Appendix1

***Model Case***

*Candy, a young Chinese girl, grew up in a rural area of China. Candy’s mother died in an accident when she was only 7 years old. Her little brother, Tom, was raised by her aunt, and she was brought up by her grandmother because her father had to work as a cleaner in a small company far from the small town where Candy lived. Tom was addicted to internet games and eventually dropped out from school at the age of 12.*

*After graduating from junior high school, Candy enrolled in a vocational school to learn nursing. During that period of study, Candy worked extremely hard and had the best performance in her class, despite the poverty and difficulties in her family [hardiness]. She strongly believes that bad situations will not be there all the time [optimism] and that she will be able to change her life sooner or later through hard work [locus of control]. Finally, Candy found a job in the emergency department of a hospital. Given the nature of her work, Candy had many opportunities to participate in training on how to deal with emergencies or disastrous situations.*

*When a catastrophic, magnitude 8.0 earthquake struck Sichuan, China, on 12 May 2008, Candy volunteered to provide help to survivors at the disaster site. She felt that helping other people in her community and nation is her responsibility [optimism]. She was proud to be part of a rescue team. In the epicenter of the disaster, apart from taking care of survivors, Candy saw and handled many corpses, including those of children, but tried her best to remain calm when doing her work [problem-based coping]. Meanwhile, the aftershocks posed a continuous threat her life. However, she was not disturbed by them because she believed that she had the ability to address the challenges that she might encounter in disaster work* *[self-efficacy] due to her previous training [preparedness]. Seven days later, Candy returned to her hospital, and shared her feelings and experiences about the rescue work with her husband and her colleagues, all of whom were proud of her [social support]. Candy was also satisfied with her own performance in the disaster rescue efforts and was able to return to her routine work with pride after resting for one week [disaster resilience].*