

Oqtg"vjcp" c"*pgi cvkxg+"hggnkpi <"Xcnkfkv{ "qh"vjg" Rgtegkxgf"Uvtguu"Uecng"kp"Ugtdkcp"enkpkecn"cpf" pqp/enkpkecn"uc o rngu

Xgnlmq"Lqxcpxk "cpf"Xgupc" I cxtknqx/Lgtmqxk

7KH JRDO RI WKH SUHVHQW VWXGZDV WR WHVW WKH YDOLGHWYBNDG SWKH S—ALD30 &8
HIOHFWLQJ SHUFHLYHG GLVWUHVVDQG ~~SHOWHLXHQMPROVILNWBHQLHVRIWKH~~
GLVWZR VXEVFDQHV ZHUH DGHTXDWH DFURVCHQIQFLRQDRSOHV SHVXOWV
G WKH DELOLWRI WKH VFDOH WR GLVFULPLU ~~CHDWHQJWZHQFQEQLODO~~ VDPSOHV
GHQFHGJRRGFRQYHUJHQWYDOLGLWYKRZLQ ~~KHKGKRNIDWHLWFRUUHODWLRQV~~
XUHVRIXSOHDVDQWHPRWLRQDOVWDWHV ~~QHFRRUGHODWHLQHMZVWKSRLVLYH~~
GOLIHVDWLVIDFWLRQ ~~SO~~ EXWRQHFRUUHODWLRQ ~~QDQWLRQDQWDLVHGFRQWUROOLQJIRU~~
XUHVRIHPRWLRQDOGLVWUHVV7KHUHVXQ ~~MVRIDMKFKSVXSSHOWYDOLGLWRIWKH~~
VXVHLQERWKFOLQLFDODQG ~~QRQFOLQLFD~~ VDPSOHV

gtegkxgf"Uvtguu"Uecng."uvtguu."xcnkfkv{."fk o gpukqpcnkv{."vtcpuncvkqp.

Vjg"Rgtegkxgf"Uvtguu"Uecng" ycu"fgxgnqrgf"vjtg"fgcefgu"ciq"RUU="Eqjgp."
Mcoctej." ("Ogtognuvgkp."3;:5+"cpf"jcu"ukpeg" dgeqog"vjg"oquv"htgswgpm{"
wugf"uecng"ht"ogcuwtkpi"rgtegkxgf"uvtguu"Vjg"RUU"ycu"fgxgnqrgf"ykvjcp"vjg"
vjgqtevkecn"htcogyqtm"qh"vjg"vtcpucevkqpcn"oqfgn"qh"uvtguu"*Nc|ctwu."3;88+."
gorjck|kpi"vjg"kpvgtecvkqp"dgvyggp"uvtguuhwn"gxgpvu"cpf"kpfkxkfwcn"er rtkucn"qh"
cxckncdng"eqrkpi"tguqwtegu"*Nc|ctwu" ("Hqnm o cp."3; :6+0"Ceeqtfkpi"vq"vjku"o qfgn."
uvtguu"ku" c"hwpevkqp"qh"vjg"fkuetgrcpe{"dgvyggp"rgtegkxgf"fg o cpfu"qh"vjg"gxgpv"
cpf"vjg"kpfkxkfwcn"tguqwtegu"ht"oggvkpi"vjqug"fg o cpfu

Vjg" qtkikpcn" O"vq jdg \$ Qkpi(
vjg"fgitgg"vq"ykej"kpfkxkfwcn" gxcnwcvg"nkhg"ekteowcpegu"cpf"ukwvcvku"cu"
uvtguuhwn"Cu"qrrugf"vq"v{rkecn"uvtguu"uecngu"ykej"nkuv"urgekhe"pgicvkxg"*cpf"
uqogvko"u" rukuvkxg+"nkhg"gxgpvu."vjg"RUU"cfqrvu" c" oqtg"igpgtcn" crrtqcej."

