Codebook of variables:

**Gender** – gender (could be male = 0, female = 1)

**Age** – an open question (Open-ended age in years)

**POFS - Perceptions of false self (Weir & Jose, 2010)** – could be 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree):

FS1\* = „I can talk openly to others about my feelings“  
FS2 = „I stay quiet when I don’t agree with others“  
FS3\* = „I say what I think even if it is different to the opinion of others“  
FS4 = „I act one way, but want to act a different way“  
FS5 = „I cannot express my opinion“  
FS6 = „I hide the real me by looking like others“  
FS7\* = „I act in ways that express who I really am“  
FS8 = „I don’t let people see the real me“  
FS9 = „If people knew what I was really like on the inside they would not like me“  
FS10 = „I spend a lot of time thinking about how other people feel“  
FS11 = „My thoughts are not important to others“  
FS12 = „What I say on the outside is different to what I think on the inside“  
FS13 = „Other people’s feelings are more important than mine“  
FS14 = „I don’t like to look different from other people“  
FS15 = „I tend to say one thing even when I think another“  
FS16 = „I hide my true feelings if I think they will upset others“

\*recoded items

**BDI-II= Beck Depression Inventory (Beck et al., 1996)** – in every item,response could be the value from 0 to 3 (indicating severity –higher value means higher severity). Every item have specific content related to specific symptoms of depression)

DEPS1 = Sadness  
DEPS2 = Pessimisn  
DEPS3 = Past Failure  
DEPS4 = Loss of Pleasure  
DEPS5 = Guilty Feelings  
DEPS6 = Self-Criticalness  
DEPS7 = Suicidal Thoughts or Wishes  
DEPS8 = Crying  
DEPS9 = Agitation  
DEPS10 = Loss of Interest  
DEPS11 = Indecisiveness  
DEPS12 = Worthlessness  
DEPS13 = Loss of Energy  
DEPS14 = Changes in Sleeping Pattern  
DEPS15 = Irritability  
DEPS16 = Changes in Sleeping Pattern  
DEPS17 = Irritability  
DEPS18 = Changes in Appetite  
DEPS19 = Concentration Difficulty  
DEPS20 = Tiredness of Fatigue  
DEPS21 = Loss of interest in Sex

**BAI = Beck Anxiety Inventory (Beck, Epstein, Brown, & Steer, 1988)** – in every item,response could be the value from 0 to 3 (indicating severity –higher value means higher severity)

UZKS1 = Numbness/tingling  
UZKS2 = Feeling hot  
UZKS3 = Wobbliness  
UZKS4 = Unability of relaxing  
UZKS5 = Fear of worst   
UZKS6 = Dizziness  
UZKS7 = Pounding heart  
UZKS8 = Unsteadiness  
UZKS9 = Consternation  
UZKS10 = Nervousness  
UZKS11 = Choking feelings  
UZKS12 = Treambling of hands  
UZKS13 = Shakiness  
UZKS14 = Fear of loosing control  
UZKS15 = Breathing difficulties  
UZSK16 = Fear of dying  
UZKS17 = Scare  
UZKS18 = Indigestion  
UZKS19 = Faint/lightheaded  
UZKS20 = Face flushed  
UZSK21 = Hot/cold sweats

**RSES = Rosenberg self-esteem scale (Rosenberg, 1965)** - could be 1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree):

S1 = „I feel that I'm a person of worth, at least on an equal plane with others.“  
S2\* = „All in all, I am inclined to feel that I am a failure.“  
S3 = „I feel that I have a number of good qualities.“  
S4 = „I am able to do things as well as most other people.“  
S5\* = „I feel I do not have much to be proud of.“  
S6 = „I take a positive attitude toward myself.“  
S7\* = „I wish I could have more respect for myself.“  
S8 = „On the whole, I am satisfied with myself.“  
S9\* = „I certainly feel useless at times.“  
S10\* = „At times I think I am no good at all.“

\*recoded items