**Supplementary Material**

Table S1

*Items of the Self-Report Measure of Stressful Life Events and Frequency of Occurrence (N = 346)*

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| Item # | Stressful life event | Frequency (%)  < age 16 years |
| 1 | Have you ever changed primary or secondary school? (so *not* the standard transition from primary to secondary school)  *If yes a:*  *At what age did this happen?*  *How much stress did this event cause you?* | 91 (26.3%) |
| 2 | Have you ever been suspended or expelled from school? | 4 (1.2%) |
| 3 | Have you ever withdrawn from your education or studies? | 2 (0.6%) |
| 4 | Have you ever moved because of a change in your family situation? (for example, divorce or death) | 16 (4.6%) |
| 5 | Have you ever been bullied? | 101 (29.2%) |
| 6 | Has your relationship with a group of friends ever ended? | 41 (11.8%) |
| 7 | Have you ever had a romantic relationship break up? | 17 (4.9%) |
| 8 | Are your parents divorced/separated? | 43 (12.4%) |
| 9 | Did one of your parents get a new partner? | 32 (9.2%) |
| 10 | Has a loved one passed away? (for example, a family member, extended family member, partner, close friend) | 57 (16.5%) |
| 11 | Has a loved one ever been seriously physically or mentally ill? (for example, a family member, extended family member, partner, close friend) | 48 (13.9%) |
| 12 | Have you ever been seriously physically or mentally ill? | 11 (3.2%) |
| 13 | Has a loved one ever had alcohol, drug, or addiction problems? (for example, a family member, extended family member, partner, close friend) | 13 (3.8%) |
| 14 | Have you ever had alcohol, drug, or addiction problems? | 1 (0.3%) |
| 15 | Has anyone ever hurt you physically? (for example, a partner, family member, or someone else) | 14 (4.1%) |
| 16 | Has someone repeatedly ridiculed you, put you down, or told you that you were worth nothing? (for example, a family member, partner, or someone else) | 28 (8.1%) |
| 17 | Have you ever had financial problems? | 3 (0.9%) |
| 18 | Have your parents ever had financial problems? | 14 (4.1%) |
| 19 | Have you or your parents ever had any problems with the police or criminal justice system? | 7 (2.0%) |
| 20 | Have you ever been robbed? | 12 (3.5%) |
| 21 | Have you ever been in an accident? | 28 (8.1%) |
| 22 | Have you ever experienced any other major event? b If yes, what event was this? c | 17 (4.9%) |

*Note.* A total score was computed by summing the number of life events that occurred before 16 years of age, i.e., before the assessment of our resource factors at age 11–16 years.  
a If participants indicated that a life event occurred, follow up questions were asked about the age (in years) at which the event happened and about the amount of stress the event caused (from 0 = *no stress* to 10 = *a lot of stress*). b If participants indicated that any other life event occurred before 16 years of age, the response was coded as 1 (yes). c Examples of participants’ responses: witnessing an accident of someone else, being attacked, witnessing violence, sexual assault, unexpected pregnancy, difficult family relationships.