Supplemental Information

*Study 1 Rule Out Questionnaire*. The specific questions used in the *Rule Out Questionnaire* are as follows:

(1) I have experienced stressful events in the past
(2) I am currently distressed by a stressful event
(3) I am aware that this survey will ask me to reflect on a stressful event I have experienced in the past. Traumatic events are not a focus of the study
(4) I have experienced a traumatic event

Participants who answered the following to at least one of the above questions (1.False, 2.True, 3. False, 4.True) were excluded from participation and immediately viewed an exit page which encouraged them to engage in a calming activity, reach out to trusted friends/family or local health providers, and provided information regarding crisis resources.

*Study 2 Rule Out Questionnaire*. The specific questions used in the *Rule Out Questionnaire* are as follows:

(1) I have experienced stressful events in the past
(2) I am currently distressed by a stressful event
(3) I am aware that this survey will ask me to reflect on a stressful event. I understand I can leave the survey at any time.
(4) I have experienced a traumatic event

Participants who answered the following to at least one of the above questions (1.False, 2.True, 3. False, 4.True) were excluded from participation and immediately viewed an exit page

|  |
| --- |
| Table S1*Full Initial Category Lists for Qualitative Data* |
| Topic | Type of Stressor | Subjective Resilience | Helpful |
| Categories† | SafetyNatural DisasterDiscriminationUnexpected event | Active copingKeep up everyday lifePositive mindsetAltruismReligiosityGiving social supportForesightCalm down and focusCohesion to a social groupSituation normalizesBounce backReceived Social SupportHopeResilience from othersHumorSelf-definitionFighting it out/biting through itGetting back to normalRecoveryHelpFriendship/familyTime frame (if stated) | NothingCounseling servicesFinancial resourcesForesight/ PlanningProper training before/ ExperienceLiving closer together/ Contact to someone with experience in this situation/ Communication/ Counseling servicesDifferent timeSuccessful Initial TreatmentExperienceDo not do againWishful thinking |

†Includes all suggested initial categories, prior to combining similar categories

Table S2. Study 2 Correlation Table

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 1. FLCRS | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. BRS | .39\* | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EXITS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Before | .17\* | .1 | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. After | .48\* | .27\* | .18\* | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. New | .26 | .11 | .43\* | .30\* | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| COPE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. Distraction | .04 | -.15 | .11 | -.02 | .23\* | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Active Coping | .27\* | .24\* | .00 | .32\* | .15 | -.16 | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Denial | -.18\* | -.23\* | .12 | -.25\* | .07 | .25\* | -.42\* | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. Substance Use | -.18\* | -.20\* | .04 | -.13 | -.02 | .26\* | -.38\* | .38\* | - |  |  |  |  |  |  |  |  |  |  |  |  |
| 10. Emotional Support | .32\* | .00 | .23\* | .2\* | .20\* | .39\* | .24\* | .04 | -.1 | - |  |  |  |  |  |  |  |  |  |  |  |
| 11. Instrumental Support | .28 | .06 | .21\* | .32\* | .21\* | .16 | .32\* | -.03 | -.16 | .61\* | - |  |  |  |  |  |  |  |  |  |  |
| 12. Behavioral Disengagement | -.19\* | -.19\* | .04 | -.28\* | -.12 | .33\* | -.55\* | .52\* | .47\* | .01 | -.12 | - |  |  |  |  |  |  |  |  |  |
| 13.Venting | -.04 | -.21\* | .08 | .03 | -.01 | .23\* | -.08 | .34\* | .33\* | .24\* | .19\* | .22 | - |  |  |  |  |  |  |  |  |
| 14.Positive Reframe | .25\* | .27\* | .11 | .09 | .30\* | .36\* | .23\* | .05 | .03 | .31\* | .11 | .01 | -.02 | - |  |  |  |  |  |  |  |
| 15. Planning | .3\* | .22\* | -.04 | .30\* | .12 | -.12 | .73\* | -.47\* | -.42\* | .23\* | .27\* | -.47\* | -.15 | .15 | - |  |  |  |  |  |  |
| 16. Humor | .14 | .06 | .06 | .05 | .08 | .25\* | -.13 | .06 | .33\* | .08 | .09 | .27\* | .17\* | .24\* | -.12 | - |  |  |  |  |  |
| 17. Acceptance | .32\* | .32\* | -.03 | .32\* | .10 | -.00 | .47\* | -.34\* | -.27\* | .19\* | .27\* | -.31\* | -.10 | .29\* | .54\* | .14 | - |  |  |  |  |
| 18. Religion | .12 | .09 | .23\* | -.1 | .23\* | .26\* | -.05 | .27\* | .07 | .21\* | .13\* | .21\* | .06 | .44\* | -.05 | .04 | -.01 | - |  |  |  |
| 19. Blame | -.17\* | -.32\* | .14 | -.23\* | .01 | .30\* | -.52\* | .52\* | .6\* | .03 | -.13 | .56\* | .34\* | .01 | -.46\* | .25\* | -.33\* | .13 | - |  |  |
| PANAS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20. Positive Affect | .07 | .19\* | .12 | .13 | .19\* | -.05 | .09 | -.07 | .01 | -.03 | -.03 | .02 | -.08 | .33\* | .19\* | .00 | .12 | .22\* | -.03 | - |  |
| 21.Negative Affect | -.24\* | -.38\* | .11 | -.16 | .01 | .21\* | -.05 | .36\* | .27\* | .25\* | .17 | .14 | .37\* | -.03 | -.1 | .01 | -.19\* | .00 | .37\* | -0.19 | - |

Note: FLCRS = Fletcher-Lyons Collective Resilience Scale, BRS = Brief Resilience Scale, EXITS = Exeter Identity Transitions Scale , COPE = Adapted Brief Cope Inventory, PANAS= Positive and Negative Affect Schedule,,

\*p < .05



*Figure S1: Study 1 Subjective resilience category by type of stressor identified*