

## Supplementary materials

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### Descriptive Statistics for the Rosenberg Self-Esteem Scale

	Likert Version		Expanded Version	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Item 1	3.52	0.62	2.97	0.50
Item 2	3.50	0.64	3.23	0.65
Item 3	3.22	0.81	2.99	0.63
Item 4	3.20	0.65	2.98	0.54
Item 5	2.98	0.87	3.15	0.58
Item 6	3.16	0.72	3.02	0.73
Item 7	3.03	0.76	2.90	0.62
Item 8	2.43	0.83	3.01	0.67
Item 9	2.55	0.90	3.45	0.63
Item 10	2.80	0.94	3.13	0.62
Average	3.04	0.77	3.08	0.62

*Note.*  $n=320$  for Likert Version;  $n=324$  for Expanded Version. Scores are ranging from 1 to 4 for all items. Higher values indicate higher self-esteem

### Descriptive Statistics for the Conscientiousness Scale

	Likert Version		Expanded Version	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Item 1	3.42	0.73	3.34	0.66
Item 2	2.55	0.87	3.00	0.92
Item 3	3.57	0.64	3.63	0.60
Item 4	2.79	0.93	3.05	0.90
Item 5	2.53	0.90	2.79	0.78
Item 6	3.13	0.78	3.25	0.62
Item 7	3.05	0.82	2.99	0.68
Item 8	3.00	0.82	2.76	0.73
Item 9	2.24	0.82	2.36	0.75
Average	2.92	0.81	3.01	0.74

*Note.*  $n=314$  for Likert Version;  $n=307$  for Expanded Version. Scores ranging from 1 to 4 for all items. Higher values indicate higher conscientiousness.

## Descriptive Statistics for the Beck Depression Inventory

	Likert Version I		Likert Version II		Expanded Version	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Item 1	1.72	0.84	2.03	0.88	1.53	0.68
Item 2	2.32	0.84	2.01	0.80	1.66	0.63
Item 3	1.57	0.73	2.27	0.92	1.70	0.74
Item 4	1.85	0.85	2.16	0.88	1.51	0.68
Item 5	2.17	0.91	2.67	0.85	1.52	0.69
Item 6	1.94	0.95	1.93	0.87	1.28	0.61
Item 7	1.73	0.84	2.28	0.94	1.65	0.86
Item 8	2.08	0.86	2.76	0.86	1.73	0.77
Item 9	1.49	0.86	1.58	0.91	1.49	0.66
Item 10	1.81	0.87	1.69	0.87	1.20	0.50
Item 11	2.15	0.86	2.15	0.87	1.43	0.77
Item 12	2.04	0.88	1.97	0.88	1.54	0.74
Item 13	2.04	0.72	2.08	0.75	1.67	0.92
Item 14	1.74	0.81	1.71	0.69	1.44	0.75
Item 15	2.11	0.84	2.27	0.87	1.73	0.73
Item 16	1.85	0.93	2.45	0.99	1.78	0.77
Item 17	1.94	0.81	2.10	0.81	1.52	0.73
Item 18	2.16	0.94	2.10	0.90	1.43	0.70
Item 19	2.36	0.89	2.31	0.82	1.80	0.82
Item 20	2.08	0.87	2.36	0.88	1.81	0.72

Item 21	1.71	0.74	2.03	0.88	1.27	0.61
Average	1.95	0.85	2.14	0.86	1.56	0.72

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*Note.*  $n=254$  for Likert Version I;  $n=253$  for Likert Version II;  $n=256$  for Expanded Version. Scores ranging from 1 to 4 for all items. Higher values indicate higher depression.

### Item Endorsement Proportion for the Likert Rosenberg Self-Esteem Scale

	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9	Item 10
Strongly Agree	0.58	0.57	0.42	0.33	0.32	0.33	0.28	0.11	0.17	0.28
Somewhat Agree	0.37	0.38	0.42	0.56	0.41	0.51	0.52	0.33	0.31	0.33
Somewhat Disagree	0.04	0.04	0.13	0.10	0.23	0.14	0.18	0.45	0.41	0.31
Strongly Disagree	0.01	0.01	0.04	0.01	0.05	0.02	0.03	0.11	0.11	0.08

### Item Endorsement Proportion for the Expanded Rosenberg Self-Esteem Scale

	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9	Item 10
1 <sup>st</sup> Response Option	0.09	0.33	0.18	0.13	0.26	0.26	0.14	0.22	0.52	0.25
2 <sup>nd</sup> Response Option	0.82	0.60	0.65	0.72	0.65	0.52	0.64	0.58	0.42	0.63
3 <sup>rd</sup> Response Option	0.07	0.04	0.16	0.14	0.10	0.20	0.21	0.19	0.06	0.10
4 <sup>th</sup> Response Option	0.02	0.03	0.02	0.01	0.00	0.02	0.01	0.01	0.01	0.01

*Note.* The response options ranged from indication of highest self-esteem to indication of lowest self-esteem.

### Item Endorsement Proportion for the Likert Conscientiousness Scale

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	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9
Disagree strongly	0.02	0.08	0.01	0.07	0.11	0.03	0.04	0.03	0.17
Disagree a little	0.10	0.46	0.05	0.34	0.42	0.16	0.19	0.25	0.50
Agree a little	0.34	0.29	0.30	0.31	0.30	0.47	0.45	0.42	0.25
Agree strongly	0.55	0.17	0.64	0.27	0.17	0.34	0.32	0.31	0.08

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### Item Endorsement Proportion for the Expanded Conscientiousness Scale

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	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9
1 <sup>st</sup> Response Option	0.00	0.05	0.01	0.07	0.05	0.01	0.02	0.04	0.11
2 <sup>nd</sup> Response Option	0.09	0.26	0.03	0.18	0.33	0.07	0.17	0.28	0.49
3 <sup>rd</sup> Response Option	0.46	0.32	0.28	0.39	0.47	0.58	0.60	0.54	0.35
4 <sup>th</sup> Response Option	0.44	0.37	0.68	0.37	0.15	0.34	0.21	0.13	0.06

