**S1 Table. Reliability and validity of questionnaires.**

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| **Reliability Statistics** |
| **Questionnaire** | **Cronbach's Alpha (α)** | **Cronbach's Alpha Based on Standardized Items** | **Number of Items** |
| **Novaco anger Scale (NAS)** | .909 | .908 | 25 |
| **SSGS Guilt subscale**  | .834 | .838 | 5 |
| **SSGS Shame subscale** | .756 | .766 | 5 |
| **Severity Measure for Depression (SMD)** | .868 | .868 | 9 |
| **Generalized Anxiety Disorder 7-item (GAD-7) scale** | .774 | .773 | 7 |
| **Personal Well-being Index – Adult (PWI)** | .841 | .843 | 7 |