

Table S1. Student emotional growth questionnaire

Questions	
Positive identity	
1-	I feel particularly pleased with the way I am
2-	I feel that life is very rewarding
3-	I wake up feeling rested
4-	I am particularly optimistic about the future
5-	I think that the world is a good place.
6-	There is no gap between what I would like to do and what I have done.
7-	I have a great deal of energy.
Self-esteem	
8-	I'm as successful as others in my works
9-	There are things in my life that I am proud of.
10-	I have enough confidence in my decisions.
11-	I certainly feel useless at times.
12-	It's easy to talk in the crowd.
Effective communication	
13-	I love others.
14-	I am open to criticism.
15-	People love me.
16-	I feel good when expressing my feelings, thoughts and ideas to others.
17-	I have a good effect on others.
Motivation	
18-	My life is purposeful
19-	I love what I do.
20-	I'm trying to reach the goal.
21-	I welcome a lot of responsibilities.

Choices and scoring:

"Completely agree"= 6

"Agree"= 5

"Somewhat agree"= 4

"Somewhat disagree"= 3

"Disagree" =2

"Completely disagree" = 1

The potential range of score is 21 to 126. The higher score is indicating higher emotional growth.