S1 Appendix: Definition of personality characteristics

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| Personality dimension | Definition | Trait | Measure | Reference |
| Agreeableness | The quality of interpersonal orientation along a continuum from compassion to antagonism in thoughts, feelings, and actions | * HiPIC: altruism, dominance, egocentrism, compliance, and irritability * MIDI: helpful, warm, caring, softhearted, sympathetic * NEO-PI/NEO-PI-R/NEO-FFI: trust, straightforwardness, altruism, compliance, modesty, tender-mindedness | Hierarchical Personality Inventory for Children (HiPIC), Midlife Development Inventory Personality Scales (MIDI), NEO Personality Inventory (NEO-PI), NEO Five Factor Inventory (NEO-FFI) | [1-3] |
| Conscientiousness | The degree of organization, persistence, and motivation in goal-directed behavior | * HiPIC: concentration, perseverance, orderliness, and achievement motivation * MIDI: organized, responsible, hardworking, (not) careless * NEO-PI/NEO-PI-R/NEO-FFI: competence, order, dutifulness, achievement striving, self-discipline, deliberation | Hierarchical Personality Inventory for Children (HiPIC), Midlife Development Inventory Personality Scales (MIDI), NEO Personality Inventory (NEO-PI), NEO Five Factor Inventory (NEO-FFI) | [1-3] |
| Extraversion | The quantity and intensity of interpersonal interaction, activity level, need for stimulation, and capacity for joy | * EPI/EPQ: sociability, liveliness, activeness, assertiveness, sensation seeking, dominance, being adventuresome * HiPIC: energy, expressiveness, optimism, and shyness * MIDI: outgoing, friendly, lively, active, talkative * NEO-PI/NEO-PI-R/NEO-FFI: warmth, gregariousness, assertiveness, activity, excitement seeking, positive emotions | Eysenck Personality Inventory (EPI), Eysenck Personality Questionnaire (EPQ), Hierarchical Personality Inventory for Children (HiPIC), Midlife Development Inventory Personality Scales (MIDI), NEO Personality Inventory (NEO-PI), NEO Five Factor Inventory (NEO-FFI) | [1-6] |
| Neuroticism | A tendency to psychological distress, unrealistic ideas, excessive cravings or urges, and maladaptive coping responses | * EPI/EPQ: anxiety, hostility, depression, self-esteem , Impulsiveness, vulnerability * HiPIC: anxiety, self-confidence * MIDI: moody, worrying, nervous, (not) calm * NEO-PI/NEO-PI-R/NEO-FFI: anxiety, depression, guilt feeling, low self-consciousness, tension, shyness, being emotional * DPI: neuroticism | Eysenck Personality Inventory (EPI), Eysenck Personality Questionnaire (EPQ), Hierarchical Personality Inventory for Children (HiPIC), Midlife Development Inventory Personality Scales (MIDI), NEO Personality Inventory (NEO-PI), NEO Five Factor Inventory (NEO-FFI), Dutch Personality Inventory (DPI) | [1-7] |
| Openness to experience | The proactive seeking and appreciation of experience for its own sake, toleration for and exploration of the unfamiliar | * HiPIC: creativity, intellect, and curiosity * MIDI: creative, imaginative, intelligent, curious, sophisticated, adventurous * NEO-PI/NEO-PI-R/NEO-FFI: fantasy, aesthetics, feelings, actions, ideas, values | Hierarchical Personality Inventory for Children (HiPIC), Midlife Development Inventory Personality Scales (MIDI), NEO Personality Inventory (NEO-PI), NEO Five Factor Inventory (NEO-FFI) | [1-3] |
| Psychoticism | A tendency or a predisposition associated with non-conformity, hostility, and impulsivity | Aggressiveness, coldness, egocentricity, being impersonal, impulsiveness, antisocial, creative, tough-mindedness | Eysenck Personality Inventory (EPI), Eysenck Personality Questionnaire (EPQ) | [1, 3-6] |
| Single personality trait | Definition | | Measure | Reference |
| Agency | A focus on the self, including autonomy, self-advancement, and separation from others | | Personal Attributes Questionnaire (PAQ) | [8] |
| Aggression | An intentional attempt to harm another person | | Buss-Perry Aggression Questionnaire (BPA) | [9] |
| Alexithymia | Difficulties in experiencing, differentiating, and verbalizing feelings | | Toronto Alexithymia Scale (TAS) | [10] |
| Communion | A focus on other people and relationships | | Personal Attributes Questionnaire (PAQ),  Observer Alexithymia Scale (OAS) | [8, 11] |
| Lie | A tendency to try to look better than one actually is | | Eysenck Personality Inventory (EPI), Eysenck Personality Questionnaire (EPQ) | [4, 6] |
| Dispositional optimism | A global expectation that good things will be plentiful in the future and bad things will be scarce | | Life Orientation Test (LOT), The Assessment of Beliefs in Self-Efficacy and Optimism (SWOP) | [12, 13] |
| Hopefulness | A general tendency to construct and respond to the perceived future positively | | Hunter Opinions and Personal Expectations Scale (HOPES) | [14] |
| Mastery | The feeling as the extent to which a person perceives himself or herself to be in control of events and ongoing situations | | The Pearlin Mastery Scale | [15] |
| Negative affectivity | A general disposition to subjective distress, including anger, scorn, guilt, and depression | | The short form of Eysenck Personality Inventory Emotional Stability Scale (EPI-Q) | [16] |
| Sense of coherence | A feeling of confidence that one’s internal and external environment are predictable and that there is a high probability that things will work out as well as can reasonably be expected | | The Sense of Coherence (SOC) Scale | [17] |
| Self-efficacy | A person’s belief or sense of confidence in one’s own ability to perform a particular task or behavior successfully | | Self-Efficacy Scale (SES) | [18, 19] |
| Self-esteem | A favorable or unfavorable attitude toward the self | | Rosenberg Self-Esteem Scale (RSE), |  |
| Trait anxiety | A stable tendency to respond with anxiety in the anticipation of threatening situations | | The State-Trait Anxiety Inventory (STAI) | [20, 21] |
| Type-D | Chronic emotional distress (i.e., a tendency to experience negative emotions across time/situation and inhibit emotions and behaviors in social interaction) | | Type D Scale 14 (DS14), Type D Scale 16 (DS16), Type D Scale 24 (DS 24) | [22-24] |
| Unmitigated communion | An extreme focus on others and a lack of focus on the self | | Helgeson’s Revised Unmitigated Communion Scale, Personal Attributes Questionnaire (PAQ) | [25] |

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