

## Appendix

# Construct Validity and Internal Consistency of the Quiet Ego, Non-Attachment, and Resilience Scales in Indian Young Adults: A Cross-Sectional Exploratory Factor Analysis

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**Table 1:** Yuen's Robust Trimmed Mean T-tests Towards the Item-Level Gender Differences in the Quiet Ego Scale (QES-14) and its Sub-Dimensions, the Non-Attachment Scale (NAS-7), and the Resilience Scale (RS-14)

Yuen's Robust T-Tests for Item-Level Gender Differences				
Scale Item/Subscale	t	p (unadjusted)	$\xi$	95% $\xi$ CI (Lower-Upper)
QES-14 ( $t=0.985$ , $p=0.327$ , $\xi=0.1013$ , 95% $\xi$ CI=0.000-0.302)				
QES1: <i>I think it is important to have new experiences that challenge how you think about yourself and the world.</i>	0.000	1.000	0.0000	0.0000 - 0.263
QES2 (R): <i>I find myself doing things without paying much attention.</i>	0.426	0.671	0.0458	0.0000 - 0.257
QES3: <i>I feel a connection to all living things.</i>	0.835	0.405	0.1208	0.0000 - 0.312
QES4: <i>Before criticizing somebody, I try to imagine how I would feel if I were in their place.</i>	0.904	0.368	0.0841	0.0000 - 0.264
QES5: <i>For me, life has been a continuous process of learning, changing, and growth.</i>	1.410	0.161	0.1510	0.0000 - 0.377
QES6 (R): <i>I do jobs or tasks automatically, without being aware of what I'm doing.</i>	1.131	0.260	0.1214	0.0000 - 0.318
QES7: <i>I feel a connection with strangers.</i>	1.013	0.313	0.1087	0.0000 - 0.308

QES8: <i>When I'm upset at someone, I usually try to put myself in his or her shoes for a while.</i>	0.104	0.917	0.0151	0.0000 0.246	-
QES9: <i>I have the sense that I have developed a lot as a person over time.</i>	1.445	0.151	0.1547	0.0000 0.368	-
QES10 (R): <i>I rush through activities without being really attentive to them.</i>	0.773	0.441	0.0831	0.0000 0.287	-
QES11 (R): <i>I sometimes find it difficult to see things from another person's point of view.</i>	0.000	1.000	0.0000	0.0000 0.225	-
QES12: <i>I feel a connection to people of other races.</i>	0.000	1.000	0.0000	0.0000 0.287	-
QES13: <i>I try to look at everybody's side of a disagreement before I make a decision.</i>	0.739	0.462	0.0794	0.0000 0.302	-
QES14 (R): <i>When I think about it, I haven't really improved much as a person over the years.</i>	0.423	0.673	0.0455	0.0000 0.287	-
Growth & Maturity [QES 1, 5, 9, 14(R)]	0.558	0.578	0.0622	0.0000 0.257	-
Detached Awareness [QES 2(R), 6(R) 10(R)]	0.319	0.750	0.0378	0.0000 0.236	-
Inclusive Identity [QES 3, 7, 12]	1.493	0.138	0.1470	0.0000 0.393	-
Perspective-Taking [QES 4, 8, 11(R), 13]	0.342	0.733	0.0368	0.0000 0.258	-
NAS-7 ( $t=1.433$ , $p=0.155$ , $\xi=0.1719$ , 95% $\xi$ CI=0.000-0.384)					
NAS1: <i>I can let go of regrets and feelings of dissatisfaction about the past.</i>	0.715	0.476	0.0768	0.0000 0.288	-
NAS2: <i>I can enjoy pleasant experiences without needing them to last forever.</i>	1.103	0.272	0.1183	0.0000 0.331	-
NAS3: <i>I view the problems that enter my life as things/issues to work on rather than reasons for becoming disheartened or demoralized.</i>	2.086	0.039	0.2220	0.0363 0.436	-
NAS4: <i>I can enjoy my family and friends without feeling I need to hang on to them.</i>	1.662	0.099	0.1777	0.0000 0.378	-
NAS5: <i>I can take joy in others' achievements without feeling envious.</i>	0.456	0.649	0.0587	0.0000 0.258	-
NAS6: <i>I do not get "hung up" on wanting an "ideal" or "perfect" life.</i>	2.268	0.025	0.2200	0.0261 0.368	-
NAS7: <i>When pleasant experiences end, I am fine moving on to what comes next.</i>	0.827	0.410	0.0889	0.0000 0.326	-
RS-14 ( $t=1.893$ , $p=0.061$ , $\xi=0.1963$ , 95% $\xi$ CI=0.000-0.401)					
RS1: <i>I usually manage one way or another.</i>	0.568	0.572	0.0643	0.0000 0.269	-

RS2: <i>I feel proud that I have accomplished things in life.</i>	1.424	0.157	0.1771	0.0000 0.403	-
RS3: <i>I usually take things in stride.</i>	2.440	0.016	0.2251	0.0302 0.398	-
RS4: <i>I am friends with myself.</i>	0.759	0.449	0.0738	0.0000 0.269	-
RS5: <i>I feel that I can handle many things at a time.</i>	2.643	0.009	0.2495	0.0665 0.467	-
RS6: <i>I am determined.</i>	1.115	0.267	0.1196	0.0000 0.294	-
RS7: <i>I can get through difficult times because I've experienced difficulty before.</i>	1.480	0.142	0.1403	0.0000 0.346	-
RS8: <i>I have self-discipline.</i>	2.449	0.016	0.2353	0.0332 0.394	-
RS9: <i>I keep interested in things.</i>	2.437	0.016	0.3050	0.0924 0.570	-
RS10: <i>I can usually find something to laugh about.</i>	3.333	0.001	0.3130	0.1040 0.480	-
RS11: <i>My belief in myself gets me through hard times.</i>	1.188	0.237	0.1274	0.0000 0.353	-
RS12: <i>In an emergency, I'm someone people can generally rely on.</i>	0.942	0.348	0.1197	0.0000 0.321	-
RS13: <i>My life has meaning.</i>	1.237	0.218	0.1327	0.0000 0.324	-
RS14: <i>When I'm in a difficult situation, I can usually find my way out of it.</i>	2.398	0.018	0.3320	0.0604 0.590	-

\* The reverse-scored items are indicated with '(R)' next to the item number. Bonferroni corrected  $p=.001$  at item-level for all the three questionnaires and  $=.0125$  for QES-14 sub-dimensions