

The cut-off point

The cut-off point was chosen based on a tree diagram presented in figure 1 (cut-off point shown with red arrow).

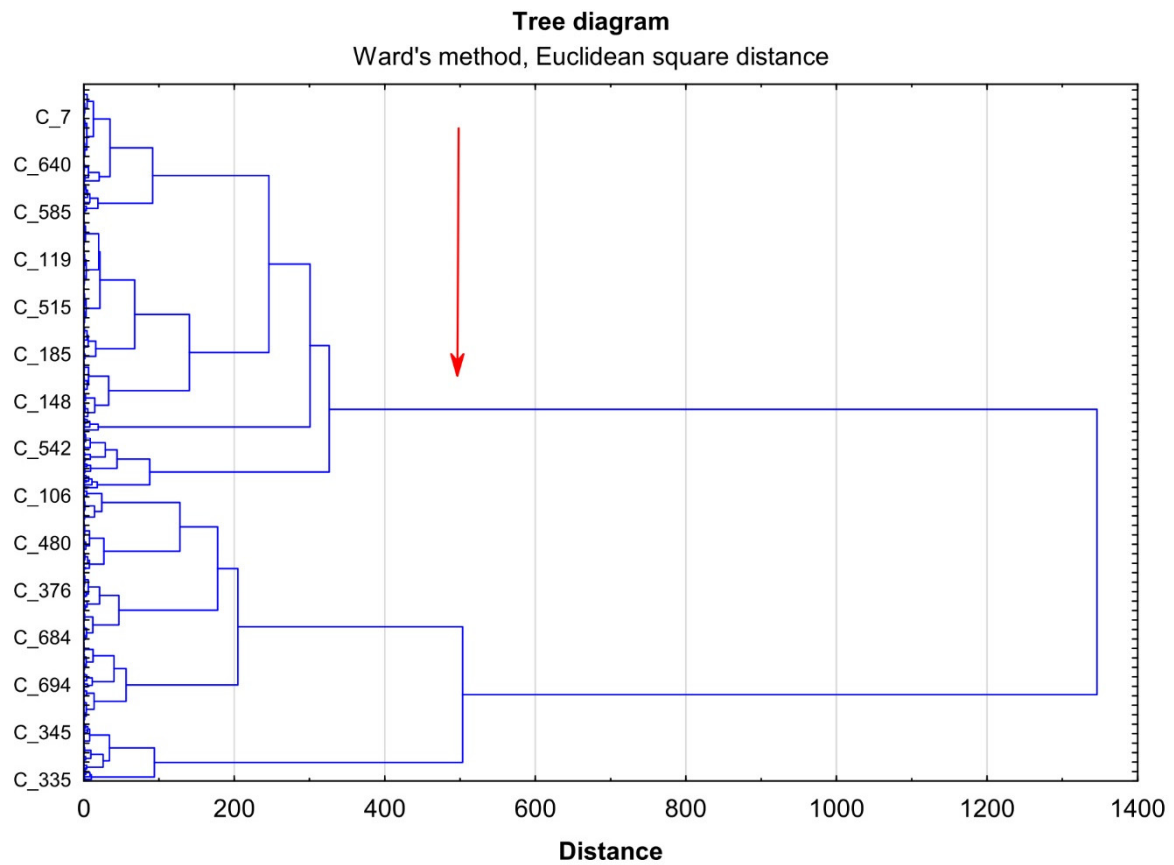


Figure S1: cut-off point shown with red arrow.

The balance model

According to Positive Psychotherapy human life takes places and can be described in four areas: body/senses, achievement, contact, and future/fantasy. In conflicts, every person develops a preference for dealing with the problems in specific area.

Each of the listed four areas was referred to by 5 questionnaire questions with 5 versions of the answers: „too much“, „more than usual“, „not relevant“, „less than usual“ and „not enough“, which were assigned points in the analysis from 5 to 1, respectively.

Items of the questionnaire:

1. Body, senses:

- I react emotionally
- I focus on myself
- I avoid pain and discomfort
- I feel paralyzed
- I watch TV, eat, drink alcohol etc.

2. Achievement, productivity:

- I check information about the virus
- I optimize my strategies for actual changes
- I adjust my expectations to actual changes
- I actively build my health (exercise, nutrition, discipline, etc.)
- I optimize my actions to actual changes

3. Contact, relations:

- I listen to people
- I cheer everybody up
- I get support from others
- I spend time with others
- I talk to people

4. Creativity, future, fantasy

- I imagine the worst scenarios
- I try to understand everything by myself
- I rely on a Higher Power,
- I am looking for active, constructive models
- I optimize my plans according to the actual changes