**Supplementary Table 1: Psychological self-care**

**Direction:** Please read each statement and circle number 1, 2, 3, or 4 that is the most relevant to your behaviors in the past 1 week. There is no right or wrong, you should not spend much time for answering.

Evaluation criteria

Always (4) = You always do the activity.

Often (3) = You do the activity often and leave sometime (3-4 times/week)

Sometime (2) = You do the activity sometime, leave a long time to do it once.

Seldom or Never (1) = You seldom do the activity or never do it.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Statement** | **Always** | **Often** | **Sometime** | **Seldom/**  **Never** |
| 1. you listen willingly to feedback from others for knowing yourself better. |  |  |  |  |
| 2. You consider yourself for knowing your personality traits. |  |  |  |  |
| 3. You will think about the reason for your action as you talk or engage in activities with others. |  |  |  |  |
| 4. You examine your feeling about the situations that arise everyday life. |  |  |  |  |
| 5. You discover your strength and weakness through your life experience. |  |  |  |  |
| 6. When you achieve or don’t achieve your goal, You will find the cause before you think you are incompetent. |  |  |  |  |
| 7. You examine your successes in the past. |  |  |  |  |
| 8. You examine your opinion while talking to others |  |  |  |  |
| 9. You remember your goals and needs in your life. |  |  |  |  |
| 10. while taking to others, you will explore whether both parties have a common understanding of the topic. |  |  |  |  |
| 11. You think about the differences in customs and ages of the people you talk to. |  |  |  |  |
| 12. You consider the feelings of those with whom you speak. |  |  |  |  |
| 13. Before talking, think of the interests of the person with whom you are talking. |  |  |  |  |
| 14. You show your sympathy with those who are in troubles. |  |  |  |  |
| 15. You show your admiration for those who have succeeded. |  |  |  |  |
| 16. You willingly help others when you know that the person need help. |  |  |  |  |
| 17. You will always make a new friend, both female and male, whenever possible. |  |  |  |  |
| 18. You find a way to contact and talk with your close friend. |  |  |  |  |
| 19. When others make you sad or disappointed, you will not respond or forgive him/her. |  |  |  |  |
| 20. When something happens, you will always think positive. |  |  |  |  |
| 21. While solving the problem, you will find ways to relieve your stress at the same time. |  |  |  |  |
| 22. When facing with a problem, you will first think of solving the problem on your own. |  |  |  |  |
| 23. When you worry, you can relieve it on your own. |  |  |  |  |
| 24. When you are in distress, you can explore the cause of suffering. |  |  |  |  |
| 25. When you encounter a problem, you will first determine what the problem you are facing. |  |  |  |  |
| 26. When bad events pass, you can rethink what you learned from the event. |  |  |  |  |
| 27. You can’t solve a problem on your own, you always ask for help. |  |  |  |  |
| 28. You plan to solve a problem talking into account the possibility. |  |  |  |  |
| 29. When you have an uncomfortable matters, you always tell it to someone you trust. |  |  |  |  |
| 30. You take time to participate in activities to bring pleasure. |  |  |  |  |
| 31. You find activities that make you happy and content yourself. |  |  |  |  |
| 32. You do activities for leisure and fun with other people. |  |  |  |  |
| 33. You seek pleasure from the thing around you instead obsessing over what is lost. |  |  |  |  |
| 34. You refrain from doing what is wrong and which is against morality. |  |  |  |  |
| 35. You always help others whenever you have a chance. |  |  |  |  |
| 36. You meditate or another activitie aimed at making your mind peaceful. |  |  |  |  |
| 37. You pray and give compassion to others. |  |  |  |  |
| 38. You listen to sermons and lectures on the dharma or teaching of religion on various occasions. |  |  |  |  |
| 39. You are interested in the changes that occur in your life. |  |  |  |  |
| 40. When you are sick, you will strictly act as the health worker advises. |  |  |  |  |
| 41. You always find time to relax and get enough sleep. |  |  |  |  |
| 42. You always observe your physical health. |  |  |  |  |
| 43. When you get sick, you will find to heal up quickly. |  |  |  |  |
| 44. For eating, you will take into account the benefit and needs of the body, such as 5 main food groups. |  |  |  |  |
| 45. You do various activities to keep your body healthy, such as doing exercise, indoor and outdoor physical activities such as sweeping the house or watering the plants. |  |  |  |  |
| 46. Before any activity, you always think about danger that could occur with your body |  |  |  |  |