

Supplementary Table 1 Associations between participation in OLTAs and selected well-being indicators: Results from adjusted 3-level linear and logistic regression models with mixed effects; including the *breadth* of OLTA × FAS interaction term. Nine countries from the 2017/18 HBS study.

	Life satisfaction (n = 45 683)		Psychological complaints (n = 44 693)		Somatic complaints (n = 44 754)		Excellent self-rated health (n = 45 900)	
	β	(95% CI)	β	(95% CI)	β	(95% CI)	OR	(95% CI)
Main effects								
Breadth of OLTA participation								
no. of OLTAs (0–6)	.16	(.13, .19)	-.07	(-.13, -.00)	.06	(.00, .11)	1.15	(1.10, 1.19)
FAS (low FAS = ref.)								
Medium FAS (1)	.39	(.33, .46)	-.08	(-.22, .06)	-.04	(-.16, .08)	1.13	(1.03, 1.24)
High FAS (2)	.70	(.62, .79)	-.05	(-.24, .14)	.06	(-.09, .21)	1.46	(1.30, 1.64)
Interaction effects								
no. of OLTAs × FAS (1)	-.05	(-.08, -.02)	-.03	(-.11, .04)	-.03	(-.09, .03)	1.02	(.97, 1.06)
no. of OLTAs × FAS (2)	-.06	(-.10, -.02)	-.04	(-.13, .05)	.01	(-.07, .08)	1.03	(.98, 1.09)

Note: data are beta coefficients (β) or odds ratio's (OR) and 95% confidence intervals (CI). ref. = reference category; OLTA = organized leisure-time activity, FAS = Family Affluence Scale. All the models were controlled for sex, age category, family structure, family support and peer support. Statistically significant values ($p < 0.05$) are indicated in bold.

Supplementary Table 2 Associations between participation in OLTAs and selected well-being indicators: Results from adjusted 3-level linear and logistic regression models with mixed effects; including the *pattern* of OLTA × FAS interaction term. Nine countries from the 2017/18 HBSC study.

	Life satisfaction (n = 45 683)		Psychological complaints (n = 44 693)		Somatic complaints (n = 44 754)		Excellent self-rated health (n = 45 900)	
	β	(95% CI)	β	(95% CI)	β	(95% CI)	OR	(95% CI)
Main effects								
Pattern of OLTA participation (no OLTA = ref.)								
OLTA non-sport (1)	.22	(.12, .33)	-.07	(-.31, .16)	-.05	(-.24, .14)	1.062	(.90, 1.25)
OLTA sport (2)	.45	(.35, .55)	-.39	(-.62, -.17)	-.21	(-.39, -.02)	1.642	(1.42, 1.90)
OLTA both (3)	.52	(.43, .62)	-.16	(-.38, .06)	.07	(-.11, .25)	1.514	(1.31, 1.75)
FAS (low FAS = ref.)								
Medium FAS (1)	.40	(.32, .49)	.02	(-.17, .21)	-.05	(-.20, .11)	1.118	(.98, 1.28)
High FAS (2)	.66	(.53, .78)	.20	(-.09, .48)	.27	(.04, .50)	1.368	(1.13, 1.65)
Interaction effects								
OLTA(1) * FAS (1)	-.11	(-.23, .01)	.07	(-.20, .35)	-.00	(-.23, .22)	.925	(.76, 1.12)
OLTA(2) × FAS (1)	-.12	(-.24, -.01)	-.22	(-.49, .04)	-.05	(-.17, .26)	1.014	(.85, 1.20)
OLTA(3) × FAS (1)	-.12	(-.23, -.01)	-.31	(-.56, -.05)	-.13	(-.33, .08)	1.115	.94, 1.32)
OLTA(1) × FAS (2)	-.09	(-.26, .08)	.21	(-.18, .59)	-.07	(-.39, .24)	1.021	(.79, 1.32)
OLTA(2) × FAS (2)	-.04	(-.20, .12)	-.47	(-.83, -.11)	-.21	(-.50, .08)	1.074	(.86, 1.35)
OLTA(3) × FAS (2)	-.12	(-.27, .03)	-.49	(-.84, -.15)	-.25	(-.52, .03)	1.231	(.99, 1.53)

Note: data are beta coefficients (β) or odds ratio's (OR) and 95% confidence intervals (CI). ref. = reference category; OLTA = organized leisure-time activity, FAS = Family Affluence Scale. All the models were controlled for sex, age category, family structure, family support and peer support. Statistically significant values (p<0.05) are indicated in bold.

Supplementary Table 3 Associations between participation in OLTAs and selected well-being indicators: Results from adjusted 3-level linear and logistic regression models with mixed effects; including the *breadth of OA* × *Family structure* interaction term. Nine countries from the 2017/18 HBSC study.

