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| **Table 2.** Means, Standard Deviations, Internal Consistency, and Spearman’s Correlations for Observed Variables. |
| **Variable** | **1** | **2a** | **2b** | **2c** | **2d** | **2e** | **3** | ***M*** | ***SD*** | ***α*** |
| 1. SCS-SF | - |  |  |  |  |  |  | 3.27 | 0.74 | 0.90 |
| 2a. DERS Non-Acceptance | -.58\*\*\* | - |  |  |  |  |  | 11.20 | 4.91 | .91 |
| 2b.DERS Goal Direction | -.47\*\*\* | .32\*\*\* | - |  |  |  |  | 13.21 | 4.58 | .90 |
| 2c. DERS Impulse Control | -.55\*\*\* | .50\*\*\* | .46\*\*\* | - |  |  |  | 9.15 | 3.00 | .78 |
| 2d. DERS Strategies | -.69\*\*\* | .59\*\*\* | .55\*\*\* | .62\*\*\* | - |  |  | 13.28 | 5.01 | .89 |
| 2e. DERS Clarity | -.29\*\*\* | .29\*\*\* | .22\*\* | .32\*\*\* | .28\*\*\* | - |  | 8.80 | 2.51 | .75 |
| 3. DASS-21 Stress | -.55\*\*\* | .51\*\*\* | .38\*\* | .50\*\*\* | .60\*\*\* | .21\*\* | - | 11.96 | 8.00 | .85 |