**Supporting Table 1:** Terms used to classify INMI coping strategies by ‘efficacy’ in the English Study (Study 2).

|  |  |  |
| --- | --- | --- |
| **Successful** | **Unsuccessful** | **Successful on occasion** |
| All of the time  Most of the time  Majority of the time  Normally  Generally  Usually  Often  Totally  Tends to | Rarely  Never  Hardly ever  Minority of the time | Sometimes  50/50  Doesn’t always  Seems to  Occasionally |