Supplemental Materials

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Supplementary Description

Descriptive Statistics. These include correlation matrices between PERM and mental health outcome variables, both at T1 and T2 (Tables S1 and S2). It also includes means, standard deviations, and Cronbach's alphas for these variables (Tables S3 and S4). Finally, it includes a list of how many participants there were at each age, from 10 to 19 years old.

Latent Profile Analysis. This section includes the results for the T2 LPA (T1 results are shown in the main manuscript). This includes means and standard deviations of all six PERM variables for each of the five profiles (Table S5), a graph of those means (Figure S1), and the frequencies of each T2 profile.

MANOVAs. Tables S6 to S9 report MANOVAs analysing how T1 and T2 profile membership relates to mental health outcomes – both concurrently and longitudinally.

Random Intercept-Latent Transition Analysis. Table S10 provides the main model fit statistics, justifying a five-profile RI-LTA solution (results from this table are graphed in the main manuscript – see Figure 2). Figure S2 depicts the entropy results, providing further evidence for the five-profile solution. Table S11 and Figure S3 report the means of the six main PERM variables (as we did for the LPAs).

Independent-Samples T Test. To investigate the effects of attrition, this analysis compared key PERM and mental health variable means between those who *only* completed T1 ("T1 only group") and those who completed both timepoints ("T1 & T2 group"). Table S12 lists all results, and we offer an interpretation for these results. Namely, we discuss how the results confirm the merits of our EM imputation approach for missingness.

Process of Emotion Regulation Measure (PERM) Full Item List. As the title suggests, this is a full list of all PERM items used in this study.

Descriptive Statistics

Table S1

Zero Order Correlations Among Time 2 Variables

	Prohed Motives	Contra Motives	Adaptive Strats	Maladap Strats	ASE	MSE	Optimism	DERS	Happy	Self- Reg	Dep	Anxiety/ Stress	Gratitude
Prohedonic Motives	———												
Contrahedonic Motives	-.21***	———											
Adaptive Strategies	.33***	.12***	———										
Maladaptive Strategies	.12***	.23***	.14***	———									
Adaptive Strategy Efficacy (ASE)	.21***	.07*	.58***	.04	———								
Maladaptive Strategy Efficacy (MSE)	-.06	.30***	.08**	.51***	.29***	———							
Optimism	.13***	-.07*	.31***	-.31***	.29***	-.18***	———						
Emotion Regulation Difficulties (DERS)	.04	.24***	.03	.58***	.01	.36***	-.32***	———					
Happiness (Happy)	.21***	-.15***	.25***	-.34***	.24***	-.20***	.51***	-.43***	———				
Self-regulation (Self-reg)	.18***	-.11***	.39***	-.27***	.31***	-.17***	.45***	-.40***	.37***	———			
Depression (Dep)	-.10**	.34***	-.05	.47***	-.005	.39***	-.40***	.59***	-.54***	-.35***	———		
Anxiety/Stress (Anx)	-.04	.27***	-.009	.47***	.001	.33***	-.25***	.66***	-.45***	-.38***	.73***	———	
Gratitude (Grat)	.29***	-.26***	.23***	-.16***	.17***	-.15***	.37***	-.25***	.45***	.36***	-.44***	-.26***	———
Resilience (Res)	.30***	-.19***	.36***	-.17***	.29***	-.15***	.40***	-.22***	.51***	.46***	-.38***	-.23***	.59***

* $p < .05$, ** $p < .01$, *** $p < .001$

Note: Similar to Timepoint 1 (T1), all three stages of the PERM were significantly associated with mental health outcomes in a valenced manner.

