Table S1

Bivariate and point biserial correlations between the dependent and independent variables at T1

CD-risc LOT HADS-tot PHQ-depr PHQ-anx

EPQ-N -.368 -.463 .664 .383 .393

CD-risc .409 -.405 -.151 -.184

LOT -.469 -.255 -.304

HADS-tot .500 .466

PHQ-depr .539

EPQ-N: Eysenck Personality Questionnaire – Neuroticism; CD-Risc: Connor-Davidson Resilience scale; LOT: Life Orientation Test; HAD-tot: Hospital Anxiety and depression total scale; PHQ-depr: Patient Health Questionnaire major depression and other depression; PHQ-anx: Patient Health Questionnaire panic and other anxiety disorder.

All correlations are significant at the p < 0.001 level.