**Supplementary details for PTGI-SF**

COVID-19–related PTG was assessed using the Posttraumatic Growth Inventory-Short Form (PTGI-SF, Cann et al., 2010), consisting of ten statements. For each statement the participant was asked to indicate the degree to which he/she experienced that change in his/her life as a result of the COVID-19 pandemic (see below for items and response options)

**Items**

1. I have greater appreciation for the value of my own life
2. I believe in myself more
3. I have a better understanding of spiritual matters
4. I have a greater sense of closeness with others
5. I know better that I can handle difficulties
6. I am able to do better things with my life
7. I can better appreciate each day
8. New opportunities are available which wouldn’t be otherwise
9. I have a stronger religious faith
10. I learned a great deal about how wonderful people are

**Response Options**

* I did not experience this change
* I experienced this change to a very small degree
* I experienced this change to a small degree
* I experienced this change **to a moderate degree**
* I experienced this change **to a great degree**
* I experienced this change **to a very great degree**

Each item response provided a score ranging from 0 (*I did not experience this change*) to 5 (*I experienced this change to a very great degree),* allowing to calculate one total score and the following five subscores: *Appreciation* *of* *life* (items 1 and 7)*;* *Relating to others* (items 4 and 10)*; Personal strength* (items 2 and 5)*;* *Spiritual* *change* (items 3 and 9)*;* and *New possibilities* (items 6 and 8).

Accordingly with previous studies using the PTG-SF (Wu et al., 2019; Pietrzak et al., 2021), item responses were also dichotomized based on moderate or greater endorsement. Endorsement at moderate or greater level of both items composing each PTGI-SF domain was indicative of endorsement of the whole domain.

REFERENCES:

1. Cann A, Calhoun LG, Tedeschi RG, et al. A short form of the Posttraumatic Growth Inventory. Anxiety Stress Coping. 2010;23(2):127-137. doi:10.1080/10615800903094273.
2. Wu X, Kaminga AC, Dai W, et al. The prevalence of moderate-to-high posttraumatic growth: A systematic review and meta-analysis. J Affect Disord. 2019;243:408-415. doi:10.1016/J.JAD.2018.09.023.
3. Pietrzak RH, Tsai J, Southwick SM. Association of Symptoms of Posttraumatic Stress Disorder With Posttraumatic Psychological Growth Among US Veterans During the COVID-19 Pandemic. JAMA Netw Open. 2021;4(4). doi:10.1001/JAMANETWORKOPEN.2021.4972.