

Reliability Analysis

Questionnaire reliability was determined by calculating Cronbach's alpha for each subscale and the questionnaire as a whole using IBM SPSS Statistics for Mac version 26 (IBM Corp., Armonk, N.Y., USA). Cronbach's alpha was calculated separately for data collected from primary and secondary schools, as well as for all data combined.

Internal reliability of the Concentration and Focus subscale was identified as excellent (Primary School data: $\alpha = .91$, Secondary School data: $\alpha = .92$, Combined data: $\alpha = .91$).

Internal reliability of the Social Skills subscale was identified as good (Primary School data: $\alpha = .87$, Secondary School data: $\alpha = .85$, Combined data: $\alpha = .88$).

Internal reliability of the Emotional Resilience subscale was identified as good (Primary School data: $\alpha = .86$, Secondary School data: $\alpha = .83$, Combined data: $\alpha = .86$).

Internal reliability of the questionnaire as a whole (total score) was identified as excellent (Primary School data: $\alpha = .93$, Secondary School data: $\alpha = .95$, Combined data: $\alpha = .94$).