**S2 Table: Normative values for factor responses (means and standard deviations)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | General Factor | Factor 1 (avoidance strategies) | Factor 2 (approach strategies) | Factor 3 (self-development strategies) |
| Sex |  |  |  |  |
|  Female | 3.39 (0.71) | 3.52 (0.80) | 3.15 (0.83) | 3.52 (0.85) |
|  Male | 3.67 (0.64 | 3.82 (0.71) | 3.41 (0.78) | 3.76 (0.78) |
| Age |  |  |  |  |
|  18-34 | 3.56 (0.68) | 3.69 (0.77) | 3.32 (0.83) | 3.65 (0.83) |
|  35-49 | 3.54 (0.68) | 3.69 (0.76) | 3.29 (0.80) | 3.63 (0.83) |
|  50-64 | 3.55 (0.69) | 3.70 (0.77) | 3.29 (0.81) | 3.67 (0.82) |
|  65+ | 3.55 (0.71) | 3.67 (0.78) | 3.27 (0.81) | 3.71 (0.81) |
| Ethnicity |  |  |  |  |
|  White British/Irish/Other | 3.55 (0.68) | 3.69 (0.76) | 3.29 (0.80) | 3.65 (0.82) |
|  Other/prefer not to say | 3.57 (0.74) | 3.68 (0.81) | 3.36 (0.87) | 3.66 (0.88) |
| Living status, % |  |  |  |  |
|  Living with other people | 3.54 (0.68) | 3.69 (0.76) | 3.29 (0.81) | 3.65 (0.82) |
|  Living alone | 3.57 (0.70) | 3.70 (0.78) | 3.32 (0.82) | 3.68 (0.84) |
| Educational attainment, % |  |  |  |  |
|  Any qualifications up to GCSE/CSE/O-levels or other age 16 attainment | 3.51 (0.74) | 3.69 (0.82) | 3.25 (0.83) | 3.58 (0.85) |
|  A-levels or other post-16 attainment | 3.53 (0.70) | 3.69 (0.79) | 3.27 (0.83) | 3.62 (0.83) |
|  Undergraduate degree | 3.55 (0.67) | 3.69 (0.76) | 3.28 (0.80) | 3.66 (0.81) |
|  Postgraduate degree | 3.57 (0.67) | 3.69 (0.76) | 3.34 (0.81) | 3.69 (0.82) |
| Occupational status, % |  |  |  |  |
|  In full-time employment | 3.49 (0.69) | 3.64 (0.77) | 3.23 (0.81) | 3.56 (0.83) |
|  In part-time employment/self-employed | 3.63 (0.67) | 3.75 (0.75) | 3.38 (0.80) | 3.77 (0.80) |
|  In education | 3.56 (0.69) | 3.69 (0.77) | 3.28 (0.79) | 3.70 (0.79) |
|  Retired | 3.61 (0.69 | 3.70 (0.79) | 3.43 (0.85) | 3.69 (0.84) |
|  Not working | 3.59 (0.70) | 3.74 (0.79) | 3.33 (0.82) | 3.68 (0.84) |
| Household income, % |  |  |  |  |
|  <£16,000 | 3.64 (0.69) | 3.75 (0.79) | 3.40 (0.82) | 3.76 (0.82) |
|  £16,000-£29,999 | 3.60 (0.67) | 3.72 (0.76) | 3.35 (0.80) | 3.72 (0.81) |
|  £30,000-£59,000 | 3.55 (0.67) | 3.70 (0.76) | 3.30 (0.80) | 3.66 (0.81) |
|  £60,000-£89,000 | 3.51 (0.67) | 3.66 (0.76) | 3.24 (0.80) | 3.60 (0.82) |
|  £90,000-£119,999 | 3.46 (0.68) | 3.62 (0.75) | 3.22 (0.82) | 3.54 (0.82) |
|  >£120,000 | 3.42 (0.72) | 3.58 (0.79) | 3.17 (0.83) | 3.49 (0.87) |
| Favourite creative activity, % |  |  |  |  |
|  Singing | 3.55 (0.68) | 3.70 (0.74) | 3.34 (0.79) | 3.61 (0.85) |
|  Painting, drawing, printmaking or sculpture | 3.68 (0.66) | 3.80 (0.74) | 3.38 (0.80) | 3.88 (0.78) |
|  Gardening | 3.55 (0.67) | 3.68 (0.73) | 3.38 (0.76) | 3.55 (0.76) |
|  Reading novels, stories, poetry or play | 3.48 (0.69) | 3.83 (0.75) | 3.27 (0.83) | 3.24 (0.87) |
|  Playing a musical instrument | 3.50 (0.68) | 3.67 (0.76) | 3.19 (0.80) | 3.63 (0.81) |
|  Cookery or baking | 3.33 (0.69) | 3.47 (0.77) | 3.02 (0.78) | 3.52 (0.78) |
|  Textile crafts such as embroidery, crocheting or knitting | 3.67 (0.63) | 3.81 (0.70) | 3.36 (0.76) | 3.86 (0.74) |
|  Creative writing | 3.66 (0.66) | 3.48 (0.82) | 3.68 (0.80) | 3.89 (0.77) |
|  Dancing | 3.66 (0.63) | 3.91 (0.71) | 3.26 (0.78) | 3.80 (0.75) |
|  Photography | 3.42 (0.73) | 3.52 (0.83) | 3.11 (0.82) | 3.64 (0.80) |
|  Composing music | 3.63 (0.69) | 3.58 (0.83) | 3.43 (0.84) | 3.92 (0.78) |
|  Wood crafts such as carving or furniture making | 3.38 (0.73) | 3.49 (0.84) | 3.02 (0.84) | 3.65 (0.81) |
|  Creating artworks or animations on a computer | 3.42 (0.73) | 3.51 (0.84) | 3.02 (0.84) | 3.79 (0.83) |
|  Pottery, calligraphy or jewellery making | 3.68 (0.64) | 3.84 (0.72) | 3.30 (0.76) | 3.90 (0.76) |
|  Rehearsing or performing in a play/drama/opera/musical theatre | 3.82 (0.62) | 3.83 (0.73) | 3.47 (0.78) | 4.21 (0.67) |
|  Making films or videos | 3.48 (0.80) | 3.51 (0.87) | 3.15 (0.90) | 3.82 (0.89) |
|  Learning or practising magic tricks or circus skills | 3.37 (0.76) | 3.63 (0.89) | 2.92 (0.88) | 3.57 (0.99) |

*Notes: all factors have a possible scoring of 1-5 with higher scores indicating greater use of the strategies categorised within each factor.*