

ESM 3: Results of the Validation Study

ESM 3.1 *Description of Subsamples and the Corresponding Sets of Questionnaires*

Subsample	QARCA-C combined with					<i>n</i>
	SDQ	KIDSCREEN	ERQ	s-EMBU	SSKJ	
1	X		X		X	577
2	X	X				742
3				X		497*
4		X			X	188
5			X			539
6	X					173

Note. *n* = size of the subsample. QARCA-C = Questionnaire to Assess Resources for Children and Adolescents - Chinese. SDQ = Strength and Difficulties Questionnaire. KIDSCREEN = Quality of Life Questionnaire for Children and Adolescents. s-EMBU = Egna Minnen Barndoms Uppfostran. ERQ = Emotion Regulation Questionnaire. SSKJ = German Stress and Coping Questionnaire for Children and Adolescents. *: 393 parents filled in parent reports.

ESM 3.2 *Gender-Specific Mean Comparisons Using t-Tests*

	<i>Boys</i> (<i>n</i> = 1,350)		<i>Girls</i> (<i>n</i> = 1,250)		<i>t</i> -test	<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
EPT	2.98	0.60	3.02	0.59	-1.67	0.07
SEFF	2.80	0.53	2.78	0.54	0.92	-0.04
SEST	2.62	0.66	2.60	0.68	0.75	-0.03
SOC	3.01	0.55	2.99	0.56	0.92	-0.04
OPT	3.10	0.57	3.04	0.62	2.59**	-0.10
SCON	2.92	0.56	2.93	0.56	-0.29	0.01
PSUP	2.97	0.68	2.95	0.73	0.80	-0.03
AUP	2.93	0.68	2.86	0.72	2.67**	-0.11
IPG	3.21	0.64	3.20	0.66	0.54	-0.02
EDUI	3.25	0.66	3.23	0.70	0.58	-0.02
Total Score	2.99	0.45	2.97	0.47	1.11	-0.04

Note. *M* = mean. *SD* = standard deviation. * $p < .05$. ** $p < .01$. *** $p < .001$. 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.

ESM 3.3 *The 15 residual correlations that were allowed*

EPT: Item 6 with Item 32

- Item 6: I try hard to understand others.
- Item 32: I know how other people feel.

SEFF: Item 3 with Item 5, Item 15 with Item 21

- Item 3: I can reach what I really want to achieve.
- Item 5: When I set a goal, I also achieve it.
- Item 15: I can reach a lot with my ability.
- Item 21: With my abilities, I can achieve everything.

SEST: Item 25 with Item 29, Item 31 with Item 34

- Item 25: I like myself.
- Item 29: I can be proud of myself.
- Item 31: I feel comfortable thinking about myself.
- Item 34: I have many good feelings when I think about myself.

SOC: Item 13 with Item 24

- Item 13: I can influence my life.
- Item 24: I can control what happens in my life.

OPT: Item 4 with Item 8, Item 11 with Item 26

- Item 4: Even though I have problems, I see the positive side.
- Item 8: If I don't feel so good, I know that I will feel better soon.
- Item 11: I believe that somehow everything will turn out for the best.
- Item 26: I look to my future with confidence.

AUP: Item 42 with Item 47, Item 45 with Item

- Item 42: There are rules at home that I have to follow.
- Item 47: My parents explain the rules that apply in our home.
- Item 45: We have rules here, but I have a say in it.

IPG: Item 52 with Item 53, Item 53 with Item 54

- Item 52: My friends like me for who I am
- Item 53: I think others of my age like me.
- Item 54: I have a lot of contact with people of my age.

EDUI: Item 55 with Item 60, Item 56 with Item 59, and Item 57 with Item 60

- Item 55: I feel comfortable at school.
- Item 60: I feel comfortable in my class.
- Item 56: I come along well with my classmates.
- Item 59: My classmates are nice to me.
- Item 57: The climate in my school is really good.

Authors' Note: We ad hoc translated these items from German into English. There is no validated English version.

