Supplementary Table

Descriptive Statistics, and Reliability, of VIA-IS-M and ACS-RS

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|  | VIA-IS-M | ACS-RS |
| Scales | *M* | *SD* | *α1* | *α2* | *M* | *SD* | *α1* | *α3* |
| Creativity | 4.12 | 0.62 | 0.65 | 0.85 | 4.08 | 0.71 | 0.75 | 0.82 |
| Curiosity | 3.91 | 0.70 | 0.67 | 0.78 | 4.20 | 0.62 | 0.72 | 0.81 |
| Judgment | 4.14 | 0.60 | 0.62 | 0.62 | 4.17 | 0.70 | 0.82 | 0.81 |
| Love of Learning | 4.25 | 0.72 | 0.70 | 0.83 | 4.26 | 0.62 | 0.76 | 0.77 |
| Perspective | 4.02 | 0.71 | 0.68 | 0.74 | 4.14 | 0.69 | 0.82 | 0.84 |
| Bravery | 3.85 | 0.70 | 0.71 | 0.74 | 3.58 | 0.86 | 0.82 | 0.86 |
| Perseverance | 4.15 | 0.68 | 0.73 | 0.80 | 4.04 | 0.79 | 0.85 | 0.78 |
| Honesty | 4.26 | 0.67 | 0.74 | 0.78 | 4.40 | 0.69 | 0.83 | 0.72 |
| Zest | 4.02 | 0.79 | 0.68 | 0.84 | 4.29 | 0.59 | 0.83 | 0.71 |
| Love | 4.08 | 0.58 | 0.62 | 0.85 | 4.04 | 0.86 | 0.85 | 0.90 |
| Kindness | 4.08 | 0.71 | 0.64 | 0.74 | 4.27 | 0.69 | 0.83 | 0.79 |
| Social Intelligence | 4.02 | 0.71 | 0.71 | 0.76 | 4.28 | 0.68 | 0.80 | 0.81 |
| Teamwork | 4.10 | 0.69 | 0.64 | 0.77 | 4.37 | 0.64 | 0.78 | 0.79 |
| Fairness | 4.21 | 0.55 | 0.57 | 0.71 | 4.41 | 0.60 | 0.73 | 0.80 |
| Leadership | 4.00 | 0.70 | 0.66 | 0.71 | 4.49 | 0.55 | 0.76 | 0.86 |
| Forgiveness | 3.84 | 0.68 | 0.69 | 0.74 | 4.08 | 0.71 | 0.76 | 0.79 |
| Modesty | 4.03 | 0.56 | 0.56 | 0.69 | 4.02 | 0.73 | 0.75 | 0.74 |
| Prudence | 4.00 | 0.73 | 0.64 | 0.72 | 4.29 | 0.64 | 0.76 | 0.79 |
| Self-regulation | 3.97 | 0.66 | 0.61 | 0.78 | 4.25 | 0.72 | 0.83 | 0.76 |
| Appreciation | 3.81 | 0.65 | 0.61 | 0.82 | 3.92 | 0.68 | 0.66 | 0.85 |
|  | VIA-IS-M | ACS-RS |
| Scales | *M* | *SD* | *α1* | *α2* | *M* | *SD* | *α1* | *α3* |
| Gratitude | 4.19 | 0.58 | 0.60 | 0.75 | 4.40 | 0.64 | 0.80 | 0.85 |
| Hope | 4.37 | 0.52 | 0.63 | 0.79 | 4.45 | 0.59 | 0.74 | 0.80 |
| Humor | 3.72 | 0.62 | 0.56 | 0.74 | 3.64 | 0.85 | 0.81 | 0.80 |
| Spirituality | 3.94 | 0.74 | 0.66 | 0.84 | 4.46 | 0.68 | 0.82 | 0.90 |

Note. N = 202. Love = Capacity to love and be loved, Appreciation = Appreciation of beauty and excellence. α1  = Cronbach alpha of this study. α2 = Cronbach alpha reported by McGrath (2017). α3 = Cronbach alpha reported by Harzer & Ruch (2013).