

### ESM 1: Example Items of the QARCA

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Scales	Example Items
EPT	I try hard to understand others.
SEFF	I can reach a lot with my ability.
SEST	I am proud of myself.
SOC	I think my life makes sense.
OPT	Even if I have problems, I see the positive side.
SCON	I can concentrate well on my tasks.
PSUP	My parents can comfort me well.
AUP	My parents are warmhearted, but they also set limits for me.
IPG	I think others of my age like me.
EDUI	My classmates are nice to me.

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*Note:* The English translation has not been validated. EPT = empathy and perspective-taking. SEFF = self-efficacy. SEST = self-esteem. SOC = sense of coherence. OPT = optimism. SCON = self-control. PSUP = parental social and emotional support. AUP = authoritative parenting. IPG = integration into peer groups. EDUI = educational integration.