

## S1 Appendix. Glossary of common terms

Term	Description
Acute stress	Short-term stress, often relatively intense. In the context of this review, acute stress occurs within a single day, often combining multiple forms of stressor within one session.
Agency	Proactive and flexible engagement with the environment beyond immediate needs to promote individual well-being (1).
Chronic stress	Stress that occurs over a period of time. In the context of this review, chronic stress is categorised as occurring over at least ten days.
Cognitive skills	Skills in cognitive processes related to sensory input, e.g. learning, memory, and causal reasoning (2).
Elevated platform stress	A rodent stress protocol involving placing subjects on an elevated platform in a brightly-lit environment (e.g. 3).
Emotional intelligence	The capacity to make intelligent use of emotional information (4).
Flexibility	The ability to adapt to different kinds of situations and challenges.
Hardiness	A combination of self-control, persistence, and self-motivation to overcome challenges (5).
Learned helplessness	The inability to avoid stressor(s), having experienced inescapable stress (6).
Meditation	An umbrella term for various methods of regulating focus and emotions (7).
Mindfulness	The practice of intentionally maintaining focus on the present moment in a non-judgmental way (8).
Optimism/pessimism	The tendency to believe that future events will be favourable/unfavourable (9).
Positive psychology	Psychological perspective which emphasises helping patients to flourish, rather than focusing only on pathology (10).
Positive/negative affect	Positive/negative emotional state.
Self-awareness, self-reflection	The capacity/activity of being aware of one's own thoughts, behaviour, emotions, and influences.
Self-confidence/self-esteem	Positive conceptualisation and feelings about oneself (11).
Self-control/behavioural inhibition	The ability to self-regulate behaviour, for example to delay gratification.
Social defeat	Subordination by a dominant, usually physically larger, intruder of the same species (e.g. 12).
Stress inoculation	Exposure to manageable stress leading to resistance against future stress (13,14).

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## S2 Appendix. Overview of common tools to measure resilience in humans

Category	Name of measure	Citation
Resilience	Adult Resilience Scale	(1)
	Adult Resilience Social Acceptability Measure	(2)
	Brief Resilience Scale	(3)
	Child and Youth Resilience Measure	(4)
	Connor-Davidson Resilience Scale	(5)
	Coping Inventory for Stressful Situations	(6)
	Coping Orientations to Problems Experienced (COPE) Scale	(7)
	Coping Responses Inventory	(8)
	Dispositional Resilience Scale	(9)
	Distress Tolerance Scale	(10)
	MeQuilibrium Resilience Measure	(11)
	Resilience at Work (R@W) Scale	(12)
	Resilience Scale	(13)
	Resilience Scale for Adolescents (READ-28)	(14)
	Resilience Scale for Adults	(15)
	Strategic Approach to Coping Scale	(16)
	Utrecht Coping List	(17)
	Ways of Coping Checklist	(18)
Stress	Brief Symptom Inventory (Global Distress)	(19)
	Depression, Anxiety, and Stress Scale	(20)
	Perceived Stress Questionnaire	(21)
	Perceived Stress Scale	(22)
	PTSD Checklist	(23)
	PTSD Symptom Scale - Self-Report	(24)
	Symptoms of Stress Inventory	(25)
	Tension Thermometer	(26)
Emotional regulation	Cognitive Emotion Regulation Questionnaire	(27)
	Difficulties in Emotion Regulation Scale	(28)
	Emotion Regulation Questionnaire	(29)
	Implicit Theories of Emotion Scale	(30)
	Proneness to Provocation	(31)
	Strengths and Difficulties Questionnaire - Emotional Problems Score	(32)
	Self-monitoring of anger reactions	(33)
	State-Trait Anger Expression Inventory	(34)
Depression	Beck Depression Inventory	(35)
	Center for Epidemiologic Studies Depression Scale	(36)
	Depression, Anxiety, and Stress Scale	(20)