Eqttgurqpfkpi"cwvjqt<xglqB wpu0ce0tu

Acknowledgements: "Vjku" yqtm" ycu" uwr rqtvgf" d{ "vjg" Okpkvut{ "qh" Gfwecvkqp." Uekpgeg" cpf"
Vgejppqikecn" Fgxgnqrgp"qh"vjg" Tgrwdnke"qh"Ugtdkc" I tcv" Pq0"39;228+0

OQTG"V J C P" C* P G I C V K X G+ " H G G N K P I < " X C N K F K V [" Q H" V J G" R G T E G K X G F"
U V T G U U" U E C N G" K P" U G T D K C P" E N K P K E C N" C P F" P Q P/ E N K P K E C N" U C O R N G U

OQTG"V J C P" C* P G I C V K X G+ " H G G N K P I < " X C N K F K V [" Q H" V J G" R G T E G K X G F"
: U V T G U U" U E C N G" K P" U G T D K C P" E N K P K E C N" C P F" P Q P/ E N K P K E C N" U C O R N G U

V j g" e n k p k e c n" u c o r n g" e q p u k u v g f" q h" 3 7 9" * : ; " h g o c n g u" c p f" 8 : " o c n g u+ " q w w/ r c v k g p v u" k p" c" r t k x c v g"
r u { e j k c v t k e" r t c e v k e g." y k v j" c" o g c p" c i g" 6 4 0 8 4" { g c t u" * S D" ?" 3 5 0 5 ; + 0" R t k o c t { " f k c i p q u g u" * d c u g f" q p"
v j g" K E F 6 3 2" e t k v g t k e+ " q h" v j g" r c t v k e k r c p v u" y g t g< " f g r t g u u k x g" f k u q t f g t u" * 5 8 0 ; ' +." o k z g f" c p z k g v { /
f g r t g u u k q p" * 4 : 0 9 ' +." c p z k g v { " f k u q t f g t u" * 4 8 0 : ' +." c p f" q v j g t" * 9 0 8 ' + 0" Q h" v j g" e n k p k e c n" u c o r n g." 6 ; ' "
y g t g" o c t t k g f." ; 0 8 ' " y g t g" f k x q t e g f." 3 3 0 7 ' " y g t g" e q j c d k v k p i." 7 0 9 ' " y g t g" y k f q y g f" c p f" 4 6 0 4 ' "
y g t g" u k p i n g 0" O q u v" r c t v k e k r c p v u" j c f" e q o r n g v g f" u g e q p f c t { " g f w e c v k q p" * 8 8 0 4 ' = " 3 9 0 4 ' " g n g o g p v c t { "
g f w e c v k q p" c p f" 3 8 0 8 ' " j k i j g t" g f w e c v k q p+ " c p f" u k o k n c t" r g t e g p v i g u" q h" r c t v k e k r c p v u" y g t g" o r n q { g f"
* 6 6 0 8 ' + " c p f" w p g o r n q { g f" * 5 : 0 : ' = " 3 8 0 8 ' " t g v k t g f+ 0

V j g" h k t u v" p q p/ e n k p k e c n" c f w w v" u c o r n g" k p e n w f g f" 3 8 7" r c t v k e k r c p v u" * : 9" h g o c n g u" c p f" 9 : "
o c n g u+." y k v j" c" o g c p" c i g" 6 4 0 2 4" * S D

Satisfaction With Life Scale"UYNU="Fkpggt."Go o qpu."Nctugp." (" I tkhhk."3: :7+" ycu" wugf"vq"cuuguu"nhg"ucvkuhcevkqp0"Vjg"tgurqpugu"vq"gej"qh"vjg"hkxg"kvgo u" *g0i0."õkp"oquv"yc{u" o {"nhg"ku"enqug"vq"o {"kfgcnö+"tcpig"htqo"3" *strongly disagree+"vq"9" *strongly agree+0"Vjg" UYNU"ujqygf"hcxqwtcdng"ru{ejqogvke"rtqrgtvkgu"cetquu"xctkqwu"uc o rngu"cpf"ewnwvtgu" *g0i0." Rcxqv" ("Fkpggt."422: +0"kp"vjg"rtgugpv"uwvf {"Etqpdcejø"cnrjcu"kp"vjg"uwvfppv"uc o rng."vjg"ppp/ enpkecn"cfwnv"uc o rng."cpf"vjg"enpkecn"uc o rng"ygtg"09; .:0;3."0: .:"tgugevkn{0