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*Note.* The response options ranged from indication of lowest conscientiousness to indication of highest conscientiousness



**Item Endorsement Proportion for the Likert Version I Beck Depression Inventory**

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	I1	I2	I3	I4	I5	I6	I7	I8	I9	I10	I11	I12	I13	I14	I15	I16	I17	I18	I19	I20	I21
Strongly Agree	0.55	0.42	0.45	0.58	0.57	0.78	0.57	0.44	0.58	0.83	0.70	0.58	0.56	0.70	0.41	0.40	0.60	0.68	0.42	0.33	0.80
Somewhat Agree	0.38	0.52	0.42	0.33	0.36	0.18	0.27	0.42	0.37	0.14	0.23	0.32	0.28	0.19	0.48	0.44	0.31	0.23	0.42	0.57	0.14
Somewhat Disagree	0.04	0.05	0.11	0.07	0.05	0.02	0.12	0.11	0.03	0.02	0.02	0.07	0.08	0.10	0.08	0.13	0.07	0.08	0.13	0.05	0.04
Strongly Disagree	0.02	0.01	0.02	0.01	0.02	0.02	0.05	0.03	0.02	0.01	0.05	0.03	0.08	0.02	0.03	0.03	0.02	0.01	0.04	0.04	0.02

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*Note.* "I1" =Item 1.

**Item Endorsement Proportion for the Likert Version II Beck Depression Inventory**

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	I1	I2	I3	I4	I5	I6	I7	I8	I9	I10	I11	I12	I13	I14	I15	I16	I17	I18	I19	I20	I21
Strongly Agree	0.33	0.25	0.23	0.23	0.08	0.39	0.27	0.08	0.66	0.54	0.24	0.37	0.19	0.41	0.15	0.16	0.22	0.30	0.14	0.15	0.28
Somewhat Agree	0.39	0.50	0.39	0.42	0.32	0.42	0.33	0.23	0.19	0.27	0.44	0.37	0.58	0.49	0.43	0.39	0.47	0.38	0.47	0.46	0.47
Somewhat Disagree	0.23	0.22	0.32	0.28	0.46	0.15	0.34	0.51	0.08	0.15	0.23	0.21	0.20	0.10	0.33	0.26	0.27	0.29	0.31	0.25	0.19
Strongly Disagree	0.05	0.03	0.06	0.06	0.15	0.04	0.06	0.17	0.06	0.04	0.09	0.05	0.03	0.00	0.09	0.18	0.04	0.03	0.08	0.14	0.06

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*Note.* "I1" =Item 1.

**Item Endorsement Proportion for the Expanded Beck Depression Inventory (a.k.a BDI-II)**

	I1	I2	I3	I4	I5	I6	I7	I8	I9	I10	I11	I12	I13	I14	I15	I16	I17	I18	I19	I20	I21
1st Response Option	0.55	0.42	0.45	0.58	0.57	0.78	0.57	0.44	0.58	0.83	0.70	0.58	0.56	0.70	0.41	0.40	0.60	0.68	0.42	0.33	0.80
2nd Response Option	0.38	0.52	0.42	0.33	0.36	0.18	0.27	0.42	0.37	0.14	0.23	0.32	0.28	0.19	0.48	0.44	0.31	0.23	0.42	0.57	0.14
3rd Response Option	0.04	0.05	0.11	0.07	0.05	0.02	0.12	0.11	0.03	0.02	0.02	0.07	0.08	0.10	0.08	0.13	0.07	0.08	0.13	0.05	0.04
4th Response Option	0.02	0.01	0.02	0.01	0.02	0.02	0.05	0.03	0.02	0.01	0.05	0.03	0.08	0.02	0.03	0.03	0.02	0.01	0.04	0.04	0.02

*Note.* The response options ranged from indication of absence of depression to indication of severe depression.

**Two-Factor Results for Exploratory Factor Analysis (EFA) for the Rosenberg Self-Esteem Scale**

	Likert Version		Expanded Version	
	Factor 1	Factor 2	Factor 1	Factor 2
Item 1 (PW)	0.90	0.02	0.08	0.71
Item 2 (PW)	0.88	-0.05	0.22	0.69
Item 4 (PW)	0.82	-0.11	-0.10	0.76
Item 6 (PW)	0.73	0.12	0.87	-0.13
Item 7 (PW)	0.71	0.15	0.89	-0.03
Item 3 (RW)	0.39	0.40	0.65	0.19
Item 5 (RW)	0.35	0.34	0.62	0.16
Item 8 (RW)	-0.09	0.89	0.75	0.04
Item 9 (RW)	0.17	0.50	0.70	0.03
Item 10 (RW)	0.11	0.81	0.59	0.26
Factor correlation	0.63		0.72	

*Note.* For each item, the highest loading was shaded. PW=positively worded item; RW=reverse worded item.

## Two-Factor Results for EFA for the Conscientiousness Scale

	Likert Version		Expanded Version	
	Factor 1	Factor 2	Factor 1	Factor 2
Item 1 (PW)	0.82	0.05	0.06	0.76
Item 3 (PW)	0.90	-0.06	-0.08	0.83
Item 6 (PW)	0.74	-0.06	0.39	0.24
Item 7 (PW)	0.62	0.14	0.66	-0.01
Item 8 (PW)	0.46	0.30	0.62	0.01
Item 2 (RW)	0.04	0.69	0.07	0.60
Item 4 (RW)	0.00	0.82	0.41	0.26
Item 5 (RW)	0.07	0.62	0.57	0.23
Item 9 (RW)	-0.10	0.63	0.67	-0.06
Factor correlation	0.49		0.77	

*Note.* For each item, the highest loading was shaded. PW=positively worded item; RW=reverse worded item.

