

Additional file 1: Table 1; Principal component analysis**Component Loadings**

	RC 1	RC 2	Uniqueness
JSE_T1_Qn1	.	0.553	0.701
JSE_T1_Qn10	0.485	.	0.735
JSE_T1_Qn11	.	0.552	0.638
JSE_T1_Qn12	.	0.622	0.605
JSE_T1_Qn13	0.477	.	0.767
JSE_T1_Qn14	.	.	0.842
JSE_T1_Qn15	0.591	.	0.657
JSE_T1_Qn16	0.676	.	0.526
JSE_T1_Qn17	.	.	0.886
JSE_T1_Qn18	-0.551	.	0.703
JSE_T1_Qn19	.	.	0.927
JSE_T1_Qn2	0.446	.	0.798
JSE_T1_Qn20	0.689	.	0.535
JSE_T1_Qn3	.	.	0.848
JSE_T1_Qn4	0.551	.	0.596
JSE_T1_Qn5	0.535	.	0.713
JSE_T1_Qn6	.	0.432	0.766
JSE_T1_Qn7	.	.	0.825
JSE_T1_Qn8	.	0.499	0.756
JSE_T1_Qn9	.	.	0.725

Additional file 1: Table 2; Chi-squared test

	Value	df	p
Model	213.474	151	< .001

Additional file 1: Table 3; Independent Samples T-test

	t	df	p	Cohen's d	95% CI for Cohen's d	
					Lower	Upper
Time 1	1.051	172.0	0.295	0.160	-0.139	0.458
Time 2	1.323	172.0	0.187	0.201	-0.098	0.499
Time 3	-1.658	172.0	0.099	-0.252	-0.551	0.048

Note. Student's t-test.