

Table S2.

Items and standardized factor loadings for the CISS-SF Subscales (German version).

| Item | Task-oriented | Emotion-oriented | Treat oneself | Contact a friend |
|--|---------------|------------------|---------------|------------------|
| 2. Focus on the problem | 0.62 (0.03) | | | |
| 6. Consider similar problems | 0.47 (0.03) | | | |
| 8. Determine course of action | 0.61 (0.03) | | | |
| 11. Work to understand the situation | 0.55 (0.03) | | | |
| 13. Take corrective action immediately | 0.44 (0.03) | | | |
| 16. Think about and learn from mistakes | 0.59 (0.03) | | | |
| 19. Analyze the problem | 0.55 (0.03) | | | |
| 3. Blame myself for the situation | | 0.47 (0.03) | | |
| 5. Worry about being unable to cope | | 0.68 (0.02) | | |
| 10. Blame myself for being too emotional | | 0.49 (0.03) | | |
| 12. Become very upset | | 0.52 (0.03) | | |
| 14. Blame myself for not having a solution | | 0.72 (0.02) | | |
| 17. Wish I could change things. | | 0.58 (0.03) | | |
| 20. Focus on my inadequacies | | 0.48 (0.03) | | |
| 4. Treat myself to a snack | | | 0.61 (0.03) | |
| 9. Buy myself something | | | 0.63 (0.03) | |
| 18. Go out for a meal | | | 0.74 (0.03) | |
| 7. Visit a friend | | | | 0.86 (0.02) |
| 15. Spend time with a special person | | | | 0.74 (0.02) |
| 21. Phone a friend | | | | 0.82 (0.02) |

Note. Confirmatory factor analysis using maximum-likelihood estimation. All factor loadings $p < .001$, standard errors in parentheses. $N = 807$.

$\chi^2 (165) = 486.804, p < .001, CFI = 0.919, TLI = 0.907, RMSEA = 0.049, SRMR = 0.051$

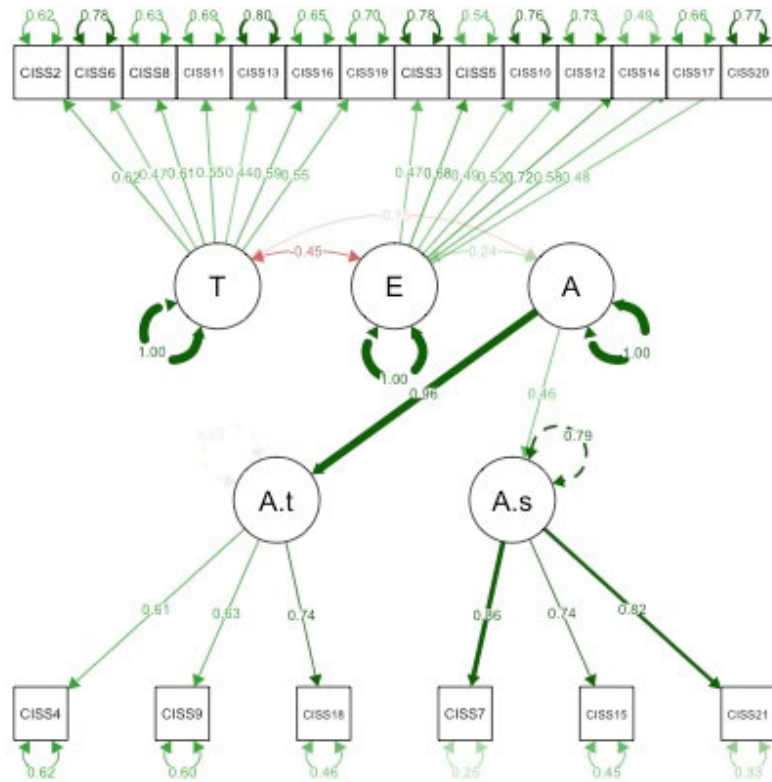


Figure S3. Full model specification for the confirmatory factor analysis of the German version of the CISS-SF. Plotted using package *semPlot* in R (Epskamp & Stuber, 2017)

Epskamp & Stuber (2017). *semPlot: Path Diagrams and Visual Analysis of Various SEM Packages*. Retrieved from: <https://CRAN.R-project.org/package=semPlot>