### Four-Factor Results for EFA for the Beck Depression Inventory (Likert Version I)

	Factor 1 (F1)	Factor 2 (F2)	Factor 3 (F3)	Factor 4 (F4)
Item 1 (PW): Sadness	0.65	0.04	0.03	0.27
Item 3 (PW): Past failure	0.86	0.02	-0.02	0.06
Item 4 (PW): Loss of pleasure	0.47	0.42	0.11	-0.07
Item 7 (PW): Self-dislike	0.83	0.07	0.10	-0.09
Item 8 (PW): Self-criticalness	0.73	-0.02	-0.10	-0.10
Item 12 (PW): Loss of interest	0.21	0.57	-0.03	0.12
Item 15 (PW): Loss of energy	-0.03	0.91	-0.04	0.02
Item 16 (PW): Changes in sleeping pattern	0.19	0.19	-0.11	0.12
Item 17 (PW): Irritability	0.44	0.20	-0.03	0.14
Item 20 (PW): Tiredness or fatigue	0.01	0.81	0.04	-0.05
Item 21 (PW): Loss of interest in sex	0.17	0.29	-0.02	0.01
Item 2 (RW): Pessimism	0.24	0.07	0.21	0.16
Item 5 (RW): Guilty feelings	0.07	0.03	0.76	-0.05
Item 6 (RW): Punishment feelings	0.02	-0.05	0.82	-0.03

Item 9 (RW): Suicidal thoughts or wishes	0.33	-0.05	0.21	0.17	
Item 10 (RW): Crying	0.12	-0.08	-0.03	0.68	
Item 11 (RW): Agitation	0.05	0.13	-0.08	0.65	
Item 13 (RW): Indecisiveness	-0.09	0.22	0.38	0.40	
Item 14 (RW): Worthlessness	0.56	-0.07	0.28	0.23	
Item 18 (RW): Changes in appetite	-0.17	0.11	0.31	0.37	
Item 19 (RW): Concentration difficulty	0.12	0.31	0.22	0.24	
Factor correlation matrix		F1	F2	F3	F4
	F1	1.00			
	F2	0.48	1.00		
	F3	0.42	0.25	1.00	
	F4	0.40	0.35	0.31	1.00

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*Note.* For each item, the highest loading was shaded.

### Four-Factor Results for EFA for the Beck Depression Inventory (Likert Version II)

	Factor 1 (F1)	Factor 2 (F2)	Factor 3 (F3)	Factor 4 (F4)
Item 1 (PW): Sadness	0.26	0.21	0.15	0.50
Item 3 (PW): Past failure	0.01	0.69	0.03	0.04
Item 4 (PW): Loss of pleasure	0.18	-0.06	0.74	-0.10
Item 7 (PW): Self-dislike	0.10	0.86	-0.03	0.05
Item 8 (PW): Self-criticalness	-0.04	0.72	0.08	-0.09
Item 10 (PW): Crying	-0.09	0.10	0.19	0.53
Item 12 (PW): Loss of interest	0.13	0.13	0.49	0.15
Item 16 (PW): Changes in sleeping pattern	-0.15	0.11	0.66	0.00
Item 17 (PW): Irritability	-0.06	0.13	0.58	0.32
Item 20 (PW): Tiredness or fatigue	0.16	0.14	0.46	0.08
Item 21 (PW): Loss of interest in sex	0.32	0.05	0.28	-0.18
Item 2 (RW): Pessimism	0.64	0.13	0.01	-0.05
Item 5 (RW): Guilty feelings	0.04	0.37	-0.09	0.09



Item 6 (RW):	0.31	0.15	0.14	0.04	
Punishment feelings					
Item 9 (RW):	0.44	-0.17	-0.01	0.36	
Suicidal thoughts or wishes					
Item 11 (RW):	0.34	0.07	-0.16	0.36	
Agitation					
Item 13 (RW):	0.77	-0.08	0.12	0.04	
Indecisiveness					
Item 14 (RW):	0.83	0.11	-0.02	0.03	
Worthlessness					
Item 15 (RW):	0.68	0.15	0.06	-0.02	
Loss of energy					
Item 18 (RW):	0.16	-0.11	0.45	0.16	
Changes in appetite					
Item 19 (RW):	0.32	0.25	0.18	0.08	
Concentration difficulty					
Factor correlation matrix		F1	F2	F3	F4
	F1	1.00			
	F2	0.56	1.00		
	F3	0.47	0.48	1.00	
	F4	0.40	0.36	0.38	1.00

*Note.* For each item, the highest loading was shaded

### Four-Factor Results for EFA for the Beck Depression Inventory (Expanded Version)

	Factor 1 (F1)	Factor 2 (F2)	Factor 3 (F3)	Factor 4 (F4)
Item 1: Sadness	0.32	0.24	0.31	-0.09
Item 2: Pessimism	0.32	0.05	0.37	0.06
Item 3: Past failure	0.54	0.06	0.24	-0.18
Item 4: Loss of pleasure	0.41	0.11	0.17	0.43
Item 5: Guilty feelings	0.60	0.07	0.12	-0.26
Item 6: Punishment feelings	0.67	0.10	0.11	-0.26
Item 7: Self-dislike	0.74	-0.02	0.09	0.14
Item 8: Self-criticalness	0.46	0.02	0.28	0.02
Item 9: Suicidal thoughts or wishes	0.26	0.35	0.05	-0.02
Item 10: Crying	0.07	0.02	0.87	0.05
Item 11: Agitation	0.14	0.14	0.44	0.02
Item 12: Loss of interest	0.17	0.33	0.21	0.53
Item 13: Indecisiveness	0.59	0.28	-0.10	0.13
Item 14: Worthlessness	0.87	-0.05	0.03	0.17
Item 15: Loss of energy	-0.08	0.77	0.16	0.12
Item 16: Changes in sleeping pattern	0.12	0.71	-0.28	-0.04
Item 17: Irritability	0.23	0.45	0.10	0.11
Item 18: Changes in appetite	0.07	0.32	0.39	-0.10
Item 19: Concentration difficulty	0.31	0.45	0.07	0.02

Item 20: Tiredness or fatigue	-0.04	0.89	0.08	-0.01	
Item 21: Loss of interest in sex	0.14	0.22	0.39	0.08	
Factor correlation		F1	F2	F3	F4
	F1	1.00			
	F2	0.57	1.00		
	F3	0.71	0.52	1.00	
	F4	0.26	0.28	0.24	1.00

*Note.* For each item, the highest loading was shaded.

