Table S1. Cronbach's alpha values are provided for Beck Depression Inventory-II (BDI-II), STAI-T (State Trait Anxiety Inventory-Trait), STAI-S (State Trait Anxiety Inventory-State), Connor Davidson Resilience Scale (CD-RISC), and Brief Resilience Scale (BRS).

	Pre-test (n = 253)	**Post-test 1 (n = 223)**	**Post-test 2 (n =58)**
Depression (BDI-II)	0.90	0.89	0.89
Trait Anxiety (STAI-T)	0.92	0.92	0.89
State Anxiety (STAI-S)	0.92	0.93	0.88
Resilience (CD-RISC)	0.90	0.89	0.90
Resilience (BRS)	0.86	0.87	0.83