Supplementary Material

Savulich *et al* The Resilient Brain

**Table S1:** Characteristics of 55 healthy control participants and T.C.
on a wide range of emotional, personality and cognitive measures.

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| --- | --- | --- |
| **Group** | **Controls (n= 55)** | **T.C.** |
|   | Mean | Std. Dev. | Minimum | Maximum | Score  |
| Age (years) | 41.6 | 10.4 | 20.0 | 58.0 | 44 |
| Education (years) | 13.7 | 3.1 | 10.0 | 20.0 | 16 |
| Depressive mood (BDI-II total) | 2.7 | 3.3 | 0.0 | 12.0 | 1 |
| State anxiety (STAI-S total) | 24.0 | 4.4 | 19.0 | 36.0 | 21 |
| Trait anxiety (STAI-T total) | 30.8 | 6.9 | 21.0 | 53.0 | 34 |
| Anger (STAXI-II total) | 108.1 | 8.3 | 99.8 | 116.4 | 118 |
| Stress sensitivity (PSS-14 total) | 16.4 | 7.4 | 0.0 | 38.0 | 20 |
| Well-being (WHOQOL total) | 113.4 | 11.5 | 73.0 | 130.0 | 99 |
| Attachment (MAQ total) | 29.3 | 5.3 | 21.0 | 44.0 | 39 |
| Sense of Coherence (SoC-13) | 67.9 | 9.3 | 58.6 | 77.2 | 52 |
| Optimism (LOT-R score) | 8.4 | 2.4 | 0.0 | 12.0 | 8 |
| Pessimism (LOT-R score) | 3.4 | 2.5 | 0.0 | 9.0 | 7 |
| Community Integration (CIQ-II total) | 16.8 | 2.8 | 12.0 | 24.0 | 17 |
| Brief Resilience Scale (BRS total) | 23.5 | 4.4 | 14.0 | 30.0 | 13 |
| Resilience Scale (CD-RISC total) | 57.2 | 30.4 | 0.0 | 89.0 | 62 |
| Active Coping (CP28 score) | 4.6 | 2.0 | 2.0 | 8.0 | 4 |
| Planning (CP28 score) | 5.0 | 1.8 | 2.0 | 8.0 | 5 |
| Positive Reframing (CP28 score) | 4.5 | 1.9 | 2.0 | 8.0 | 3 |
| Acceptance (CP28 score) | 4.7 | 1.8 | 2.0 | 8.0 | 6 |
| Humour (CP28 score) | 3.9 | 1.6 | 2.0 | 7.0 | 7 |
| Religion (CP28 score) | 2.2 | 0.6 | 2.0 | 4.0 | 2 |
| Emotional Support (CP28 score) | 3.4 | 1.5 | 2.0 | 7.0 | 5 |
| Instrumental Support (CP28 score) | 3.7 | 1.7 | 2.0 | 7.0 | 5 |
| Self-distraction (CP28 score) | 3.2 | 1.3 | 2.0 | 6.0 | 3 |
| Denial (CP28 score) | 2.1 | 0.5 | 2.0 | 5.0 | 2 |
| Venting (CP28 score) | 3.0 | 1.1 | 2.0 | 6.0 | 4 |
| Substance abuse (CP28 score) | 2.2 | 0.5 | 2.0 | 4.0 | 2 |
| Behavioural disengagement (CP28 score) | 2.2 | 0.4 | 2.0 | 3.0 | 2 |
| Self-blame (CP28 score) | 3.4 | 1.4 | 2.0 | 7.0 | 4 |
| Childhood trauma (CTQ total) | 29.3 | 4.6 | 25.0 | 44.0 | 30 |
| Impulsivity (BIS-11 total) | 59.7 | 7.4 | 41.0 | 74.0 | 65 |
| Compulsivity (OCI-R total) | 9.9 | 6.7 | 1.0 | 28.0 | 8 |
| Concern Mistakes (MPS-1) | 20.1 | 6.5 | 13.6 | 26.6 | 22 |
| Personal Standards (MPS-1) | 21.4 | 4.6 | 16.8 | 26.0 | 17 |
| Parental Expectations (MPS-1) | 12.3 | 3.3 | 9.0 | 15.6 | 10 |
| Parental Criticism (MPS-1) | 7.4 | 1.8 | 5.6 | 9.2 | 5 |
| Doubts Actions (MPS-1) | 9.5 | 2.6 | 6.9 | 12.1 | 11 |
| Organisation (MPS-1) | 22.8 | 4.0 | 18.8 | 26.8 | 23 |
| *Continued next page* |  |  |  |  |  |
|  |  |  |  |  |  |
| **Group** | **Controls (n= 55)** | **T.C.** |
| **CANTAB tasks:** | Mean | Std. Dev. | Minimum | Maximum | Score  |
| Spatial Span forward (length) | 7.1 | 1.5 | 5.6 | 8.6 | 8 |
| Spatial Span backward (length) | 6.5 | 1.4 | 5.1 | 7.9 | 6 |
| Cognitive Flexibility (EDS errors) | 6.3 | 8.1 | -1.8 | 14.4 | 2 |
| Cognitive Flexibility (IDS errors) | 0.5 | 0.5 | 0 | 1 | 1 |
| Stop Signal (percent successful stops) | 42.1 | 5.5 | 31.3 | 51.25 | 47.5 |
| Stop Signal (mean Go RT, ms) | 370.0 | 51.1 | 266.2 | 527.9 | 457.1 |
| Stop Signal Reaction Time (ms) | 176.9 | 39.3 | 114.5 | 281.0 | 136.0 |