Uvcvkuecn cpcn{uku

Fguetkrvkg" cpcn{uku." tgnkedknv {"cpf"xcnkfv {"cpcn{ugu"ygtg"rgthqtogf" wukpi"vjg"URUU" xgtukqp" 42020" Eqphktocvt {"hcevt" cpcn{uku" *EHC+" ycu" rgthqtogf" wukpi" COQU" xgtukqp" 38020" Vjg" oczk"ow"o" nkmgnkjqf" o gvjqf" eqpfwevf" qp" eqtgnvkvqp" ocvtkz" ycu" wugf0" Ugxgtcn" hkv" kpfkegu" ygtg" eq" rwwgf" vq" gxcnwcvg" vjg" o qfgnu0" Ejk" uswctg" * 4+. "ejk" uswctg" vq" fgitgg" qh" htggfq" o "tcvkq" * 4lfh+. "vjg" Tqqv" Ogc" Uswctg" Gttqt" qh" Cr rtqzk" ocvkqp" *TOUGC+" cpf" Iqqfpguu" qh" Hkv" kpfgz" * I Hk+" ygtg" ecnewncvgf" cu" cduqnvvg" hkv" uvcvkueu0" Eq" ortcvkxg" Hkv" kpfgz" *EHK+" cpf" Dgpvngt/Dqpgv" Pqtogf" Hkv" kpfgz" *PHK+" ygtg" wugf" cu" kpetg" o gpcn" hkv" kpfkegu0" Vjg" 4" xcngw" ujqwnf" dg" pppki" pkkecpv" vq" kpfkecv" c" iqqf" hkv." c" 4lfh" nguu" vjcp" 5" *Mnkg." 4227+. "TOUGC" xcngw"htqo"02: "qt"nguu."cpf"EHK." I HK"cpf"PHK"xcngw"cdqxg"0;2"ctg"eqpukfgtgf"vq" kpfkecv" cp" ceegrvcng" hkv" *Jw" ("Dgpvngt." 3; ; +0" Vjtg" eq" o rgvkpi" o qfgnu" ygtg" gzc" okpgf" xlc" vjg" EHC< c+" vjg" qpg/hcevt" o qfgn" ykvj" cmm" vgp" kvgo u" nqc fki" qp" c" ukpi" ng

Vcdng"3

Goodness-of-fit indices of the confirmatory factor analysis

Oqfgn"	⁴	fh	⁴ l fh	TOUGC"*;2 ' "EK+	EHK	IHK	PHK
3/hcevt							
Vqvcn"uc o rng	555052	57	;076	034"*033"o"035+	0: :	0: :	0:9
Uvwf gpv"uc o rng	423026	57	7096	035"*033"o"037+	0:2	0:8	099
Cfwnv"uc o rng	3550;9	57	50:5	035"*033"o"038+	0:8	0:7	0:4
Enkpkecn"uc o rng	;40:8	57	4087	032"*02:"o"035+	0:2	: :	0:7
4/hcevt							
Vqvcn"uc o rng	354067	56	50;2	029"*028"o"02:+	0:8	0;8	0;7
Uvwf gpv"uc o rng	333046	56	5049	02;*"029"o"033+	0:3	0;5	0:9
Cfwnv"uc o rng	85088	56	30:9	029"*026"o"032+	0:8	0;5	0;4
Enkpkecn"uc o rng	730:4	56	3074	028"*024"o"02:+	0:9	0;6	0;4
Dkhcevt" o qfgn							
Vqvcn"uc o rng	89054	47	408;	027"*026"o"029+	0: :	0: :	0;9
Uvwf gpv"uc o rng	7803;	47	4047	029"*026"o"02:+	0:8	0;8	0;6
Cfwnv"uc o rng	7404:	47	402;	02:"*027"o"033+	0:8	0;6	0;5
Enkpkecn"uc o rng	4:065	47	3036	025"*022"o"029+	0: ;	0;9	0;8

Note:"Uc o rng"uk | g"lu"827"htq"vqvcn"uc o rng."4:5"htq"uvwfgpv"uc o rng."387"htq"cfwnv"uc o rng"cpf"379"htq"enkpkecn"uc o rng="fh"?"fgitgg"qh"htgfgq o="TOUGC"?"Tqq"Ogcp"Uswctg"Gttqt"qh"Cr rrtqz o ctkq="EK"?"Eqphkfgpeg"kpqgtxcu="EHK"?"Eq o rctevxg"Hkv"Kpfgz="IHK"?"Iqqfpguu"qh"Hkv"Kpfgz="PHK"?"Pqt o g f"Hkv"Kpfgz)

