

Supplementary section A

In the tables below, we summarize the means and the standard deviations for each variable measured in our study

Positive emotions			
		Mean	SD
Joviality			
Happy		3.30	1.05
Joyful		3.25	1.07
Delighted		3.14	1.13
Cheerful		3.27	1.12
Excited		3.06	1.17
Enthusiastic		3.03	1.21
Lively		3.13	1.17
Energetic		3.12	1.18
Self-assurance			
Proud		3.18	1.26
Strong		3.26	1.23
Confident		3.28	1.18
Bold		3.03	1.25
Daring		2.90	1.23
Fearless		2.84	1.21

Negative emotions			
		Mean	SD
Guilt			
Guilty		2.25	1.24
Ashamed		2.15	1.21
Blameworthy		2.15	1.25
Angry at self		2.39	1.25
Disgusted with self		1.95	1.19
Dissatisfied with self		2.31	1.23
Sadness			
Sad		2.48	1.21
Blue		2.45	1.26
Downhearted		2.35	1.26
Alone		2.33	1.33
Lonely		2.29	1.31

		Mean	SD
Happiness		6.40	2.18
Happy		47.30	25.49
Unhappy		28.49	22.64
Neutral		35.01	22.94
Life satisfaction		4.32	1.29
Meaning in life		4.24	1.03
Optimism		3.95	0.68
Relationship satisfaction		4.58	0.92