ESM 3.4 *Goodness-of-Fit of the Unidimensional Confirmatory Factor Analyses for the Subscales without Residual Correlations (WLSMV-estimates)*

	χ^2	<i>df</i>	<i>p</i>	<i>RMSEA</i>	90% C.I.		<i>CFI</i>
					lower	upper	
EPT	375.39	9	<.001	.13	.11	.14	.97
SEFF	456.54	9	<.001	.14	.13	.15	.92
SEST	461.10	5	<.001	.19	.17	.20	.96
SOC	277.99	9	<.001	.11	.10	.12	.94
OPT	198.23	9	<.001	.09	.08	.10	.98
AUP	769.91	9	<.001	.18	.17	.19	.93
IPG	609.07	9	<.001	.16	.15	.17	.96
EDUI	803.04	9	<.001	.18	.17	.20	.97
total	10850.261	1607	<.001	.047	.046	.048	.912

Note: *N* = 2,600. 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.

ESM 3. 5 Estimating Measurement Invariance across Gender Using Multi-Group CFAs in Mplus (WLSMV-Estimates)

	Model	χ^2	df	RMSEA	90% C.I.		CFI	$\Delta\chi^2$
					lower	upper		
EPT	1	78.18***	16	.06	.04	.07	.99	–
	2	73.69***	21	.04	.03	.06	.99	2-1 = 10.27
	3	117.39***	38	.04	.03	.05	.99	3-2 = 47.08***
	4	90.05***	32	.04	.03	.05	.99	4-2 = 19.20 (6)
SEFF	1	28.20*	14	.03	.01	.04	.99	–
	2	30.71*	19	.02	.00	.04	.99	2-1 = 5.42
	3	102.65***	36	.04	.03	.05	.99	3-2 = 69.33***
	4	34.11*	21	.02	.01	.04	.99	4-2 = 3.44
SEST	1	8.53	6	.02	.00	.04	1.00	–
	2	9.78	10	.00	.00	.03	1.00	2-1 = 2.77
	3	69.00***	24	.04	.03	.05	.99	3-2 = 56.41***
	4	20.57***	15	.02	.00	.03	.99	4-2 = 10.75
SOC	1	90.41***	16	.06	.05	.07	.99	–
	2	80.09***	21	.05	.04	.06	.99	2-1 = 9.55
	3	121.82***	38	.04	.03	.05	.98	3-2 = 44.05***
	4	94.50***	32	.04	.03	.05	.99	4-2 = 16.75
OPT	1	77.98***	14	.07	.06	.08	.99	–
	2	79.12***	19	.05	.04	.06	.99	2-1 = 4.3
	3	150.27***	36	.05	.04	.06	.99	3-2 = 73.33***
SCON	1	103.60***	18	.06	.05	.07	.98	–
	2	89.49***	23	.05	.04	.06	.98	2-1 = 4.92
	3	110.30***	40	.04	.03	.05	.98	3-2 = 24.86
PSUP	1	187.20***	18	.08	.07	.10	.99	–
	2	137.64***	23	.06	.05	.07	.99	2-1 = 7.16
	3	211.74***	40	.06	.05	.07	.99	3-2 = 80.40***
AUP	1	127.03***	14	.08	.07	.09	.99	–
	2	93.96***	19	.06	.04	.07	.99	2-1 = 3.59
	3	173.02***	36	.08	.07	.08	.98	3-2 = 82.80***
	4	99.45***	21	.05	.04	.06	.99	4-2 = 5.26
IPG	1	150.77***	14	.07	.06	.08	.99	–
	2	85.89***	19	.05	.04	.06	.99	2-1 = 9.2
	3	167.40***	36	.05	.05	.06	.99	3-2 = 84.15***
	4	89.88***	21	.05	.04	.06	.99	4-2 = 4.19
EDUI	1	90.56***	12	.07	.06	.09	.99	–
	2	66.54***	17	.05	.04	.06	.99	2-1 = 9.67
	3	110.18***	34	.04	.03	.05	.99	3-2 = 48.22***
	4	73.88***	22	.04	.03	.05	.99	4-2 = 8.68

Note: $N = 2600$. * $p < .05$. *** $p < .001$. Model 1 = configural invariance; 2 = full metric invariance: factor loadings were set the same across gender. Model 3 = full scalar invariance: factor loadings and thresholds of the manifest variables were set the same across gender. Model 4 = partial scalar invariance by setting free one to several thresholds.

