

Appendix I

POSITIVE MENTAL HEALTH QUESTIONNAIRE - SHORT FORM (PMHQ-SF18)

(Sequeira et al., 2023)*

This questionnaire contains a series of statements about how you think, feel and act, which is more or less common for each individual. Please read each statement carefully and then provide your answer according to the frequency that best characterises you by ticking the answer options:

1-Always or almost always 2-Most of the time 3-Sometimes 4-Rarely or never

Item	Descriptive	1	2	3	4
1	I consider myself a less important person than the other people around me				
2	I think I am a trustworthy person				
3	I can control myself when I experience negative emotions				
4	I am very concerned about what people think of me				
5	I try to improve myself as a person				
6	I have difficulties establishing satisfactory interpersonal relationships with some people				
7	I think I am worthless and useless				
8	I think about others' needs				
9	I can control myself when I have negative thoughts				
10	The opinions of others have a major influence on my decision-making				
11	I try to develop and enhance my good attitudes				
12	I consider myself to be a sociable person				
13	I am dissatisfied with myself				
14	I like helping others				
15	I can maintain good self-control in conflict situations that arise in my life				
16	I worry that people will criticise me				
17	When I have a problem, I try to find possible solutions				
18	I find it difficult to relate openly to my teachers/leaders				

*This instrument's use is pending authorization from the original author