Table S2

Zero order Correlations Among Time 1 and Time 2 Variables

	Prohed Motives1	Contra Motives1	Adaptive Strats1	Maladap Strats1	ASE1	MSE1	Optimism 1	DERS1	Happy1	Self-Reg1	Dep1	Anxiety/ Stress1	Gratitude 1	Resilience1
Prohedonic Motives2	.36***	-.11**	.13***	-.01	.15***	-.02	.12***	-.06	.22***	.17***	-.15***	-.11**	.23***	.18***
Contrahedonic Motives2	-.15***	.40***	.11***	.11***	.07*	.18***	-.02	.12***	-.12***	-.10**	.20***	.14***	-.15***	-.12***
Adaptive Strategies2	.17***	.12***	.39***	.02	.34***	.007	.17***	-.01	.16***	.22***	-.06	-.02	.14***	.16***
Maladaptive Strategies2	-.03	.10**	-.008	.41***	.03	.31***	-.20***	.33***	-.21***	-.23***	.27***	.31***	-.12***	-.10**
Adaptive Strategy Efficacy (ASE)2	.10**	.07*	.25***	.04	.33***	.08*	.12***	-.01	.10**	.17***	.002	.02	.07*	.07*
Maladaptive Strategy Efficacy (MSE)2	-.08*	.18***	.009	.29***	.07*	.39***	-.12***	.21***	-.15***	-.16***	.20***	.20***	-.13***	-.13***
Optimism2	.11***	-.002	.21***	-.20***	.19***	-.15***	.45***	-.17***	.28***	.27***	-.22***	-.14***	.18***	.21***
Emotion Regulation Difficulties (DERS)2	-.003	.14***	-.001	.31***	.01	.25***	-.19***	.47***	-.27***	-.29***	.35***	.40***	-.12***	-.12***
Happiness (Happy)2	.15***	-.09**	.13***	-.22***	.10**	-.17***	.28***	-.24***	.37***	.23***	-.31***	-.25***	.22***	.25***
Self-regulation (Self-reg)2	.12***	-.06	.21***	-.19***	.16***	-11***	.27***	-.24***	.21***	.46***	-.19***	-.23***	.18***	.21***
Depression (Dep)2	-.11**	.20***	.003	.25***	.0001	.22***	-.21***	.31***	-.29***	-.23***	.40***	.34***	-.23***	-.19***
Anxiety/Stress (Anx) 2	-.06	.16***	.03	.29***	.02	.23***	-.16***	.40***	-.24***	-.29***	.36***	.48***	-.15***	-.13***
Gratitude (Grat)2	.21***	-.18***	.12***	-.09**	.08**	-.15***	.20***	-.14***	.30***	.19***	-.25***	-.15***	.38***	.28***
Resilience (Res)2	.16***	-.10**	.14***	-.13***	.13***	-.12***	.23***	-.14***	.27***	.21***	-.22***	-.14***	.28***	.37***

* $p < .05$, ** $p < .01$, *** $p < .001$

As shown by Table S2, test-retest reliabilities of PERM variables were similar in strength to the other well-established mental health measures. Results demonstrated that all three stages of the PERM were significantly associated with valenced mental health outcomes longitudinally, as well as concurrently.

Age Ranges of Participants

10 to 12 years old: 96

13 to 15 years old: 598

16 to 19 years old: 257

Total: 951

Table S3

Descriptive statistics for the main PERM subscales.

	Time 1 Mean	Time 1 SD	Time 1 α	Time 2 Mean	Time 2 SD	Time 2 α	Test-Retest Reliability
Prohedonic Goals	3.43	.61	.92	3.47	.63	.93	.36
Contrahedonic Goals	1.74	.53	.94	1.72	.54	.95	.40
Adaptive Strategies	2.78	.55	.91	2.85	.58	.92	.39
Maladaptive Strategies	2.88	.65	.91	2.83	.64	.92	.41
Adaptive Strategy Efficacy	2.67	.59	.93	2.75	.56	.92	.33
Maladaptive Strategy Efficacy	2.50	.73	.94	2.40	.70	.93	.39

Table S4

Descriptive statistics for all mental health measures.

	T1 Mean	Time 1 SD	Time 1 α	Time 2 Mean	Time 2 SD	Time 2 α	Test-Retest Reliability
Optimism	12.35	3.56	.64	12.71	3.57	.68	.45
Gratitude	31.67	5.12	.75	32.07	4.98	.78	.38
Depression	4.67	4.69	.91	4.30	4.42	.91	.40
Anxiety/Stress	12.99	8.67	.92	12.39	8.36	.92	.48
Emotion Regulation Difficulties	42.60	12.94	.94	41.72	12.53	.93	.47
Happiness	3.09	.89	.81	3.18	.89	.88	.37
Resilience	64.11	9.87	.91	64.00	10.45	.93	.37
Self-Regulation	98.73	13.32	.90	100.20	13.36	.90	.46

Latent Profile Analysis

Table S5

Means and Standard Errors for PERM Facets across Profiles – Time 2

	Maladaptive	Hypo-regulating	Normative	Adaptive	Hyper-regulating	*F* value	Partial η^2
Pro-Hedonic Motives	3.16_b (.09)	2.85_a (.13)	3.56_c (.03)	4.03_d (.10)	3.57_c (.10)	63.45	.21
Contra-Hedonic Motives	1.83_b (.07)	1.63_a (.07)	1.67_a (.03)	1.49_a (.10)	2.31_c (.13)	31.01	.12
Adaptive Strategies	2.25_b (.08)	2.14_a (.07)	2.90_c (.03)	3.75_e (.20)	3.55_d (.10)	294.71	.56
Maladaptive Strategies	3.49_d (.07)	2.12_a (.08)	2.80_c (.04)	2.42_b (.10)	3.61_d (.09)	254.09	.52
Adaptive Strategy Efficacy	2.26_a (.08)	2.23_a (.08)	2.74_b (.03)	3.62_c (.24)	3.59_c (.12)	159.90	.40
Maladaptive Strategy Efficacy	3.13_c (.13)	1.85_a (.08)	2.25_b (.04)	2.21_b (.26)	3.64_d (.09)	203.37	.46