## Two-Factor Results for EFA for the Beck Depression Inventory (Likert Version I)

	Factor 1	Factor 2
Item 1 (PW): Sadness	0.75	0.09
Item 3 (PW): Past failure	0.82	0.04
Item 4 (PW): Loss of pleasure	0.47	0.40
Item 7 (PW): Self-dislike	0.81	0.03
Item 8 (PW): Self-criticalness	0.56	-0.01
Item 12 (PW): Loss of interest	0.21	0.61
Item 15 (PW): Loss of energy	-0.05	0.89
Item 16 (PW): Changes in sleeping pattern	0.14	0.24
Item 17 (PW): Irritability	0.48	0.20
Item 20 (PW): Tiredness or fatigue	-0.01	0.80
Item 21 (PW): Loss of interest in sex	0.14	0.31
Item 2 (RW): Pessimism	0.46	0.06
Item 5 (RW): Guilty feelings	0.57	-0.09
Item 6 (RW): Punishment feelings	0.57	-0.17
Item 9 (RW): Suicidal thoughts or wishes	0.57	-0.08
Item 10 (RW): Crying	0.43	0.02
Item 11 (RW): Agitation	0.32	0.23
Item 13 (RW): Indecisiveness	0.39	0.19
Item 14 (RW): Worthlessness	0.86	-0.10
Item 18 (RW): Changes in appetite	0.25	0.10
Item 19 (RW): Concentration difficulty	0.40	0.29
Factor correlation		0.54

*Note.* For each item, the highest loading was shaded.

## Two-Factor Results for EFA for the Beck Depression Inventory (Likert Version II)

	Factor 1	Factor 2
Item 1 (PW): Sadness	0.42	0.49
Item 3 (PW): Past failure	0.32	0.33
Item 4 (PW): Loss of pleasure	0.09	0.59
Item 7 (PW): Self-dislike	0.49	0.34
Item 8 (PW): Self-criticalness	0.26	0.33
Item 10 (PW): Crying	-0.01	0.53
Item 12 (PW): Loss of interest	0.15	0.61
Item 16 (PW): Changes in sleeping pattern	-0.18	0.71
Item 17 (PW): Irritability	-0.05	0.83
Item 20 (PW): Tiredness or fatigue	0.19	0.54
Item 21 (PW): Loss of interest in sex	0.30	0.16
Item 2 (RW): Pessimism	0.73	-0.04
Item 5 (RW): Guilty feelings	0.22	0.13
Item 6 (RW): Punishment feelings	0.36	0.21
Item 9 (RW): Suicidal thoughts or wishes	0.43	0.07
Item 11 (RW): Agitation	0.44	0.05
Item 13 (RW): Indecisiveness	0.75	0.03
Item 14 (RW): Worthlessness	0.93	-0.06
Item 15 (RW): Loss of energy	0.78	0.03
Item 18 (RW): Changes in appetite	0.08	0.48
Item 19 (RW): Concentration difficulty	0.42	0.31
Factor correlation	0.62	

*Note.* For each item, the highest loading was shaded.

**Two-Factor Results for EFA for the Beck Depression Inventory (Expanded Version; a.k.a. BDI-II)**

	Factor 1	Factor 2
Item 1: Sadness	0.58	0.18
Item 2: Pessimism	0.66	0.04
Item 3: Past failure	0.71	-0.02
Item 4: Loss of pleasure	0.67	0.16
Item 5: Guilty feelings	0.67	-0.06
Item 6: Punishment feelings	0.73	-0.05
Item 7: Self-dislike	0.91	-0.09
Item 8: Self-criticalness	0.72	-0.02
Item 9: Suicidal thoughts or wishes	0.32	0.29
Item 10: Crying	0.76	0.09
Item 11: Agitation	0.49	0.17
Item 12: Loss of interest	0.47	0.41
Item 13: Indecisiveness	0.55	0.24
Item 14: Worthlessness	0.94	-0.08
Item 15: Loss of energy	0.03	0.85
Item 16: Changes in sleeping pattern	-0.14	0.69
Item 17: Irritability	0.32	0.48
Item 18: Changes in appetite	0.35	0.31
Item 19: Concentration difficulty	0.38	0.43
Item 20: Tiredness or fatigue	0.03	0.86
Item 21: Loss of interest in sex	0.48	0.24
Factor correlation		0.65

*Note.* For each item, the highest loading was shaded.

### Standardized factor loadings for CFA models for the Rosenberg Self-Esteem Scale

Model 1		
	Likert Version	Expanded Version
	GSE	GSE
Item 1 (PW 1)	0.88 (0.02)	0.69 (0.04)
Item 2 (PW 2)	0.80 (0.03)	0.78 (0.03)
Item 4 (PW 3)	0.68 (0.03)	0.57 (0.05)
Item 6 (PW 4)	0.83 (0.02)	0.74 (0.03)
Item 7 (PW 5)	0.82 (0.02)	0.84 (0.02)
Item 3 (RW 1)	0.71 (0.03)	0.81 (0.03)
Item 5 (RW 2)	0.62 (0.04)	0.75 (0.03)
Item 8 (RW 3)	0.69 (0.03)	0.77 (0.03)
Item 9 (RW 4)	0.59 (0.04)	0.72 (0.04)
Item 10 (RW 5)	0.79 (0.02)	0.80 (0.03)
Average	0.74 (0.03)	0.75 (0.03)