ESM 3.6 *Equivalence Testing between the Chinese Scale and the Original German Scale with Mplus using Multi-Group CFAs (WLSMV-Estimates)*

	Model	χ^2	df	p	RMSEA	90% C.I.		CFI
						lower	upper	
EPT	1	499.81	13	<.001	.12	.11	.13	.96
	2	887.84	31	<.001	.10	.10	.11	.93
	3	101.05	11	<.001	.06	.05	.07	.99 ²
SEFF	1	209.85	12	<.001	.08	.07	.09	.96
	2	2513.21	30	<.001	.18	.17	.18	.53
	4	252.81	14	<.001	.08	.07	.09	.96 ¹⁶
SEST	1	67.17	7	<.001	.06	.05	.07	.99
	2	5480.11	22	<.001	.31	.30	.32	.49
	4	170.41	11	<.001	.08	.07	.09	.99 ¹¹
SOC	1	322.75	13	<.001	.09	.09	.11	.94
	2	1288.14	31	<.001	.13	.12	.13	.74
	3	135.96	11	<.001	.07	.06	.08	.97 ²
OPT	1	184.38	12	<.001	.07	.07	.08	.98
	2	2126.65	30	<.001	.16	.16	.17	.72
	4	366.36	19	<.001	.08	.08	.09	.95 ¹¹
SCON	1	332.56	14	<.001	.09	.09	.10	.92
	2	959.95	32	<.001	.11	.10	.11	.78
	3	245.29	13	<.001	.08	.07	.09	.94 ¹
PSUP	1	815.16	14	<.001	.15	.14	.16	.96
	2	9246.73	32	<.001	.33	.33	.34	.54
	3	159.50	9	<.001	.08	.07	.09	.99
AUP	1	189.08	12	<.001	.08	.07	.09	.98
	2	6354.36	30	<.001	.29	.28	.29	.39
	4	238.82	15	<.001	.08	.07	.08	.98 ¹⁵
IPG	1	468.94	12	<.001	.12	.11	.13	.97
	2	2463.80	30	<.001	.18	.17	.18	.83
	3	145.47	9	<.001	.08	.07	.09	.99 ³
EDUI	1	758.74	11	<.001	.16	.15	.17	.98
	2	1816.74	29	<.001	.15	.15	.16	.94
	3	114.82	7	<.001	.08	.07	.09	1.00 ⁴
total		10815.43	1640	<.001	.05	.05	.05	.91

Note: N = 2600. Model 1 = full metric invariance: the factor loadings in the Chinese study were set the same as in the original study. Model 2 = scalar invariance: factor loadings and thresholds of the manifest variables in the Chinese study were set the same as in the original study. Model 3 = partial metric invariance by setting free one to four loadings (superscripts = numbers of the freed loadings). Model 4 = partial scalar invariance by setting free 11 or more thresholds of the manifest variables (superscripts = numbers of freed thresholds; note: each manifest variable has three thresholds).