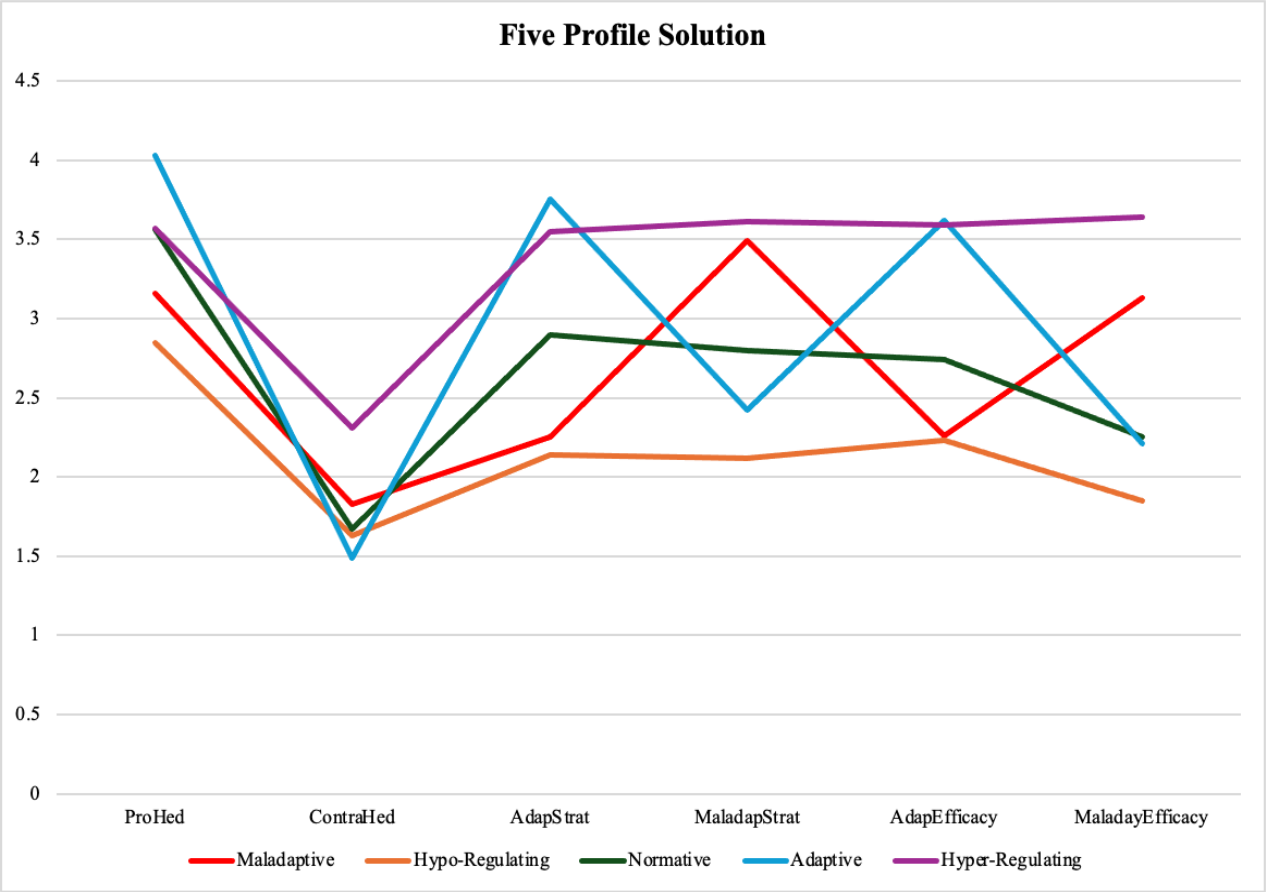
Note. Different subscripts reading left to right signify Student-Newman-Keuls (SNK) post-hoc differences at $p < .01$. All *F*-values are $p < .001$.

Probabilities:

1. 646 (67.93%) - Normative
2. 96 (10.10%) - Hypo-regulating
3. 47 (4.94%) - Adaptive
4. 92 (9.67%) - Maladaptive
5. 70 (7.36%) - Hyper-regulating

Figure S1

Five Profiles Graphed Across the Six Valenced Emotion Regulation Indicators – Time 2



Similar to the T1 LPA, these results demonstrate the distinctiveness of the five ER profiles, with significant differences between groups among all six indicators. T2 LPA yielded the same five distinct profiles: hypo-regulating, hyper-regulating, adaptive, maladaptive, and normative groups. The model fit statistics were similar (Entropy: 0.845; AIC: 9461.04; BIC: 9655.34). However, the probabilities were somewhat different, with smaller adaptive and hyper-regulating groups, and a larger normative group.