Fguetkrvixg uvcvkvkeu. igpfgt fkhhtgpegu. cpf fkhhtgpegu dgvyggp enkpkecn cpf pqp/enkpkecn uc o rngu

Vjg"o gcp"ueqtgu."uvcpcfctf"fgxkcvkqpu."cpf"kpvgtpcn"eqpukuvge{"eqghhkekgpvu"htq"vjg"RUU"cpf"kvu"v y q"uwduecngu"ctg"ujqyp"htq"vjg"y j qng"uc o rngu."cpf"ugrctcvgn{"htq"o gp"cpf"y q o gp"cetquu"vj tgg"uc o rngu."kp"Vcdng"4)

Vcdng"4

Descriptive statistics and reliability

	Hwnn"uecng	Rqukvxg"uwduecng	Pgicvixg"uwduecng
	O"*UF+	O"*UF+	O"*UF+
Uvwf gpv"uc o rng			
Y j qng"uc o rng	360; : *8054+ 0:4	7027"*4096+ 093	;0:5"*6083+ 0:3
Ogp	36048"*8043+ 09:	7025"*40;4+ 094	;045"*6075+ 099
Yq o gp	37088"*805: + 0:7	7029"*4078+ 08;	3207; *6082+ 0:6
t"xcnwg	30:9 ^{pu}	035 ^{pu}	4073,
Cfwnv"uc o rng			
Y j qng"uc o rng	3805; *8069+ 0: :	7055"*4099+ 09;	33028"*6062+ 0:8
Ogp	3707; *8027+ 0:8	7046"*4093+ 099	32057"*6033+ 0:4
Yq o gp	39032"*809: + 0;2	7062"*40:6+ 0:3	33092"*607: + 0: :
t"xcnwg	3073 ^{pu}	059 ^{pu}	30; ; ,
Enkpkecn"uc o rng			
Y j qng"uc o rng	44044"*9042+ 0:8	903: *5032+ 092	37026"*7028+ 0:9
Ogp	4305; *905; + 0:9	8095"*5027+ 092	36087"*7054+ 0: :
Yq o gp	440:9"*9024+ 0:8	9074"*5032+ 092	37057"*60:8+ 0:8
t"xcnwg	304: ^{pu}	307: ^{pu}	0:8 ^{pu}

" , p">027="pu"?"pqp/uki plhkcepv

Vcdng"5
 Convergent validity of the full PSS

	Uwffgpv"uc o rng	Cfwvn"uc o rng	Enkpkecn"uc o rng
FCUU643" Fgrtguukqp	07 : *059+	095 *057+	095 *064+
FCUU643" Cpzkgv{	074 *049+	08 : *04 ; +	083 *032+
FCUU643" Uvtguu	07 ; *052+	099 *067+	093 *052+
Rqukvxg" Chhgev	/078 *067+	/086 *062+	/08 : *058+
Nkhg"ucvkuhcevkqp	/073 *05 ; +	/082 *062+	/077 *054+
Pgicvkxg" Chhgev	086"	099	09 :

Note<Pw o dgtu"kp"rctgp"vjgugu"ujqy"rctvkn"eqttgncvkqpu"eqpvtqmkp i "hqt"vjg"tphnwgpeg"qh"pg i cvkxg" chhge" Cnn" eqttgncvkqpu" ctg" uki pkhkecpv" cv" p" >023. "gzegr" vjg" rctvkn" eqttgncvkqpu" dgvyggp" vjg" RUU" cpf" FCUU643" Cpzkgv{ "uwduecng"kp"vjg"enkpkecn"uc o rng" y jke j" ku" pqp/uki pkhkecpv0