<b>Category</b>	<b>Name of measure</b>	<b>Citation</b>
	Mini International Neuropsychiatric Interview (MINI) Depression Scale	(37)
	Patient Health Questionnaire (for depression)	(38)
	Patient-Reported Outcomes Measurement Information System (PROMIS) Depression and Anxiety symptom measures	(39)
	Reynolds Adolescent Depression Scale	(40)
Anxiety	AN-UD Anxiety Scale	(41)
	Cognitive-Somatic Anxiety Questionnaire	(42)
	Depression, Anxiety, and Stress Scale	(20)
	Generalised Anxiety Disorder Scale	(43)
	Patient-Reported Outcomes Measurement Information System (PROMIS) Depression and Anxiety symptom measures	(39)
	State-Trait Anxiety Inventory Trait Anxiety Scale (STAI A-TRAIT)	(44)
Psychological wellbeing	Mental Health Continuum	(45)
	PERMA Profiler	(46)
	Positive and Negative Affect Scale (PANAS)	(47)
	Psychological Well-Being Scale	(48)
	Warwick-Edinburgh Mental Wellbeing Scale	(49)
Personality	ABCD-M personality test	(50)
	Formal Characteristics of Behaviour - Temperament Inventory	(51)
	Revised NEO Personality Inventory	(52)
	Ten-Item Personality Inventory	(53)
Self-efficacy	Coping Self-Efficacy	(54)
	General Self-Efficacy Scale	(55)
	Internal Control Index	(56)
	Self-Efficacy Scale	(57)
Self-esteem	Coopersmith Self-Esteem Inventory	(58)
	Rosenberg Self-Esteem Scale	(59)
	State Self-Esteem Scale - Current Thoughts	(60)
Mindfulness	Five Facet Mindfulness Questionnaire	(61)
	Freiburg Mindfulness Inventory	(62)
Other	Acceptance and Action Questionnaire	(63)
	Achievement Goal Scale	(64)
	Cognitive Fusion Questionnaire	(65)
	Fear Survey Schedule	(66)
	Igroup Presence Questionnaire	(67)
	Interpersonal Support Evaluation List	(68)
	Life Orientation Test (for optimism)	(69)
	Self-Compassion Scale	(70)
	Social Adjustment Scale	(71)

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**S3 Appendix. Overview of common types of non-human animal behavioural measurements relevant to resilience**

<b>Attribute</b>	<b>Relevance</b>	<b>Name of measure</b>	<b>Taxonomic groups</b>
Anxiety	Stress indicator	Elevated plus maze/elevated zero maze	Rodents
		Open field test	Rodents/ agricultural
		Light/dark test	Rodents/birds
		Novelty suppressed feeding test	Rodents
		Behavioural observations	Any
		'Behaviourally anchored' criteria for generalised anxiety disorder.	Primates
Depression	Stress indicator	Porsolt forced swim test	Rodents
		Social interaction test (with stranger)	Rodents
		Tail suspension	Rodents
		Latency to escape electric shock.	Rodents/dogs
		Sucrose consumption test (quantity).	Rodents
		Sucrose preference test (over water).	Rodents
		Body weight.	Rodents
Memory and spatial learning	Related to problem-solving/ planning	Radial arm maze (win-shift tasks)	Rodents
		Fear conditioning	Rodents
		Two-way shuttle-box	Rodents/dogs
		Morris water maze/Dry Morris water maze (on land)	Rodents
		Spatial foraging task	Birds
		Associative learning task	Birds
		Novel odour recognition memory test	Rodents
		Barnes maze	Rodents
		Y-maze	Rodents
Fear & emotional reactivity	Low emotional reactivity is an aspect of resilience	Acoustic startle	Rodents/ primates
		Two-way shuttle-box	Rodents/dogs
		Fear conditioning/extinction	Rodents
		Tonic immobility test	Birds
		Hole-in-the-wall test	Birds
		Novel object test	Any
Exploration	Curiosity and physical activity are indicators of resilience	Open field test / novel environment	Any
		Novel object	Any
		Novel odour	Rodents
		Novelty-suppressed feeding test	Rodents
		Social exploration/juvenile social exploration	Rodents
		Approach/avoidance test	Primates
		Behavioural observations	Any

<b>Attribute</b>	<b>Relevance</b>	<b>Name of measure</b>	<b>Taxonomic groups</b>
Anxiety	Stress indicator	Elevated plus maze/elevated zero maze	Rodents
		Open field test	Rodents/ agricultural
		Light/dark test	Rodents/birds
		Novelty suppressed feeding test	Rodents
		Behavioural observations	Any
		'Behaviourally anchored' criteria for generalised anxiety disorder.	Primates
Inhibition	Inhibitory control is an aspect of resilience	Detour-reaching task	Primates
Other		Behavioural observations (e.g. aggression, vigilance)	Any
		Human-rated personality/behaviour assessments	Dogs
		Locomotion	Any
		Coping profile assessment	Rodents
		Condition of fur	Rodents
		Olfactory discrimination task.	Rodents
		Problem solving digging task.	Rodents
		Vocalisations	Any