MANOVAs

Table S6

Time 2 Means (SDs) and Multivariate F Values for Time 1 Profile Membership Correlates

	Maladaptive	Hypo-regulating	Normative	Adaptive	Hyper-regulating	*F* value	Partial η^2
Emotion Dysregulation	47.25_{c} (12.89)	37.43_{a} (10.96)	41.72_{b} (12.17)	38.24_{a} (12.22)	46.26_{c} (13.63)	13.53	.05
Depression	6.18_{b} (4.66)	3.12_{a} (3.40)	4.18_{a} (4.42)	2.94_{a} (3.23)	6.25_{b} (5.21)	13.43	.05
Anxiety & Stress	15.57_{b} (8.77)	9.81_{a} (6.43)	12.34_{a} (8.44)	10.68_{a} (7.45)	15.15_{b} (9.13)	10.51	.04
Gratitude	30.44_{a} (4.90)	31.79_{ab} (4.92)	32.21_{b} (5.05)	34.72_{c} (4.10)	30.99_{ab} (4.52)	9.20	.04
Optimism	10.15_{a} (3.38)	12.67_{b} (3.24)	12.88_{b} (3.53)	14.53_{c} (3.47)	12.65_{b} (3.39)	17.25	.07
Happiness	16.22_{a} (3.39)	18.30_{b} (3.30)	18.38_{b} (4.28)	20.83_{c} (4.32)	17.43_{b} (3.82)	14.19	.06
Resilience	60.36_{a} (9.53)	64.22_{b} (8.51)	63.69_{b} (10.85)	70.21_{c} (9.32)	63.80_{b} (10.49)	9.70	.04
Self-regulation	94.15_{a} (11.56)	98.94_{b} (12.45)	100.40_{b} (13.51)	109.04_{c} (13.88)	99.39_{b} (11.26)	13.70	.06

Note. * p <.05, ** p <.01, *** p <.001. All F values are p < .001.

Table S7

Descriptors from Pair-Wise Comparison Analysis – Time 1 Profiles, Time 2 Outcomes

	Emotion Dysregulation	Depression	Anxiety & Stress	Gratitude	Optimism	Happiness	Resilience	Self-Regulation
Maladaptive	Highest	High	High	Lowest	Lowest	Lowest	Lowest	Lowest
Adaptive	Lowest	Low	Low	Highest	Highest	Highest	Highest	Highest
Hypo-Reg	Lowest	Low	Low	Average	Average	Average	Average	Average
Hyper-Reg	Highest	High	High	Low	Average	Average	Average	Average
Normative	Average	Low	Low	Average	Average	Average	Average	Average

Tables S4 and S5 above show that T1 ER profile membership predicted significant differences in T2 mental health outcomes. Maladaptive and hyper-regulating groups yielded the highest scores on negative outcome measures, while the adaptive and hypo-regulating groups produced the lowest scores on these measures. The maladaptive group yielded the lowest scores on positive outcome measures, while the adaptive group exhibited the highest scores on these measures. The three non-valenced ER groups fell in the average range for positive mental health outcomes.

Table S8

Time 2 Means (SDs) and Multivariate F-Values for Time 2 Profile Membership Correlates

	Maladaptive	Hypo-regulating	Normative	Adaptive	Hyper-regulating	*F* value	Partial η^2
Emotion Dysregulation	51.87_{c} (14.10)	34.33_{a} (11.81)	40.83_{b} (10.50)	34.97_{a} (13.00)	51.33_{c} (14.79)	44.96	.16
Depression	8.32_{c} (5.60)	2.56_{ab} (3.64)	3.73_{b} (3.46)	1.88_{a} (3.17)	8.31_{c} (6.42)	52.88	.18
Anxiety & Stress	18.99_{c} (10.48)	8.25_{a} (6.93)	11.71_{b} (7.01)	8.73_{a} (8.05)	18.21_{c} (10.88)	36.92	.14
Gratitude	28.77_{a} (5.55)	30.58_{b} (6.03)	32.53_{c} (4.38)	35.54_{d} (4.75)	31.85_{bc} (5.40)	20.99	.08
Optimism	9.21_{a} (3.96)	12.35_{b} (2.94)	13.07_{b} (3.19)	15.75_{c} (3.55)	12.52_{b} (3.95)	37.54	.14
Happiness	14.45_{a} (4.30)	17.90_{b} (4.32)	18.67_{b} (3.53)	21.83_{c} (4.22)	17.82_{b} (5.28)	34.33	.13
Resilience	55.40_{a} (9.38)	60.24_{b} (13.42)	64.81_{c} (8.80)	74.45_{d} (7.89)	65.93_{c} (13.04)	36.85	.14
Self-regulation	89.78_{a} (14.90)	97.05_{b} (12.19)	100.90_{c} (11.79)	114.52_{d} (15.15)	102.24_{c} (14.18)	33.77	.13

Note. Different subscripts signify Student-Newman-Keuls (SNK) post hoc test differences at $p < .01$. All *F* values are $p < .001$.