Vcdng"6
 Convergent validity of the PSS subscales

	Uwffgpv"uc o rng		Cfwvn"uc o rng		Enkpkecn"uc o rng	
	Rqu0	Pgi0	Rqu0	Pgi0	Rqu0	Pgi0
FCUU643" Fgrtguukqp	/06 ;	073	/088	088	/077	092
FCUU643" Cpzkgv{	/057	073	/077	087	/058	086
FCUU643" Uvtguu	/059	07 ;	/07 ;	098	/066	096
Pgicvkxg" Chhgev	/064	086	/07 :	099	/077	09 :
Rqukvxg" Chhgev	077	/067	086	/075	087	/079
Nkhg"ucvkuhcevkqp	066	/066	07 :	/073	073	/068

Note: "cnn" eqttgncvkqpu" ctg" uki pkhkecpv" cv" p" >0230" Rqu0" ?" Rqukvxg" uwduecng. " Pgi0" ?" Pgicvkxg" uwduecng0

Vjg" hwmn" RUU" uj qy g f" o q f g t c v g" v q" j k i j" r q u k v x g" e q t t g n c v k q p u" y k v j" o g c u w t g u" q h" f g r t g u u k p p. " c p z k g v { . " u v t g u u" c p f" p g i c v k x g" c h h g e v. " c p f" o q f g t c v g" p g i c v k x g" e q t t g n c v k q p u" y k v j" o g c u w t g u" q h" r q u k v x g" c h h g e v" c p f" u c v k u h c e v k q p" y k v j" n k h g 0" K v" k u" k o r q t v c p v" v q" p q v g" v j c v" v j g" e q t t g n c v k q p u" d g v y g g p" v j g" R U U" c p f" o g c u w t g u" q h" f k u v t g u u" * d w v" p q v" n k h g" u c v k u h c e v k q p" c p f" r q u k v x g" c h h g e v + " y g t g" e q p u k v g p v n { " n q" y g t 3" k p" u v w f g p v" u c o r n g. " c u" e q o r c t g f" v q" c f w n v" u c o r n g u" * d q v j" e n k p k e c n" c p f" p q p / e n k p k e c n + 0" C n n" d w v" q p g" e q t t g n c v k q p" * d g v y g g p" v j g" R U U" c p f" F C U U 6 4 3" U v t g u u" u w d u e c n g" k p" e n k p k e c n" u c o r n g + " t g o c k p g f" u k i p k h k e c p v" y j g p" p g i c v k x g" c h h g e v" y c u" r c t v k n g f" q w v. " u w i i g u v k p i" v j c v" v j g" R U U" k u" p q v" t g f w p f c p v" y k v j" q v j g t" o g c u w t g u" q h" f k u v t g u u" c p f" y g n n / d g k p i 0" V j g" u c o g" t g u w n v u" y g t g" q d u g t x g f" y j g p" g h h g e v u" q h" f g r t g u u k p p. " c p z k g v { " c p f" u v t g u u" * F C U U 6 4 3 + " y g t g" e q p v t q m n g f" k p" r c t v k n" e q t t g n c v k q p" c p c n { u k u" * f c v c" p q v" u j q y p + 0" E q o r c t g f" y k v j" v j g" R q u k v x g" u w d u e c n g. " v j g" e q t t g n c v k q p u" q h" v j g" P g i c v k x g" u w d u e c n g" y g t g" e q p u k v g p v n { " u v t q p i g t" y k v j" o g c u w t g u" q h" w p r n g c u c p v" g o q v k a p c n" u v c v g u" c e t q u u" c m n" v j t g g" u c o r n g u" * H k u j g t o u" z" v q" z" v t c p u h q t o c v k q p" k p f k e c v g f" v j c v" v j g t g" y g t g" u k i p k h k e c p v" f k h h g t g p e g u" d g v y g g p" v j g" e q t t g n c v k q p u" k p" ; " q w v" q h" 34" e c u g u + 0" V y q" u w d u e c n g u" f k f" p q v" f k h h g t" y k v j" t g i c t f" v q" v j g k t" t g n c v k q p u" y k v j" n k h g" u c v k u h c e v k q p" c p f" r q u k v x g" c h h g e v" * c m n" z 0 u" c t g" p q p u k i p k h k e c p v + 0

