

Table S1. Questionnaire to be Used for the Concentration Scale and Tranquility Scale.

Concentration Scale						
How often were you in the following mental state (if the following situation happened)?	1 = never	2 = seldom	3 = occasionally	4 = sometimes	5 = often	6 = always
1. When listening to a person speaking, I am not distracted by things going on around me (e.g., noise).						
2. When doing a task, I stay focused on what I am doing.						
3. When doing a task, I am not distracted by things going on around me (e.g., noise).						
4. When listening to a person speaking, I stay focused on listening.						
Tranquility Scale						
To what extent do you agree with the following description about yourself?	1 = very untrue of me	2 = untrue of me	3 = somewhat untrue of me	4 = somewhat true of me	5 = true of me	6 = very true of me
1. When I face unpleasant encounter, I cannot calm myself down. *						
2. I can stabilize my emotion to create a feeling of calmness.						
3. When I face unpredictable future outcomes, I can calm myself down.						
How often were you in the following mental state?	1 = never	2 = seldom	3 = occasionally	4 = sometimes	5 = often	6 = always
4. I feel calm and at ease.						

* Reversed question.