Model 2				
	Likert Version		Expanded Version	
	PSE	NSE	PSE	NSE
Item 1 (PW 1)	0.91 (0.02)		0.70 (0.04)	
Item 2 (PW 2)	0.83 (0.03)		0.79 (0.03)	
Item 4 (PW 3)	0.71 (0.03)		0.57 (0.05)	
Item 6 (PW 4)	0.86 (0.02)		0.74 (0.03)	
Item 7 (PW 5)	0.85 (0.02)		0.85 (0.02)	
Item 3 (RW 1)		0.77 (0.03)		0.81 (0.03)
Item 5 (RW 2)		0.67 (0.04)		0.75 (0.03)
Item 8 (RW 3)		0.73 (0.03)		0.78 (0.03)
Item 9 (RW 4)		0.62 (0.04)		0.72 (0.04)
Item 10 (RW 5)		0.85 (0.02)		0.80 (0.03)
Average	0.83 (0.03)	0.73 (0.03)	0.73 (0.03)	0.77 (0.03)
Factor correlation		0.78 (0.03)		0.97 (0.02)

Model 3				
	Likert Version		Expanded Version	
	GSE	RME	GSE	RME
Item 1 (PW 1)	0.90 (0.02)		0.69 (0.04)	
Item 2 (PW 2)	0.83 (0.03)		0.79 (0.03)	
Item 4 (PW 3)	0.71 (0.03)		0.57 (0.05)	
Item 6 (PW 4)	0.86 (0.02)		0.74 (0.03)	
Item 7 (PW 5)	0.85 (0.02)		0.84 (0.02)	
Item 3 (RW 1)	0.65 (0.04)	0.32 (0.04)	0.79 (0.04)	0.36 (0.13)
Item 5 (RW 2)	0.57 (0.04)	0.28 (0.05)	0.84 (0.03)	0.15 (0.09) <i>ns</i>
Item 8 (RW 3)	0.48 (0.05)	0.70 (0.05)	0.76 (0.03)	0.26 (0.11) <i>ns</i>
Item 9 (RW 4)	0.51 (0.05)	0.33 (0.05)	0.75 (0.04)	-0.22 (0.11) <i>ns</i>
Item 10 (RW 5)	0.63 (0.04)	0.61 (0.05)	0.80 (0.03)	0.05 (0.09) <i>ns</i>
Average	0.70 (0.03)	0.45 (0.05)	0.75 (0.03)	0.21 (0.10)

*Note.* Numbers in bracket are standard errors for the loadings. All factor loadings except the ones with *ns* are statistically significant at  $p < 0.01$ . Average loading sizes were calculated using absolute values of the loading values. GSE=Global self-esteem; PSE=positive self-esteem; NSE=negative self-esteem; PW=positively worded item; RW=reverse worded item; RME=reverse worded item method factor.



### Standardized factor loadings for CFA models for the Conscientiousness Scale

Model 1		
	Likert Version	Expanded Version
	GC	GC
Item 1 (PW)	0.80 (0.03)	0.80 (0.03)
Item 3 (PW)	0.79 (0.03)	0.73 (0.05)
Item 6 (PW)	0.64 (0.04)	0.60 (0.05)
Item 7 (PW)	0.67 (0.04)	0.61 (0.05)
Item 8 (PW)	0.65 (0.04)	0.59 (0.05)
Item 2 (RW)	0.59 (0.04)	0.65 (0.04)
Item 4 (RW)	0.67 (0.04)	0.63 (0.04)
Item 5 (RW)	0.58 (0.04)	0.75 (0.03)
Item 9 (RW)	0.45 (0.05)	0.58 (0.04)
Average	0.65 (0.04)	0.66 (0.04)

Model 2				
	Likert Version		Expanded Version	
	PC	NC	PC	NC
Item 1 (PW)	0.84 (0.03)		0.82 (0.03)	
Item 3 (PW)	0.82 (0.03)		0.74 (0.05)	
Item 6 (PW)	0.69 (0.04)		0.62 (0.05)	
Item 7 (PW)	0.72 (0.04)		0.62 (0.05)	
Item 8 (PW)	0.69 (0.04)		0.60 (0.05)	
Item 2 (RW)		0.71 (0.04)		0.67 (0.04)
Item 4 (RW)		0.80 (0.04)		0.65 (0.04)

Item 5 (RW)		0.70 (0.04)		0.78 (0.03)
Item 9 (RW)		0.56 (0.05)		0.60 (0.05)
Average	0.75 (0.04)	0.70 (0.04)	0.68 (0.04)	0.68 (0.04)
Factor correlation		0.57 (0.06)		0.89 (0.03)

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Model 3

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	Likert Version		Expanded Version	
	GC	RME	GC	RME
Item 1 (PW)	0.84 (0.03)		0.82 (0.03)	
Item 3 (PW)	0.82 (0.03)		0.74 (0.05)	
Item 6 (PW)	0.69 (0.04)		0.62 (0.05)	
Item 7 (PW)	0.72 (0.04)		0.62 (0.05)	
Item 8 (PW)	0.69 (0.04)		0.60 (0.05)	
Item 2 (RW)	0.41 (0.06)	0.58 (0.06)	0.60 (0.04)	0.30 (0.09)
Item 4 (RW)	0.45 (0.05)	0.67 (0.05)	0.55 (0.05)	0.52 (0.15)
Item 5 (RW)	0.42 (0.06)	0.53 (0.06)	0.71 (0.04)	0.23 (0.08)
Item 9 (RW)	0.28 (0.06)	0.53 (0.06)	0.55 (0.05)	0.22 (0.10) <i>ns</i>
Average	0.59 (0.05)	0.58 (0.06)	0.65 (0.04)	0.32 (0.11)

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*Note.* Numbers in bracket are standard errors for the loadings. All factor loadings except the ones with *ns* are statistically significant at  $p < 0.01$ . Average loading sizes were calculated using absolute values of the loading values. GC=Global conscientiousness; PC=positive conscientiousness; NC=negative conscientiousness; PW=positively worded item; RW=reverse worded item; RME=reverse worded item method factor

