Appendix1

***Contrary Case***

*It has been nine years since Denis, a public health worker, was dispatched to the disaster site to provide services for survivors after the Wenchuan earthquake. At the time, he was extremely fearful of losing his life in the disaster area because of the great number of aftershocks, and he often cried in the middle of night when others were sleeping [lack of hardiness and locus of control]. He did not talk about his experiences to anyone because he was worried that he would be viewed as a coward. He could not even understand why he had to be deployed for the rescue effort [a lack of sense of community and volunteerism].*

*After the deployment, he had numerous nightmares and suffered from insomnia, and could not do his daily work, as a sad scene of a little girl who had been killed by the earthquake appeared again and again in his mind [emotional coping]. He felt quite guilty that he was not able to save this life. In order to avoid thinking about the little girl, Denis began to drink alcohol day and night [avoidance coping], but this did not work. He often argued with his family over trivial things, and his wife became very angry with his behavior. He regarded as mockery the concern showed by friends and colleagues [lack of social support]. Gradually, his friends distanced themselves from him and his colleagues stopped talking to him. He sometimes burst into tears, wishing that the person who had died in the earthquake was himself, rather than that little girl in his mind. Denis was not able to reintegrate to society and to bounce back from this adverse event [lack of disaster resilience]. He did not believe that he could change his life [lack of self-efficacy and locus of control] and would not go back to the same area where the earthquake had struck [avoidance coping]. Gradually, Denis suffered from psychological distress. He attempted suicide, but was not successful. His wife could not bear his thoughts and actions, and filed for divorce.*