

**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)
<b>Main effects</b>								
<b>Breadth of OLTA participation</b>								
no. of OLTAs (0–6)	<b>.16</b>	<b>(.13, .19)</b>	<b>-.07</b>	<b>(-.13, -.00)</b>	<b>.06</b>	<b>(.00, .11)</b>	<b>1.15</b>	<b>(1.10, 1.19)</b>
<b>FAS (low FAS = ref.)</b>								
Medium FAS (1)	<b>.39</b>	<b>(.33, .46)</b>	-.08	(-.22, .06)	-.04	(-.16, .08)	<b>1.13</b>	<b>(1.03, 1.24)</b>
High FAS (2)	<b>.70</b>	<b>(.62, .79)</b>	-.05	(-.24, .14)	.06	(-.09, .21)	<b>1.46</b>	<b>(1.30, 1.64)</b>
<b>Interaction effects</b>								
no. of OLTAs × FAS (1)	<b>-.05</b>	<b>(-.08, -.02)</b>	-.03	(-.11, .04)	-.03	(-.09, .03)	1.02	(.97, 1.06)
no. of OLTAs × FAS (2)	<b>-.06</b>	<b>(-.10, -.02)</b>	-.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)
<b>Main effects</b>								
<b>Pattern of OLTA participation</b> (no OLTA = ref.)								
OLTA non-sport (1)	<b>.22</b>	<b>(.12, .33)</b>	-.07	(-.31, .16)	-.05	(-.24, .14)	1.062	(.90, 1.25)
OLTA sport (2)	<b>.45</b>	<b>(.35, .55)</b>	<b>-.39</b>	<b>(-.62, -.17)</b>	<b>-.21</b>	<b>(-.39, -.02)</b>	<b>1.642</b>	<b>(1.42, 1.90)</b>
OLTA both (3)	<b>.52</b>	<b>(.43, .62)</b>	-.16	(-.38, .06)	.07	(-.11, .25)	<b>1.514</b>	<b>(1.31, 1.75)</b>
<b>FAS</b> (low FAS = ref.)								
Medium FAS (1)	<b>.40</b>	<b>(.32, .49)</b>	.02	(-.17, .21)	-.05	(-.20, .11)	1.118	(.98, 1.28)
High FAS (2)	<b>.66</b>	<b>(.53, .78)</b>	.20	(-.09, .48)	<b>.27</b>	<b>(.04, .50)</b>	<b>1.368</b>	<b>(1.13, 1.65)</b>
<b>Interaction effects</b>								
OLTA(1) * FAS (1)	-.11	(-.23, .01)	.07	(-.20, .35)	-.00	(-.23, .22)	.925	(.76, 1.12)
OLTA(2) × FAS (1)	<b>-.12</b>	<b>(-.24, -.01)</b>	-.22	(-.49, .04)	-.05	(-.17, .26)	1.014	(.85, 1.20)
OLTA(3) × FAS (1)	<b>-.12</b>	<b>(-.23, -.01)</b>	<b>-.31</b>	<b>(-.56, -.05)</b>	-.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)	<b>-.47</b>	<b>(-.83, -.11)</b>	-.21	(-.50, .08)	1.074	(.86, 1.35)
OLTA(3) × FAS (2)	-.12	(-.27, .03)	<b>-.49</b>	<b>(-.84, -.15)</b>	-.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)	
	$\beta$	(95% CI)	$\beta$	(95% CI)	$\beta$	(95% CI)	OR	(95% CI)
<b>Main effects</b>								
<b>Breadth of OLTA participation</b>								
no. of OLTAs (0–6)	<b>.11</b>	<b>(.09, .12)</b>	<b>-.07</b>	<b>(-.11, -.04)</b>	<b>.04</b>	<b>(.01, .07)</b>	<b>1.17</b>	<b>(1.15, 1.19)</b>
<b>Family structure</b> (nuclear family = ref.)								
Single-parent family (1)	<b>-.43</b>	<b>(-.49, -.36)</b>	<b>.77</b>	<b>(.62, .92)</b>	<b>.49</b>	<b>(.36, .61)</b>	<b>.82</b>	<b>(.74, .91)</b>
Stepfamily (2)	<b>-.45</b>	<b>(-.55, -.36)</b>	.93	(.71, 1.14)	<b>.51</b>	<b>(.34, .68)</b>	<b>.72</b>	<b>(.62, .83)</b>
Non-parental family (3)	<b>-.64</b>	<b>(-.79, -.48)</b>	.98	(.63, 1.33)	<b>.55</b>	<b>(.27, .83)</b>	.94	(.75, 1.18)
<b>Interaction effects</b>								
no. of OLTAs × Fam. Str. (1)	<b>.04</b>	<b>(.00, .07)</b>	<b>-.10</b>	<b>(-.18, -.03)</b>	.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)	<b>.10</b>	<b>(.03, .17)</b>	-.09	(-.26, .07)	-.02	(-.16, .11)	.96	(.87, 1.07)

Note: data are beta coefficients ( $\beta$ ) 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)
<b>Main effects</b>								
<b>Pattern of OLTA participation</b> (no OLTA = ref.)								
OLTA non-sport (1)	<b>.16</b>	<b>(.10, .22)</b>	.07	(-.08, .21)	-.04	(-.15, .08)	1.00	(.91, 1.10)
OLTA sport (2)	<b>.36</b>	<b>(.30, .42)</b>	<b>-.57</b>	<b>(-.70, -.44)</b>	<b>-.17</b>	<b>(-.28, -.07)</b>	<b>1.68</b>	<b>(1.55, 1.82)</b>
OLTA both (3)	<b>.42</b>	<b>(.36, .47)</b>	<b>-.39</b>	<b>(-.52, -.26)</b>	-.04	(-.15, .06)	<b>1.70</b>	<b>(1.57, 1.85)</b>
<b>Family structure</b> (nuclear family = ref.)								
Single-parent family (1)	<b>-.34</b>	<b>(-.44, -.25)</b>	<b>.80</b>	<b>(.59, 1.01)</b>	<b>.52</b>	<b>(.35, .69)</b>	<b>.85</b>	<b>(.74, .99)</b>
Stepfamily (2)	<b>-.47</b>	<b>(-.60, -.35)</b>	<b>.88</b>	<b>(.59, 1.17)</b>	<b>.62</b>	<b>(.39, .85)</b>	<b>.67</b>	<b>(.54, .84)</b>
Non-parental family (3)	<b>-.67</b>	<b>(-.88, -.46)</b>	<b>.65</b>	<b>(.16, 1.14)</b>	<b>.50</b>	<b>(.11, .89)</b>	.86	(.61, 1.22)
<b>Interaction effects</b>								
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)	<b>-.27</b>	<b>(-.53, -.00)</b>	.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)	<b>.36</b>	<b>(.11, .68)</b>	.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.