**Table S3.** Scale statistics

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | Cronbach’s Alpha |
| Scale | Subscale | *M* | *SD* | min | max | Study Sample[95% CI] | Norm Sample |
| TICS |  | 17.42 | 10.51 | 0 | 52 | .92 [.92, .93] | .871 |
| LOT-R | Pessimism | 4.03 | 2.49 | 0 | 12 | .73 [.72, .75] | .742 |
| Optimism | 8.31 | 2.48 | 0 | 12 | .77 [.76, .78] | .702 |
| NEO-FFI  | Neuroticism | 19.70 | 8.78 | 0 | 48 | .87 [.86, .88] | .853 |
| STAI-X |  | 39.93 | 10.42 | 20 | 76 | .93 [.93, .93] | .894 |
| CERQ | Self-blame | 3.92 | 2.51 | 0 | 12 | .78 [.77, .79] | .735 |
| Blaming others | 2.71 | 1.73 | 0 | 12 | .74 [.72, .75] | .765 |
| Catastrophizing | 2.65 | 2.25 | 0 | 12 | .71 [.70, .73] | .735 |
| UCLA |  | 1.93 | .65 | 1 | 4.7 | .93 [.93, .93] | .946 |
| BRS |  | 3.38 | .78 | 1 | 5 | .85 [.84, .86] | 80-.917 |
| SCS-SF | Self-kindness | 6.22 | 1.69 | 2 | 10 | .63 [.61, .66] | .558 |
| Common humanity | 6.05 | 1.88 | 2 | 10 | .66 [.63, .68] | .608 |
| Mindfulness | 7.29 | 1.61 | 2 | 10 | .65 [.63, .67] | .648 |
| Brief-COPE | Using Emotional Support | 3.24 | 1.59 | 0 | 6 | .76 [.75, .78] | .719 |
| Using Instrumental Support | 2.64 | 1.54 | 0 | 6 | .83 [.81, .84] | .649 |
| Venting | 2.34 | 1.46 | 0 | 6 | .65 [.63, .68] | .509 |
| Planning | 3.86 | 1.32 | 0 | 6 | .44 [.40, .47] | .739 |
| Acceptance | 3.28 | 1.45 | 0 | 6 | .71 [.69, .73] | .579 |
| Religion | .86 | 1.49 | 0 | 6 | .83 [.82, .84] | .829 |
| Positive reframing | 3.39 | 1.52 | 0 | 6 | .71 [.69, .73] | .649 |
| Active Coping | 3.49 | 1.52 | 0 | 6 | .80 [.79, .82] | .689 |
| Humor | 2.30 | 1.73 | 0 | 6 | .79 [.77, .80] | .739 |
| SWLS |  | 25.09 | 6.05 | 5 | 35 | .89 [.89, .90] | > .8010 |
| GTS |  | 2.51 | .68 | 0 | 4 | .87 [.86, .88] | .8311 |
| BSSS | Perceived Social Support | 3.50 | .53 | 1 | 4 | .93 [.93, .93] | .8312 |
| PSA |  | 3.53 | .65 | 1.25 | 5 | .90 [.90, .91] | .9113 |
| IRI | Empathic Concern | 19.76 | 4.47 | 0 | 35 | .77 [.76, .78] | .7114 |
| Perspective Taking | 18.39 | 4.48 | 0 | 35 | .79 [.78, .80] | .7414 |

*Note.* Sample mean (*M*), standard deviation (*SD*), minimum (min) and maximum (max). Internal consistencies in comparison to norm samples.

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