3" "Uk i p k h k e c p e g" v g u k p i" q h" c" f k h h g t p e g" d g v y g g p" v j t g g" e q t t g n c v k q p u" y c u" r g t h q t o g f" y k v j" U R U U" r t q i t c o" c u" f g e t k d g f" k p" Y g c x g t" c p f" Y w g p u e j" * 4 2 3 5 + 0"

your personal problems " y j k n g " v j g " p g i c v k x g n { " y q t f g f " k v g o u " g p e q o r c u u " d q v j " c h h g e v k x g " t g u r q p u g u " v q " u v t g u u h w n " g x g p v u " * g i . " k v g o " 3 < " *In the last month, how often have you been upset because of something that happened unexpectedly* " c p f " c " u g p u g " q h " h g g n k p i " q x g t y j g n o g f " c p f " w p c d n g " v q " e q r g " * g i i 0 . " k v g o " 8 < " *In the last month, how often have you found that you could not cope with all the things that you had to do* " K p " v g t o u " q h " v j g " e q i p k v k x g / t g n e v k q p c n " v j g q t { " q h " u v t g u u " * N e | c t w u " (" H q m m o c p . " 3 ; : 6 + . " k v " u g g o u " v j c v " v j g " R q u k v k x g " u w d u e c n g " k v g o u " c u u g u u " *secondary*

3: OQTG"V J C P" C* P G I C V K X G+ H G G N K P I < X C N K F K V [" Q H" V J G" R G T E G K X G F"
 U V T G U U" U E C N G" K P" U G T D K C P" E N K P K E C N" C P F" P Q P/ E N K P K E C N" U C O R N G U

C r r g p f k z
 V j g" U g t d k c p" x g t u k q p" q h" v j g" R g t e g k x g f" U v t g u u" U e c n g

R U U

R k v e p l c" w" q x q o" w r k v p k m w" u g" q f p q u g" p c" x c- c" q u g e p l c" k" t c | o k- n l c p l c" v q m q o
 r t q v g m n k j o g u g e f c p c 0" P c" u x c m q" r k v e p l g" v t g d c" f c" q f i q x q t k v g" k o l i k o e s t o" u v g" u g"
 q u g c n k" k n k" t c | o k- n l c n k" p c" p e x g f g p k" p c k p 0

M q n k m q g u v q u v g v q m q o r q u n g f p l k j o g u g e f c p c 0 0 0	2" ?" p k m c f	3" ?" u m q t q" p k m c f	4" ?" r q p g m c f	5" ?" f q u v c" g u v q	6" ?" x g q o c" g u v q
30"000" d k n k" w p g o k t g p k" d q i" p g g i c"- v q" u g" p g q g m k x c p q" f g u k n q A	2	3	4	5	6
40"000" q u g c n k" f c" p g" o q f l g v g" f c" m q p v t q n k- g v g" x c f l p g" u v x c t k" w" x c- g o" f l k x q v w A"	2	3	4	5	6
50"000" u g" q u g c n k" p g t x q p q" k" r q f" u v t g u o A	2	3	4	5	6
60"000" x g t q x c n k" w" u x q l g" u r q u q d p q u v k" f c" o q f l g v g" f c" k c g v g" p c" m t c l" u c" n k p k o" r t q d n g o k o c A"	2	3	4	5	6
70"000" q u g c n k" f c" u g" u v x c t k" q f x k l c l w" d c- " q p c m q" m c m q" f l g n k v g A"	2	3	4	5	6
80"000" k o c n k" f q f l k x n l c l" f c" p g" o q f l g v g" f c" k c g v g" p c" m t c l" u c" u x k o" u v x c t k o c" m q l g" v t g d c" f c" w t c f k v g A	2	3	4	5	6
90"000" w u r g x c n k" f c" k u m q p v t q n k- g v g" q u g c l" k k t k v k t e p q u v k A	2	3	4	5	6
: 0"000" q u g c n k" f c" k o c v g" m q p v t q n w" p c" f" q p k o"- v q" x c o" u g" f g- c x c" w" f l k x q v w A	2	3	4	5	6
: 0"000" u g" q u g c n k" k p g t x k t c p q" d q i" u v x c t k" m q l g" u w" k x c p" x c- g" m q p v t q n g A"	2	3	4	5	6
320"000" q u g c n k" f c" u w" u g" v g- m q g" v q n k m q" p c i q o k n c n g" f c" p g" o q f l g v g" f c" k j" r t g x c k g v g A"	2	3	4	5	6