Table S9

Time 2 Descriptors from Student-Newman-Keuls (SNK) Post Hoc Test Differences

	Emotion Dysregulation	Depression	Anxiety & Stress	Gratitude	Optimism	Happiness	Resilience	Self-Regulation
Maladaptive	Highest	Highest	Highest	Lowest	Lowest	Lowest	Lowest	Lowest
Adaptive	Lowest	Lowest	Lowest	Highest	Highest	Highest	Highest	Highest
Hypo-Reg	Lowest	Lowest	Lowest	Low	Average	Average	Low	Low
Hyper-Reg	Highest	Highest	Highest	Average	Average	Average	High	High
Normative	Average	Average	Average	High	Average	Average	High	High

Note. The colours signify positive and negative outcomes, with the deepest red demonstrating the worst outcomes, yellow signifying average outcomes, and the deepest green representing the best outcomes.

Tables S6 and S7 replicate the T1 analyses provided in the main body of the manuscript. Again, the maladaptive and hyper-regulating groups produced the highest scores on negative outcome measures, while the adaptive and hypo-regulating groups reported the lowest scores on these measures. The maladaptive group yielded the lowest scores on positive outcome measures, while the adaptive group exhibited the highest scores on these measures. Unlike the T1 analyses, the hypo-regulating profile appeared to manifest the worst positive mental health outcome scores of the three non-valenced groups (i.e., compared to the hyper-regulating and normative groups).

Random Intercept-Latent Transition Analysis

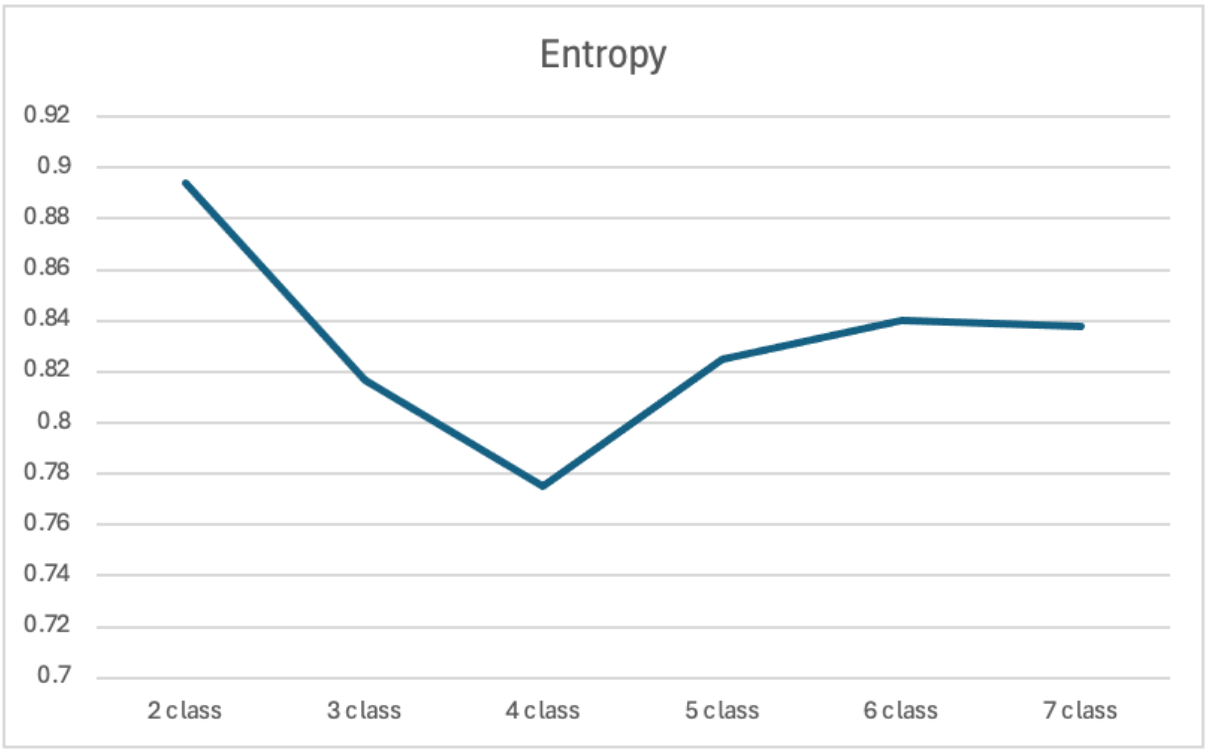
Table S10

Model Fit Indices for Latent Transition Analyses

	2 class	3 class	4 class	5 class	6 class	7 class
AIC	19762.11	19270.66	18915.45	18474.22	18253.18	18078.67
BIC	19922.41	19484.39	19192.33	18823.96	18685.50	18632.43
Adjusted BIC	19817.60	19344.65	19011.30	18595.29	18402.84	18270.37
Entropy	.89	.82	.78	.83	.84	.84

Figure S2

Entropy Scores from RI-LTA



Note. The figure above shows a kink and subsequent plateau in entropy at the five-class solution, informing a good model fit for the five-class solution in our RI-LTA. AIC, BIC and adjusted BIC also yielded a kink at five classes – this graph was included in the main text of the manuscript.