### Standardized factor loadings for CFA Model 1 for the Beck Depression Inventory

	Likert Version I	Likert Version II	Expanded Version
	GD	GD	GD
Item 1	0.78 (0.03)	0.81 (0.03)	0.69 (0.05)
Item 2	0.47 (0.05)	0.64 (0.04)	0.65 (0.04)
Item 3	0.82 (0.03)	0.61 (0.05)	0.64 (0.04)
Item 4	0.73 (0.05)	0.61 (0.04)	0.78 (0.03)
Item 5	0.53 (0.05)	0.34 (0.06)	0.61 (0.05)
Item 6	0.50 (0.05)	0.53 (0.06)	0.69 (0.06)
Item 7	0.80 (0.03)	0.78 (0.03)	0.80 (0.03)
Item 8	0.51 (0.05)	0.56 (0.04)	0.67 (0.04)
Item 9	0.48 (0.06)	0.45 (0.06)	0.59 (0.05)
Item 10	0.46 (0.05)	0.46 (0.05)	0.79 (0.05)
Item 11	0.51 (0.05)	0.43 (0.05)	0.60 (0.06)
Item 12	0.68 (0.04)	0.68 (0.04)	0.79 (0.04)
Item 13	0.56 (0.05)	0.72 (0.03)	0.75 (0.04)
Item 14	0.76 (0.03)	0.80 (0.03)	0.85 (0.03)
Item 15	0.67 (0.04)	0.75 (0.03)	0.73 (0.03)
Item 16	0.31 (0.06)	0.47 (0.05)	0.45 (0.06)
Item 17	0.61 (0.04)	0.67 (0.04)	0.70 (0.04)
Item 18	0.34 (0.05)	0.50 (0.05)	0.57 (0.05)
Item 19	0.61 (0.04)	0.67 (0.04)	0.72 (0.04)
Item 20	0.65 (0.04)	0.66 (0.04)	0.75 (0.03)
Item 21	0.36 (0.06)	0.44 (0.06)	0.67 (0.05)
Average	0.58 (0.04)	0.60 (0.04)	0.69 (0.04)

*Note.* Numbers in bracket are standard errors for the loadings. All factor loadings except the ones with *ns* are statistically significant at  $p < 0.01$ . GD=Global depression.

## Standardized factor loadings for CFA Model 2 for the Beck Depression Inventory

Model 2				
(Based on Likert Version I)				
	Likert Version I		Expanded Version	
	PD	ND	PD	ND
Item 1 (PW)	0.80 (0.03)		0.69 (0.05)	
Item 3 (PW)	0.84 (0.03)		0.64 (0.04)	
Item 4 (PW)	0.75 (0.04)		0.78 (0.03)	
Item 7 (PW)	0.83 (0.03)		0.81 (0.03)	
Item 8 (PW)	0.53 (0.05)		0.67 (0.04)	
Item 12 (PW)	0.71 (0.04)		0.79 (0.04)	
Item 15 (PW)	0.69 (0.04)		0.73 (0.03)	
Item 16 (PW)	0.32 (0.07)		0.45 (0.06)	
Item 17 (PW)	0.63 (0.04)		0.71 (0.04)	
Item 20 (PW)	0.68 (0.04)		0.75 (0.03)	
Item 21 (PW)	0.37 (0.06)		0.67 (0.05)	
Item 2 (RW)		0.51 (0.05)		0.66 (0.04)
Item 5 (RW)		0.60 (0.04)		0.62 (0.05)
Item 6 (RW)		0.56 (0.05)		0.69 (0.06)
Item 9 (RW)		0.54 (0.06)		0.60 (0.05)
Item 10 (RW)		0.50 (0.05)		0.80 (0.05)
Item 11 (RW)		0.55 (0.05)		0.61 (0.06)
Item 13 (RW)		0.62 (0.05)		0.76 (0.04)
Item 14 (RW)		0.86 (0.04)		0.85 (0.03)
Item 18 (RW)		0.39 (0.06)		0.58 (0.05)

Item 19 (RW)		0.67 (0.04)		0.72 (0.04)
Average	0.65 (0.04)	0.58 (0.05)	0.70 (0.04)	0.69 (0.05)
Factor correlation		0.76 (0.04)		0.98 (0.02)

---

Model 2  
(Based on Likert Version II)

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	Likert Version II		Expanded Version	
	GD	RD	GD	RD
Item 1 (PW)	0.83 (0.03)		0.69 (0.07)	
Item 3 (PW)	0.63 (0.05)		0.64 (0.04)	
Item 4 (PW)	0.63 (0.04)		0.78 ((0.03)	
Item 7 (PW)	0.82 (0.03)		0.80 (0.03)	
Item 8 (PW)	0.58 (0.04)		0.66 (0.04)	
Item 10 (PW)	0.48 (0.06)		0.79 (0.04)	
Item 12 (PW)	0.71 (0.04)		0.78 (0.06)	
Item 16 (PW)	0.50 (0.05)		0.44 (0.04)	
Item 17 (PW)	0.70 (0.04)		0.70 (0.04)	
Item 20 (PW)	0.69 (0.04)		0.75 (0.03)	
Item 21 (PW)	0.46 (0.06)		0.66 (0.05)	
Item 2 (RW)		0.67 (0.04)		0.65 (0.04)
Item 5 (RW)		0.36 (0.06)		0.61 (0.05)
Item 6 (RW)		0.55 (0.05)		0.68 (0.06)
Item 9 (RW)		0.48 (0.06)		0.59 (0.05)
Item 11 (RW)		0.46 (0.06)		0.60 (0.06)
Item 13 (RW)		0.76 (0.03)		0.75 (0.04)
Item 14 (RW)		0.84 (0.03)		0.84 (0.03)
Item 15 (RW)		0.79 (0.03)		0.72 (0.03)

Item 18 (RW)		0.53 (0.05)		0.57 (0.05)
Item 19 (RW)		0.70 (0.04)		0.72 (0.04)
Average	0.64 (0.04)	0.61 (0.04)	0.70 (0.04)	0.67 (0.04)
Factor correlation	0.83 (0.03)		1.00 (0.02)	

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*Note.* Numbers in bracket are standard errors for the loadings. All factor loadings except the ones with *ns* are statistically significant at  $p < 0.01$ . Average loading sizes were calculated using absolute values of the loading values. PD=positive depression; ND=negative depression; PW=positively worded item; RW=reverse worded item; RME=reverse worded item method factor.