ESM 3.7 Correlations between Resources and External Criteria: Emotion Regulation, Stress and Coping, Parenting, Well-Being, and Parent Report

QARCA-C	Emotion regulation				Stress and coping						Rejection		Emotional warmth		Overprotection		Well-being	QARC A-P
	CR	ES	VUL	SOC	PRO	AVO	PAL	ANG	PHY	PSY	Father	Mother	Father	Mother	Father	Mother		
EPT	.38***	.16***	-.04	.22***	.46***	.03	.19***	-.21***	.05	-.05	-.02	-.01	.22***	.22***	.07	.01	.28***	.01
SEFF	.38***	.12***	-.14***	.23***	.37***	.14***	.31***	-.09*	-.03	-.11**	.00	-.11*	.25***	.27***	.03	-.08	.44***	.04
SEST	.34***	.06	-.18***	.27***	.23***	.15***	.32***	-.03	-.16***	-.22***	.01	-.01	.20***	.20***	.02	.01	.49***	-.03
SOC	.36***	.15***	-.14***	.16***	.38***	.07*	.27***	-.13***	-.03	-.14***	-.04	-.12**	.29***	.26***	-.01	-.10*	.47***	.03
OPT	.47***	.12***	-.18***	.24***	.49***	.13***	.34***	-.22***	-.12**	-.24***	-.08	-.16***	.38***	.42***	.02	-.07	.61***	-.02
SCON	.40***	.21***	-.09**	.19***	.41***	.15***	.32***	-.12***	.00	-.09*	-.06	-.11*	.25***	.28***	.00	-.02	.43***	.03
PSUP	.29***	.01	-.08*	.31***	.29***	-.09*	.17***	-.11**	-.24***	-.26***	-.29***	-.39***	.62***	.67***	-.04	-.15**	.58***	-.04
AUP	.37***	.10***	-.08*	.23***	.30***	.04	.22***	-.09*	-.21***	-.23***	-.23***	-.26***	.59***	.55***	-.03	-.04	.55***	.04
IPG	.28***	.04	-.07	.25***	.36***	.05	.22***	-.11***	-.12***	-.16***	-.03	-.07	.29***	.30***	.10*	.02	.52***	.06
EDUI	.37***	.04	-.10**	.20***	.42**	.00	.19***	-.22***	-.25***	-.27***	-.12**	-.13**	.33***	.36***	.01	-.02	.67***	.02
total	.51***	.14***	-.15***	.33**	.52***	.08*	.35***	-.19***	-.17***	-.25***	-.14**	-.21**	.51***	.53***	-.03	-.07	.72***	.02
McDonald's Omega	.82	.71	.70	.88	.91	.78	.84	.88	.79	.91	.79	.80	.86	.82	.65	.65	.86	.69-.88

Note: * $p < .05$. ** $p < .01$. *** $p < .001$. 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. CR = cognitive reappraisal. ES = expressive suppression. VUL = vulnerability. SOC = seeking social support. PRO = problem solving. AVO = avoidant coping. PAL = palliative emotion regulation. ANG = anger-related emotion regulation. PHY = physical symptoms. PSY = psychological symptoms. QARCA-P = QARCA parent report.

ESM 3.8 *Correlations Between Resources and Strengths and Difficulties*

QARCA-C	SDQ					
	Emotional problems	Conduct problems	hyperactivity	Peer relationship problems	Prosocial behavior	Total difficulties score
EPT	-.02	.00	-.18***	-.17***	.44***	-.02
SEFF	-.09	.03	-.25***	-.17***	.40***	-.09**
SEST	-.16***	.05	-.16***	-.19***	.31***	-.16***
SOC	-.15***	-.07*	-.23***	-.25***	.42***	-.15***
OPT	-.25***	-.09***	-.29***	-.28***	.47***	-.25***
SCON	-.06*	.01	-.22***	-.16*	.46***	-.06*
PSUP	-.19***	-.08**	-.20***	-.23***	.37***	-.19***
AUP	-.14***	-.03	-.20***	-.19**	.40***	-.14***
IPG	-.14***	-.03	-.17***	-.49***	.49***	-.14***
EDUI	-.27***	-.11***	-.24**	-.47***	.51***	-.27***
total	-.20***	-.05	-.29***	-.36***	.58***	-.20***
McDonald's Omega	.81	.70	.64	.53	.79	.86

Note: * $p < .05$. ** $p < .01$. *** $p < .001$. 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.