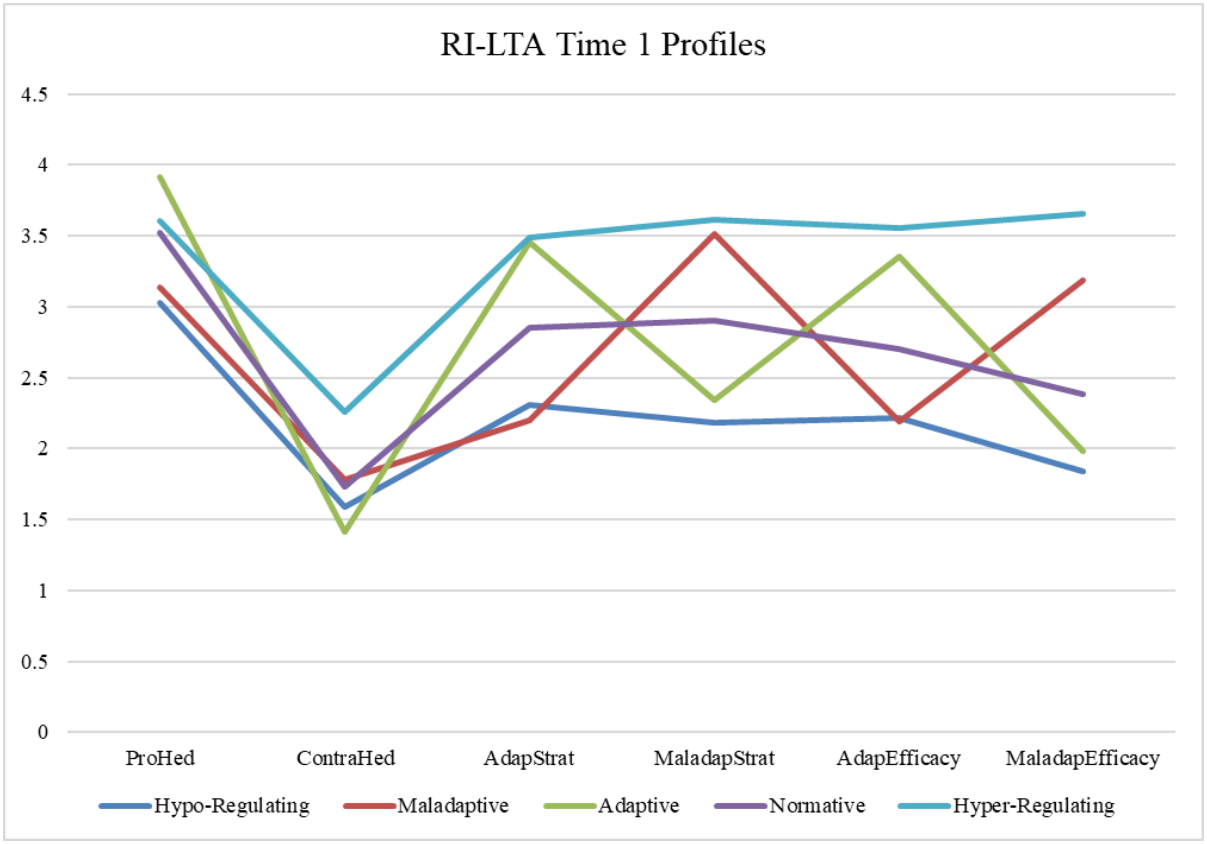
Table S11

Means for PERM Facets Across Profiles – Time 1

	Hypo-Regulating	Maladaptive	Adaptive	Normative	Hyper-Regulating
Pro-hedonic Motives	3.02	3.14	3.91	3.52	3.60
Contra-hedonic Motives	1.59	1.78	1.41	1.73	2.26
Adaptive Strategies	2.31	2.20	3.46	2.85	3.45
Maladaptive Strategies	2.18	3.52	2.34	2.91	3.61
Adaptive Efficacy	2.21	2.19	3.35	2.70	3.56
Maladaptive Efficacy	1.84	3.18	1.98	2.38	3.66

Figure S3

RI-LTA Profiles Graphed Across the Six Valenced Emotion Regulation Variables



As shown by Table S9 and Figure S3 above, the five-profile RI-LTA solution yielded virtually identical ER profiles to both LPAs (T1 and T2).

