DATA SUPPLEMENT

Factor and questions (summarised) ^a	Eigenvalue	% variance	Cumulative variance	Cronbach's α	Mean raw data (1–5)
1. Existential well-being Meaning and purpose Love self Thankful for life Inspired by nature Confident can cope Inspired by arts Hope for future Believe in own ability Do satisfying things	10.708	26.771	26.771	0.900	3.734
2. Religious well-being Loved by higher power Faith helpful Higher power within me Perform religious rituals Purpose from higher power Pray Find beauty	5.007	12.518	39.289	0.882	3.084
3. Emotional state Happy Agitated Contented Peaceful Joyful	3.231	8.078	47.366	0.861	2.879
4. Social well-being Meaningful relationships Love some others Loved by some others	2.161	5.403	52.770	0.859	3.944
5. Social ill-being Destructive thoughts to others Others against Suspicious of others Angry	1.530	3.826	56.596	0.757	3.320
6. Connectedness Isolated Cut off from world Want to isolate self	1.416	3.540	60.135	0.733	2.969
7. Religious ill-being Faith gives difficult thoughts Higher power angry Guilty Spiritual powers controlling	1.216	3.039	63.174	0.745	3.446
8. Existential ill-being Loss of identity Life pointless Lack of motivation	1.112	2.780	65.954	0.702	3.431
9. Stigma and shame Upset by stigma Ashamed	1.031	2.578	68.533	0.676	2.972

a. See the online supplement for full questions.