### Standardized factor loadings for CFA Model 3 for the Beck Depression Inventory

Model 3 (Based on Likert Version I)				
	Likert Version I		Expanded Version	
	PD	ND	PD	ND
Item 1 (PW)	0.80 (0.03)		0.69 (0.05)	
Item 3 (PW)	0.84 (0.03)		0.64 (0.04)	
Item 4 (PW)	0.75 (0.04)		0.78 (0.03)	
Item 7 (PW)	0.83 (0.03)		0.81 (0.03)	
Item 8 (PW)	0.53 (0.05)		0.67 (0.04)	
Item 12 (PW)	0.70 (0.04)		0.79 (0.04)	
Item 15 (PW)	0.69 (0.04)		0.73 (0.03)	
Item 16 (PW)	0.33 (0.07)		0.45 (0.06)	
Item 17 (PW)	0.63 (0.04)		0.71 (0.04)	
Item 20 (PW)	0.67 (0.04)		0.75 (0.03)	
Item 21 (PW)	0.37 (0.06)		0.67 (0.05)	
Item 2 (RW)	0.43 (0.05)	0.21 (0.07)	0.65 (0.04)	0.07 (0.09) <i>ns</i>
Item 5 (RW)	0.34 (0.06)	0.70 (0.05)	0.58 (0.05)	0.34 (0.14) <i>ns</i>
Item 6 (RW)	0.29 (0.05)	0.72 (0.05)	0.63 (0.07)	0.78 (0.29)
Item 9 (RW)	0.45 (0.06)	0.23 (0.09)	0.59 (0.05)	0.04 (0.08) <i>ns</i>
Item 10 (RW)	0.42 (0.06)	0.21 (0.08)	0.79 (0.05)	0.09 (0.09) <i>ns</i>
Item 11 (RW)	0.48 (0.05)	0.17 (0.06)	0.61 (0.06)	-0.06 (0.10) <i>ns</i>
Item 13 (RW)	0.46 (0.06)	0.47 (0.06)	0.75 (0.04)	0.04 (0.08) <i>ns</i>
Item 14 (RW)	0.71 (0.04)	0.32 (0.06)	0.84 (0.04)	0.13 (0.07) <i>ns</i>
Item 18 (RW)	0.26 (0.06)	0.37 (0.07)	0.56 (0.06)	0.14 (0.10) <i>ns</i>

Item 19 (RW)	0.56 (0.05)	0.29 (0.06)	0.72 (0.04)	0.06 (0.07) <i>ns</i>
Average	0.55 (0.05)	0.37 (0.06)	0.69 (0.04)	0.16 (0.11)

---

Model 3  
(Based on Likert Version II)

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	Likert Version II		Expanded Version	
	GD	RD	GD	RD
Item 1 (PW)	0.83 (0.03)		0.69 (0.05)	
Item 3 (PW)	0.63 (0.05)		0.64 (0.04)	
Item 4 (PW)	0.63 (0.04)		0.78 (0.03)	
Item 7 (PW)	0.81 (0.03)		0.80 (0.03)	
Item 8 (PW)	0.58 (0.04)		0.67 (0.04)	
Item 10 (PW)	0.47 (0.05)		0.79 (0.05)	
Item 12 (PW)	0.71 (0.04)		0.79 (0.04)	
Item 16 (PW)	0.50 (0.05)		0.45 (0.06)	
Item 17 (PW)	0.70 (0.04)		0.70 (0.04)	
Item 20 (PW)	0.68 (0.04)		0.75 (0.03)	
Item 21 (PW)	0.45 (0.06)		0.67 (0.05)	
Item 2 (RW)	0.52 (0.05)	0.47 (0.07)	0.65 (0.04)	0.06 (0.09) <i>ns</i>
Item 5 (RW)	0.34 (0.06)	0.07 (0.07)	0.60 (0.05)	0.40 (0.09)
Item 6 (RW)	0.49 (0.05)	0.20 (0.06)	0.67 (0.06)	0.46 (0.10)
Item 9 (RW)	0.39 (0.06)	0.30 (0.07)	0.59 (0.05)	0.08 (0.08) <i>ns</i>
Item 11 (RW)	0.36 (0.06)	0.31 (0.06)	0.79 (0.06)	-0.05 (0.10) <i>ns</i>
Item 13 (RW)	0.60 (0.05)	0.53 (0.06)	0.75 (0.04)	0.06 (0.08) <i>ns</i>
Item 14 (RW)	0.66 (0.04)	0.60 (0.05)	0.84 (0.03)	0.25 (0.08)
Item 15 (RW)	0.65 (0.04)	0.45 (0.06)	0.76 (0.03)	-0.42 (0.10)
Item 18 (RW)	0.51 (0.05)	0.03 (0.08)	0.57 (0.05)	0.07 (0.09) <i>ns</i>



Item 19 (RW)	0.64 (0.04)	0.21 (0.07)	0.72 (0.04)	-0.03 (0.07) <i>ns</i>
Average	0.58 (0.05)	0.32 (0.06)	0.69 (0.04)	0.19 (0.09)

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*Note.* Numbers in bracket are standard errors for the loadings. All factor loadings except the ones with *ns* are statistically significant at  $p < 0.01$ . Average loading sizes were calculated using absolute values of the loading values. GD=global depression; PW=positively worded item; RW=reverse worded item; RME=reverse worded item method factor.