Independent-Samples T Test

To investigate the effects of attrition, we compared key variable means between those who completed both timepoints and those who *only* completed T1. All statistically significant group differences are shown by Table S10 below.

Table S12

Mean Differences Between Groups by Timepoint Participation

Variable	Group Means	Two-Sided *p*	Cohen's *d*
Age	14.37	.21	.11
	14.20		
Equity Index	435.71	<.001***	.31
	426.34		
Gender	1.55	.003**	.25
	1.43		
Pro-Hedonic Motives	3.31	.02*	-.20
	3.45		
Contra-Hedonic Motives	1.88	<.001***	.33
	1.69		
Adaptive Strategies	2.75	.51	-.06
	2.78		
Maladaptive Strategies	3.04	.16	.12
	2.96		
Adap Strategy Efficacy	2.67	.99	-.001
	2.67		
Maladap Strategy Efficacy	2.69	.22	.11
	2.61		
Optimism	11.81	.05*	-.18
	12.49		
Emotion dysregulation (DERS)	43.37	.40	.07
	42.37		
Happiness	17.64	.45	-.06
	17.91		
Self-regulation	96.30	.01**	-.21
	99.42		
Depression, Anxiety & Stress	19.81	.02*	.21
	16.97		
Gratitude	30.89	.04*	-.18
	31.88		
Resilience	63.06	.14	-.13
	64.44		

Note. T1 only group means are in normal text, while T1 & T2 group means are in **bold text**.

Notable demographic differences include increased EQI and female membership for the T1 only group. Additionally, chi-square analysis showed that the T1 only group had a markedly greater proportion of Māori (16.1%) and Pasifika (14.5%), compared to the T1 & T2 group (8.4% Māori, 6.7% Pasifika). No significant differences were found for age.

The T1 only group reported decreased pro-hedonic motives and increased contra-hedonic motives, compared to the T1 & T2 group. Relatedly, they also reported decreased optimism, self-regulation, and gratitude, and increase depression, anxiety and stress. No significant differences were found for PERM strategy use, PERM strategy efficacy, emotion dysregulation, happiness, or resilience.

These results provide a further justification for the EM-imputation approach, as allowing listwise deletion would exclude T1 only participants and subsequently introduce significant bias into our data.

Process of Emotion Regulation Measure (PERM) Full Item List

PERM-Goal

Q1: “In your day-to-day life, how often do you TRY to experience…?”

	Never (1)	Occasionally (2)	About half the time (3)	Most of the time (4)	All of the time (5)
Happiness (1)	○	○	○	○	○
Joy (2)	○	○	○	○	○
Pride (3)	○	○	○	○	○
Gratitude (4)	○	○	○	○	○
Love (5)	○	○	○	○	○
Peacefulness (6)	○	○	○	○	○
Compassion (7)	○	○	○	○	○
Hope (8)	○	○	○	○	○
Balance (9)	○	○	○	○	○
Enthusiasm (10)	○	○	○	○	○
Frustration (11)	○	○	○	○	○
Sadness (12)	○	○	○	○	○
Anger (13)	○	○	○	○	○
Shame (14)	○	○	○	○	○
Disgust (15)	○	○	○	○	○
Fear (16)	○	○	○	○	○
Regret (17)	○	○	○	○	○

Distress (18)	○	○	○	○	○
Anxiety (19)	○	○	○	○	○
Loneliness (20)	○	○	○	○	○

Q2: “In your day-to-day life, how often do you try to AVOID experiencing…?”

	Never (1)	Occasionally (2)	About half the time (3)	Most of the time (4)	All of the time (5)
Happiness (1)	○	○	○	○	○
Joy (2)	○	○	○	○	○
Pride (3)	○	○	○	○	○
Gratitude (4)	○	○	○	○	○
Love (5)	○	○	○	○	○
Peacefulness (6)	○	○	○	○	○
Compassion (7)	○	○	○	○	○
Hope (8)	○	○	○	○	○
Balance (9)	○	○	○	○	○
Enthusiasm (10)	○	○	○	○	○
Frustration (11)	○	○	○	○	○
Sadness (12)	○	○	○	○	○
Anger (13)	○	○	○	○	○
Shame (14)	○	○	○	○	○

Disgust (15)	○	○	○	○	○
Fear (16)	○	○	○	○	○
Regret (17)	○	○	○	○	○
Distress (18)	○	○	○	○	○
Anxiety (19)	○	○	○	○	○
Loneliness (20)	○	○	○	○	○

PERM-Strategy

Q3: People often face situations in life where they experience emotions that they do not want to feel. What do you typically do when you experience an emotion that you do not want to feel?