References:

**BDI-II:** Beck Depression Inventory

Beck AT et al. *Manual for Beck Depression Inventory-II*. San Antonio, TX: Psychological Corporation, 1996.

**STAI**: Spielberger State-Trait Anxiety Inventory

Spielberger C et al. *Manual for the State-Trait Anxiety Inventory*. Palo Alto, CA.: Consulting Psychologists Press, 1983.

**STAXI-II:** State-Trait Anger Expression Inventory

Spielberger CD. State-Trait Anger Expression Inventory-II (STAXI-II). Odessa, FL: PAR. *Psychological Assessment Resources* 1999.

**PSS-14:** Perceived Stress Scale 14

Sheldon C, Kamarck T, Mermelstein R. A Global Measure of Perceived Stress. *J Health Soc Behav* 1983;24:385-396

**WHOQOL:** World Health Organization Quality of Life

Szabo S. The World Health Organisation Quality of life (WHOQOL) assesment instrument. *Quality of life and pharmacoeconomics in clinical trials* 1996;355-362.

**MAQ:** Measures of Attachment Quality

Feldt T, Lintula H, Suominen S, Koskenvuo M, Vahtera J, Kivimaki M. Structural validity and temporal stability of the 13-item sense of coherence scale: Prospective evidence from the population-based HeSSup study. *Qual Life Res* 2007;16:483-493.

**ERQ:** Emotion Regulation Questionnaire

Carver CS. Adult attachment and personality: Converging evidence and a new measure. *Pers Soc Pychol B* 1997;23:865-883.

**LOT-R:** Life Orientation Test - Revised

Scheier MF, Carver CS, Bridges MW. Distinguishing Optimism from Neuroticism (and Trait Anxiety, Self-Mastery, and Self-Esteem) - A Reevaluation of the Life Orientation Test. *J Pers Soc Psychol* 1994;67:1063-1078.

**CIQ-II:** Community Integration Questionnaire, Version 2

Sander AM, Fuchs KL, High WM, Hall KM, Kreutzer JS, Rosenthal M. The community integration questionnaire revisited: An assessment of factor structure and validity. *Arch Phys Med Rehab* 1999;80:1303-1308.

**BRS:** Brief Resilience Scale

Smith BW, Dalen J, Wiggins K, Tooley E, Christopher P, Bernard J. The brief resilience scale: assessing the ability to bounce back. *Int J Behav Med* 2008;15:194-200.

**CD-RISC:** Connor-Davidson Resilience Scale

Connor KM, Davidson JRT. Development of a new resilience scale: The Connor-Davidson Resilience scale (CD-RISC). *Depression and Anxiety* 2003;18:76-82.

**CP-28:** Coping Questionnaires 28

Scherer RF, Luther DC, Wiebe FA, Adams JS. Dimensionality of Coping - Factor Stability Using the Ways of Coping Questionnaire. *Psychological Reports* 1988;62:763-770.

**CTQ:** Childhood Trauma Questionnaire

Bernstein DP, Stein JA, Newcomb MD et al. Development and validation of a brief screening version of the Childhood Trauma Questionnaire. *Child Abuse Neglect* 2003;27:169-190.

**BIS-11:** Barratt Impulsiveness Scale, Version 11

Patton JH, Stanford MS, Barratt ES. Factor structure of the Barratt Impulsiveness Scale. *J Clin Psychol* 1995;51:768-774.

**OCI-R:** Obsessive-compulsive Inventory Revised

Foa EB, Huppert JD, Leiberg S et al. The obsessive-compulsive inventory: Development and validation of a short version. *Psychol Assess* 2002;14:485-496.

**MPS-1**: Multidimensional Perfectionism Scale

Frost RO, Marten P, Lahart C, Rosenblate R. The Dimensions of Perfectionism. *Cognitive Therapy and Research* 1990;14:449-468.

**CANTAB - Cambridge Neuropsychological Test Battery**: [www.cambridgecognition.com](http://www.cambridgecognition.com)