**Supplementary File 1: Pearlin’s Mastery Scale [**[**1**](#_ENREF_1)**]**

How strongly do you agree or disagree with these statements about yourself?

1. There is really no way I can solve some of the problems I have.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. Sometimes I feel that I’m being pushed around in life.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. I have little control over the things that happen to me.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. I can do just about anything I really set my mind to.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. I often feel helpless in dealing with the problems of life.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. What happens to me in the future mostly depends on me.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

1. There is little I can do to change many of the important things in my life.

❑ Strongly agree ❑ Agree ❑ Disagree ❑ Strongly disagree

**Scoring**

Note that items 1,2,3,5 and 7 are reverse scored (these items are negatively worded, while items 4 and 6 are positively worded).

* Score for the individual items 4 and 6:
  + Strongly disagree = 1 point
  + Disagree = 2 points
  + Agree = 3 points
  + Strongly agree = 4 points
* Score for the individual items 1,2,3,5 and 7:
  + Strongly disagree = 4 point
  + Disagree = 3 points
  + Agree = 2 points
  + Strongly agree = 1 points

Scores are added, resulting in a sum score with a range of 7 (worst sense of mastery) to 28 (best sense of mastery).

**References**

1. Pearlin LI, Schooler C. The structure of coping. *J Health Soc Behav* 1978;19:2-21.