	Never (1)	Occasionally (2)	About half the time (3)	Most of the time (4)	Always (5)
Do something else to distract myself (1)	○	○	○	○	○
Try to change what I am thinking about (2)	○	○	○	○	○
Accept the way things are (3)	○	○	○	○	○
Go over the emotion again and again in my mind (4)	○	○	○	○	○
Bottle it up (5)	○	○	○	○	○
Blame myself for the way I am feeling (6)	○	○	○	○	○
Engage in something else to keep busy (7)	○	○	○	○	○
Take note of how my body was feeling (8)	○	○	○	○	○
Ignore my emotions (9)	○	○	○	○	○
Look for comfort or support from someone (10)	○	○	○	○	○
Look for a positive side (11)	○	○	○	○	○
Dwell upon my feelings (12)	○	○	○	○	○
Criticise myself (13)	○	○	○	○	○
Try to control my feelings, calm down, and relax (14)	○	○	○	○	○
I don't do anything (15)	○	○	○	○	○
Look for solutions (16)	○	○	○	○	○
Try to accept the situation (17)	○	○	○	○	○
Think of things I can do about it (18)	○	○	○	○	○
Make sure no one can tell what I am feeling (19)	○	○	○	○	○
Pretend that there is no problem (20)	○	○	○	○	○

Try to express my feelings (21)	○	○	○	○	○
Tell myself that it is all my fault (22)	○	○	○	○	○
Try to think about how I can change my situation (23)	○	○	○	○	○
Worry about the way I was feeling (24)	○	○	○	○	○
Hide my emotions (25)	○	○	○	○	○
Sit with my emotions and let them be (26)	○	○	○	○	○
Think about other ways of seeing the situation I am in (27)	○	○	○	○	○
Focus on slowing my heart rate and breathing (28)	○	○	○	○	○
Distract myself with another task e.g. exercise, TV, or music (29)	○	○	○	○	○
Try to fix it (30)	○	○	○	○	○
Tell somebody how I am feeling (31)	○	○	○	○	○
Act as if nothing is going on (32)	○	○	○	○	○
Do something else to think about something new (33)	○	○	○	○	○
Accept my emotions (34)	○	○	○	○	○
Close myself off to others (35)	○	○	○	○	○
Think about a happier time in my life (36)	○	○	○	○	○
Take some deep breaths (37)	○	○	○	○	○
Worry about what I might do (38)	○	○	○	○	○
Show my feelings through words or actions (39)	○	○	○	○	○
Think about the mistakes I have made (40)	○	○	○	○	○

PERM-Efficacy

Q4: When you use these strategies, do they help you in achieving your goal?

	Never (1)	Occasionally (2)	About half the time (3)	Most of the time (4)	Always (5)
Do something else to distract myself (1)	○	○	○	○	○
Try to change what I am thinking about (2)	○	○	○	○	○
Accept the way things are (3)	○	○	○	○	○
Go over the emotion again and again in my mind (4)	○	○	○	○	○
Bottle it up (5)	○	○	○	○	○
Blame myself for the way I am feeling (6)	○	○	○	○	○
Engage in something else to keep busy (7)	○	○	○	○	○
Take note of how my body was feeling (8)	○	○	○	○	○
Ignore my emotions (9)	○	○	○	○	○
Look for comfort or support from someone (10)	○	○	○	○	○
Look for a positive side (11)	○	○	○	○	○
Dwell upon my feelings (12)	○	○	○	○	○
Criticise myself (13)	○	○	○	○	○
Try to control my feelings, calm down, and relax (14)	○	○	○	○	○
I don't do anything (15)	○	○	○	○	○
Look for solutions (16)	○	○	○	○	○
Try to accept the situation (17)	○	○	○	○	○
Think of things I can do about it (18)	○	○	○	○	○
Make sure no one can tell what I am feeling (19)	○	○	○	○	○
Pretend that there is no problem (20)	○	○	○	○	○

Try to express my feelings (21)	○	○	○	○	○
Tell myself that it is all my fault (22)	○	○	○	○	○
Try to think about how I can change my situation (23)	○	○	○	○	○
Worry about the way I was feeling (24)	○	○	○	○	○
Hide my emotions (25)	○	○	○	○	○
Sit with my emotions and let them be (26)	○	○	○	○	○
Think about other ways of seeing the situation I am in (27)	○	○	○	○	○
Focus on slowing my heart rate and breathing (28)	○	○	○	○	○
Distract myself with another task e.g. exercise, TV, or music (29)	○	○	○	○	○
Try to fix it (30)	○	○	○	○	○
Tell somebody how I am feeling (31)	○	○	○	○	○
Act as if nothing is going on (32)	○	○	○	○	○
Do something else to think about something new (33)	○	○	○	○	○
Accept my emotions (34)	○	○	○	○	○
Close myself off to others (35)	○	○	○	○	○
Think about a happier time in my life (36)	○	○	○	○	○
Take some deep breaths (37)	○	○	○	○	○
Worry about what I might do (38)	○	○	○	○	○
Show my feelings through words or actions (39)	○	○	○	○	○
Think about the mistakes I have made (40)	○	○	○	○	○