

Supplementary File 6 - Elastic net

		Standardised coefficients
Variable		(β)
[Has children =0]		0.139
[Has children =1]		-0.139
[Psychological support before incarceration =0]		-0.335
[Psychological support before incarceration =1]		0.335
[History of diagnosed mental disorder prior to incarceration =0]		-0.150
[History of diagnosed mental disorder prior to incarceration =1]		0.150
[Current diagnosed mental disorder =0]		-0.033
[Current diagnosed mental disorder =1]		0.033
Prison regime		
The common prison regime		Ref
[The security regime =0]		0.000
[The security regime =1]		0.000
[The open regime within prison =0]		-0.200
[The open regime within prison =1]		0.200
[The open regime outside prison =0]		0.000
[The open regime outside prison =1]		0.000
Stimulating activities		
I completely disagree		Ref
[I disagree =0]		0.000
[I disagree =1]		0.000
[I neither agree nor disagree =0]		0.001
[I neither agree nor disagree =1]		-0.001
[I agree =0]		0.000
[I agree =1]		0.000
[I completely agree =0]		0.000

[I completely agree =1]	0.000
The ability to cope with negative emotions	
[I completely disagree]	Ref
[I disagree =0]	0.306
[I disagree =1]	-0.306
[I neither agree nor disagree =0]	0.000
[I neither agree nor disagree =1]	0.000
[I agree =0]	-0.201
[I agree =1]	0.201
[I completely agree =0]	-0.331
[I completely agree =1]	0.331
There is adequate planning for reintegration	
[I completely disagree]	Ref
[I disagree =0]	0.069
[I disagree =1]	-0.069
[I neither agree nor disagree =0]	0.000
[I neither agree nor disagree =1]	0.000
[I agree =0]	-0.065
[I agree =1]	0.065
[I completely agree =0]	0.029
[I completely agree =1]	-0.029
There is prejudice due to having been incarcerated	
[I completely disagree]	Ref
[I disagree =0]	0.000
[I disagree =1]	0.000
[I neither agree nor disagree =0]	0.067
[I neither agree nor disagree =1]	-0.067
[I agree =0]	0.000
[I agree =1]	0.000

[I completely agree =0]	0.000
[I completely agree =1]	0.000
Face-to-face contact with family and friends	
[Never]	Ref
[Once a month =0]	0.000
[Once a month =1]	0.000
[Once every two weeks =0]	-0.313
[Once every two weeks =1]	0.313
[Once a week =0]	-0.079
[Once a week =1]	0.079
[Twice or more times a week =0]	0.000
[Twice or more times a week =1]	0.000
Contact by letter or telephone with friends or family	
[Never]	Ref
[Once every two weeks =0]	0.000
[Once every two weeks =1]	0.000
[Once a week =0]	0.000
[Once a week =1]	0.000
[Twice a week =0]	0.000
[Twice a week =1]	0.000
[More than twice a week =0]	0.000
[More than twice a week =1]	0.000
Physical activity	
[Never]	Ref
[Once a week =0]	-0.023
[Once a week =1]	0.023
[Twice a week =0]	0.000
[Twice a week =1]	0.000
[Three times a week =0]	-0.103

[Three times a week =1]	0.103
[Four or more times a week =0]	-0.464
[Four or more times a week =1]	0.464
Practice of relaxation techniques	
[Never]	Ref
[Once a week =0]	0.000
[Once a week =1]	0.000
[Twice a week =0]	0.000
[Twice a week =1]	0.000
[Three times a week =0]	0.000
[Three times a week =1]	0.000
[Four or more times a week =0]	-0.152
[Four or more times a week =1]	0.152
Experiences of verbal and/or physical aggression	
[Never]	Ref
[Once a month =0]	0.067
[Once a month =1]	-0.067
[Twice a month =0]	0.054
[Twice a month =1]	-0.054
[Three times a month =0]	0.000
[Three times a month =1]	0.000
[Four or more times a month =0]	0.043
[Four or more times a month =1]	-0.043
Religious practices	
[Never]	Ref
[Once every two weeks =0]	-0.014
[Once every two weeks =1]	0.014
[Once a week =0]	0.000
[Once a week =1]	0.000

[Twice a week =0]	0.108
[Twice a week =1]	-0.108
[More than twice a week =0]	0.000
[More than twice a week =1]	0.000
Reflect on or revisit the reasons for their incarceration	
[Never]	Ref
[Once every two weeks =0]	-0.038
[Once every two weeks =1]	0.038
[Once a week =0]	-0,123
[Once a week =1]	0,123
[Twice a week =0]	0,129
[Twice a week =1]	-0,129
[More than twice a week =0]	0.000
[More than twice a week =1]	0.000
Age	0.179
Time incarcerated (days)	-0.017
