**Additional file 1: Cronbach’s alpha values for instruments used in this study**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Factors | Instruments | Number  of items | aab | aac |
| HRQOL | KIDSCREEN-27 |  |  |  |
|  | Physical well-being | 5 | .81 | .81 |
|  | Psychological well-being | 7 | .88 | .88 |
|  | Autonomy and parent relations | 7 | .77 | .79 |
|  | Social support and peers | 4 | .79 | .78 |
|  | School environment | 4 | .80 | .83 |
| Self-efficacy | Generalized Self‐Efficacy Scale | 10 | .86 |  |
| Self-esteem | Rosenberg Self-Esteem Scale | 4 | .81 |  |
| Loneliness | UCLA Loneliness Scale | 8 | .82 |  |
| Stress | Perceived Stress Questionnaire | 30 | .94 |  |

ª Cronbach’s alpha coefficient values in this study; b at time 1; c at time 2

HRQOL, health-related quality of life