaction	SCL-90-R	Compensation	6767.18	6807.67	.154	.000	.071
2	W/o interaction	SCL-90-R	Masking	6790.63	6826.62	.095	-	-
	W interaction	SCL-90-R	Masking	6791.31	6831.80	.098	.003	.300
3	W/o interaction	Depression	Compensation	4983.42	5019.41	.109	-	-
	W interaction	Depression	Compensation	4990.39	5030.87	.109	.000	.039
4	W/o interaction	Depression	Masking	4995.38	5031.37	.080	-	-
	W interaction	Depression	Masking	5001.80	5042.29	.081	.001	.063
5	W/o interaction	Anxiety	Compensation	4234.24	4270.22	.132	-	-
	W interaction	Anxiety	Compensation	4241.99	4282.48	.132	.000	.046
6	W/o interaction	Anxiety	Masking	4249.32	4285.31	.101	-	-
	W interaction	Anxiety	Masking	4256.33	4296.81	.103	.002	.082
7	W/o interaction	Compensation	SCL-90-R	4766.52	4802.51	.159	-	-
	W interaction	Compensation	SCL-90-R	4777.42	4817.91	.158	.001	.044
8	W/o interaction	Compensation	Depression	4788.41	4824.40	.103	-	-
	W interaction	Compensation	Depression	4796.31	4836.80	.103	.000	.048
9	W/o interaction	Compensation	Anxiety	4775.87	4811.86	.130	-	-
	W interaction	Compensation	Anxiety	4782.87	4823.35	.129	.001	.043
10	W/o interaction	Masking	SCL-90-R	4682.88	4718.87	.113	-	-
	W interaction	Masking	SCL-90-R	4692.50	4732.99	.114	.001	.091
11	W/o interaction	Masking	Depression	4691.04	4727.03	.090	-	-
	W interaction	Masking	Depression	4698.83	4739.32	.090	.000	.056
12	W/o interaction	Masking	Anxiety	4683.55	4719.54	.104	-	-
	W interaction	Masking	Anxiety	4688.91	4729.39	.105	.001	.108

AIC: Akaike information criterion, BIC: Bayesian information criterion. R²: marginal R-squared, BF: Bayes Factor, CAT-Q-NL: Dutch Camouflaging Autistic Traits Questionnaire, SCL-90-R total: Symptom Checklist-90 Revised, w: model with interaction, w/o: model with-out interaction.

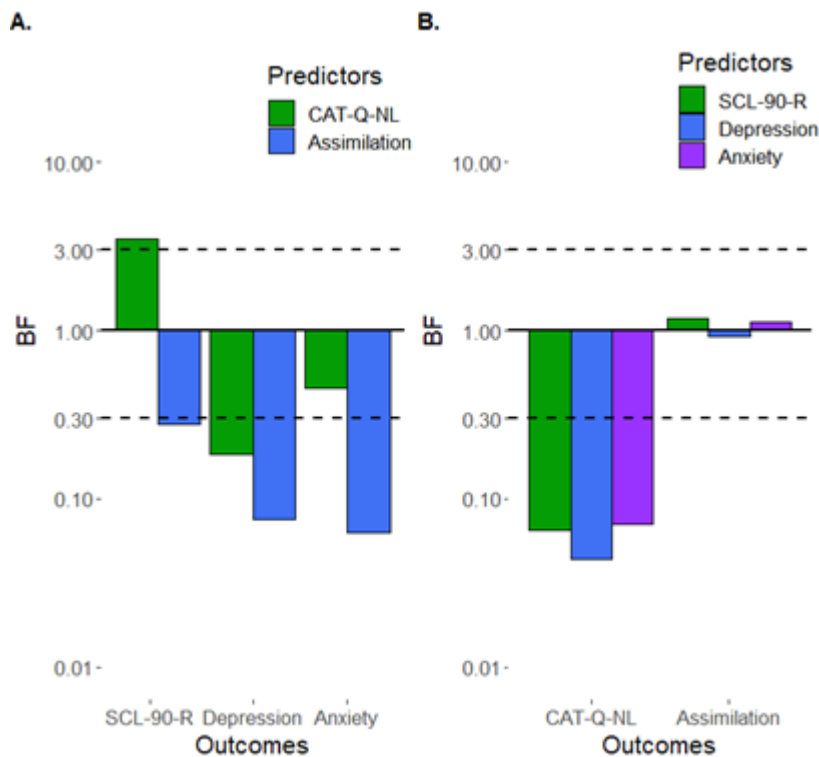


Figure S1. Bayes Factors (BFs) for the comparison between the multilevel models without the interaction between time and predictor (H0) and with this interaction (H1). Note that BFs < .30 indicates moderate evidence for H0 (i.e., no interaction) and BFs > 3 indicates moderate evidence for H1 (i.e., with interaction), BFs between .30 and 3 indicates inconclusive evidence.

Original Dutch quote from discussion:

Ruim 10 jaar geleden kreeg ik de diagnose ASS en na een aantal jaren open communiceren deed ik er het zwijgen toe. (...) Dus de prijs is hoog, het traject ingewikkeld.

Elke dag is dus weer een afweging wat me meer oplevert, en toch levert deze balanceer act me uiteindelijk genoeg op. (...) Zolang deze samenleving zich niet volwassener kan gedragen ten aanzien van neurodiversiteit, moet ik het zelf maar oplossen.