### Rosenberg Self-Esteem Scale (Likert Version)

For each of the following, please pick the one that corresponds with the answer that best describes how strongly you agree or disagree with the statement about yourself now.

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
1) I feel that I am a person of worth, at least on an equal plane with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) All in all, I'm inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I take a positive attitude towards myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I certainly feel useless at times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) At times, I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Note: Item 3, 5, 8, 9 and 10 are reverse worded item.

## **Rosenberg Self-Esteem Scale (Expanded Version)**

This questionnaire consists of 10 groups of statements. Please read each group of statements carefully, and then pick out the one statement in each group that best describes your attitude towards yourself. Be sure that you do not choose more than one statement for any group.

- 1) Select the one that best describes your attitude towards yourself.
  - I feel that I'm a person of great worth, more so than other people.
  - I feel that I'm a person of worth, at least on an equal basis with others.
  - I feel that I'm a person of little worth, not on an equal basis with others.
  - I feel that I'm a person of little worth, less so than other people.
  
- 2) Select the one that best describes your attitude towards yourself.
  - I feel that I have a great number of good qualities.
  - I feel that I have some good qualities.
  - I feel that I don't have many good qualities.
  - I feel that I have very few good qualities.
  
- 3) Select the one that best describes your attitude towards yourself.
  - All in all, I think I am a success.
  - All in all, I think I am somewhat a success.
  - All in all, I think I am somewhat a failure.
  - All in all, I am inclined to think I'm a failure.
  
- 4) Select the one that best describes your attitude towards yourself.
  - I am able to do things much better than most other people.
  - I am able to do things as well as most other people.
  - I am unable to do things as well as most other people.
  - I usually do things much worse than other people.
  
- 5) Select the one that best describes your attitude towards yourself.
  - I feel I have a lot to be proud of.
  - I feel I have some qualities that I feel proud of.
  - I feel I do not have much to be proud of.
  - I feel I have nothing to be proud of.
  
- 6) Select the one that best describes your attitude towards yourself.
  - I take a very positive attitude towards myself.
  - I take a somewhat positive attitude towards myself.
  - I take a somewhat negative attitude towards myself.
  - I take a very negative attitude towards myself.

- 7) Select the one that best describes your attitude towards yourself.
- On the whole, I am very satisfied with myself.
  - On the whole, I am satisfied with myself.
  - On the whole, I am disappointed with myself.
  - On the whole, I am very disappointed with myself.

- 8) Select the one that best describes your attitude towards yourself.
- I feel useful most of the time.
  - I certainly feel useful at times.
  - I certainly feel useless at times.
  - I feel useless most of the time.

- 9) Select the one that best describes your attitude towards yourself.
- I have a lot of respect for myself.
  - I have some respect for myself.
  - I have little respect for myself.
  - I have no respect for myself.

- 10) Select the one that best describes your attitude towards yourself.
- Most of the time, I think I'm very good.
  - At times, I think I'm fairly good.
  - At times, I think I'm no good at all.
  - Most of the time, I think I'm no good at all.

### Conscientiousness Scale (Likert Version)

Here are a number of characteristics that may or may not apply to you. Please rate the extent to which you agree or disagree with that statement.

	Disagree strongly	Disagree a little	Agree a little	Agree strongly
1) I am someone who does a thorough job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I am someone who can be somewhat careless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I am someone who is a reliable worker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I am someone who tends to be disorganized.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I am someone who tends to be lazy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I am someone who perseveres until the task is finished.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I am someone who does things efficiently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I am someone who makes plans and follows through on them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I am someone who is easily distracted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Note: Item 2, 4, 5 and 9 are reverse worded items.

## Conscientiousness Scale (Expanded Version)

This questionnaire consists of 9 groups of statements. Please read each group of statements carefully, and then pick out the one statement in each group that best describes you. Be sure that you do not choose more than one statement for any group.

- 1) Select the one of the following options that best describes you
  - I am someone who does a sloppy job.
  - I am someone who does a somewhat sloppy job.
  - I am someone who does a somewhat thorough job.
  - I am someone who does a thorough job.
  
- 2) Select the one of the following options that best describes you
  - I am someone who can be careless.
  - I am someone who can be somewhat careless.
  - I am someone who can be somewhat careful.
  - I am someone who can be careful.
  
- 3) Select the one of the following options that best describes you
  - I am someone who is an unreliable worker.
  - I am someone who is a somewhat unreliable worker.
  - I am someone who is a somewhat reliable worker.
  - I am someone who is a reliable worker.
  
- 4) Select the one of the following options that best describes you
  - I am someone who tends to be disorganized.
  - I am someone who tends to be somewhat disorganized.
  - I am someone who tends to be somewhat organized.
  - I am someone who tends to be organized.
  
- 5) Select the one of the following options that best describes you
  - I am someone who tends to be very lazy.
  - I am someone who tends to be lazy.
  - I am someone who tends to be diligent.
  - I am someone who tends to be very diligent.
  
- 6) Select the one of the following options that best describes you
  - I am someone who often gives up before the task is finished.
  - I am someone who gives up before the task is finished.
  - I am someone who perseveres until the task is finished.
  - I am someone who often perseveres until the task is finished.
  
- 7) Select the one of the following options that best describes you
  - I am someone who does things very inefficiently.
  - I am someone who does things inefficiently.
  - I am someone who does things efficiently.
  - I am someone who does things very efficiently.

- 8) Select the one of the following options that best describes you
- I am someone who makes plans but rarely follows through on them.
  - I am someone who makes plans but sometimes does not follow through on them.
  - I am someone who makes plans and usually follows through on them.
  - I am someone who makes plans and always follows through on them.
- 9) Select the one of the following options that best describes you
- I am someone who can be very easily distracted.
  - I am someone who can be easily distracted.
  - I am someone who can easily stay focused.
  - I am someone who can very easily stay focused.