	Life satisfaction (n = 45 683)		Psychological complaints (n = 44 693)		Somatic complaints (n = 44 754)		Excellent self-rated health (n = 45 900)	
	β	(95% CI)	β	(95% CI)	β	(95% CI)	OR	(95% CI)
Main effects								
Breadth of OLTA participation								
no. of OLTAs (0–6)	.11	(.09, .12)	-.07	(-.11, -.04)	.04	(.01, .07)	1.17	(1.15, 1.19)
Family structure (nuclear family = ref.)								
Single-parent family (1)	-.43	(-.49, -.36)	.77	(.62, .92)	.49	(.36, .61)	.82	(.74, .91)
Stepfamily (2)	-.45	(-.55, -.36)	.93	(.71, 1.14)	.51	(.34, .68)	.72	(.62, .83)
Non-parental family (3)	-.64	(-.79, -.48)	.98	(.63, 1.33)	.55	(.27, .83)	.94	(.75, 1.18)
Interaction effects								
no. of OLTAs × Fam. Str. (1)	.04	(.00, .07)	-.10	(-.18, -.03)	.00	(-.06, .06)	.98	(.93, 1.02)
no. of OLTAs × Fam. Str. (2)	.00	(-.05, .05)	.01	(-.10, .12)	.02	(-.07, .11)	1.02	(.95, 1.09)
no. of OLTAs × Fam. Str. (3)	.10	(.03, .17)	-.09	(-.26, .07)	-.02	(-.16, .11)	.96	(.87, 1.07)

Note: data are beta coefficients (β) or odds ratio's (OR) and 95% confidence intervals (CI). ref. = reference category; OLTA = organized leisure-time activity. All the models were controlled for sex, age category, Family Affluence Scale (FAS), family support and peer support. Statistically significant values ($p < 0.05$) are indicated in bold.

Supplementary Table 4 Associations between participation in OLTAs and selected well-being indicators: Results from adjusted 3-level linear and logistic regression models with mixed effects; including the *pattern* of OA × Family structure interaction term. Nine countries from the 2017/18 HBSC study.

	Life satisfaction (n = 45 683)		Psychological complaints (n = 44 693)		Somatic complaints (n = 44 754)		Excellent self-rated health (n = 45 900)	
	β	(95% CI)	β	(95% CI)	β	(95% CI)	OR	(95% CI)
Main effects								
Pattern of OLTA participation (no OLTA = ref.)								
OLTA non-sport (1)	.16	(.10, .22)	.07	(-.08, .21)	-.04	(-.15, .08)	1.00	(.91, 1.10)
OLTA sport (2)	.36	(.30, .42)	-.57	(-.70, -.44)	-.17	(-.28, -.07)	1.68	(1.55, 1.82)
OLTA both (3)	.42	(.36, .47)	-.39	(-.52, -.26)	-.04	(-.15, .06)	1.70	(1.57, 1.85)
Family structure (nuclear family = ref.)								
Single-parent family (1)	-.34	(-.44, -.25)	.80	(.59, 1.01)	.52	(.35, .69)	.85	(.74, .99)
Stepfamily (2)	-.47	(-.60, -.35)	.88	(.59, 1.17)	.62	(.39, .85)	.67	(.54, .84)
Non-parental family (3)	-.67	(-.88, -.46)	.65	(.16, 1.14)	.50	(.11, .89)	.86	(.61, 1.22)
Interaction effects								
OA(1) × Fam. Str. (1)	-.12	(-.25, .01)	-.25	(-.55, .00)	-.02	(-.26, .22)	1.03	(.84, 1.27)
OA(2) × Fam. Str. (1)	-.04	(-.16, .09)	-.24	(-.52, .00)	-.13	(-.35, .10)	.92	(.76, 1.10)
OA(3) × Fam. Str. (1)	.03	(-.09, .15)	-.27	(-.53, -.00)	.02	(-.19, .24)	.88	(.73, 1.05)
OA(1) × Fam. Str. (2)	.04	(-.14, .22)	.00	(-.41, .41)	-.15	(-.48, .18)	1.03	(.75, 1.41)
OA(2) × Fam. Str. (2)	.10	(-.07, .26)	.01	(-.30, .47)	-.13	(-.43, .18)	1.09	(.83, 1.43)
OA(3) × Fam. Str. (2)	-.02	(-.19, .14)	.08	(-.29, .45)	-.05	(-.35, .24)	1.16	(.89, 1.51)
OA(1) × Fam. Str. (3)	.12	(-.19, .43)	.22	(-.49, .94)	-.13	(-.70, .44)	1.06	(.64, 1.76)
OA(2) × Fam. Str. (3)	.36	(.11, .68)	.42	(-.24, 1.09)	.05	(-.49, .58)	1.10	(.71, 1.69)
OA(3) × Fam. Str. (3)	.24	(-.03, .51)	.05	(-.57, .66)	.07	(-.43, .56)	1.00	(.66, 1.51)

Note: data are beta coefficients (β) or odds ratio's (OR) and 95% confidence intervals (CI). ref. = reference category; OLTA = organized leisure-time activity. All the models were controlled for sex, age category, Family Affluence Scale (FAS), family support and peer support. Statistically significant values (p<0.05) are indicated in bold.