

Supplementary tables accompanying the manuscript

Bridges over troubled water: A meta-analysis of character strengths, well-being, and mental health

Table S1

The VIA classification of character strengths and virtues

Core virtues	Character strengths
Wisdom & Knowledge	Creativity [originality, ingenuity]
	Curiosity [interest, novelty-seeking, openness to experience]
	Judgement [open-mindedness, critical thinking]
	Love of learning [systematically add knowledge]
	Perspective [wisdom]
Courage	Bravery [valor]
	Perseverance [persistence, industriousness]
	Honesty [authenticity, integrity]
	Zest [vitality, enthusiasm, vigor, energy]
Humanity	Love [closeness, intimacy]
	Kindness [generosity, nurturance, care, compassion, altruistic love]
	Social Intelligence [emotional intelligence, personal intelligence]
Justice	Teamwork [citizenship, social responsibility, loyalty]
	Fairness
	Leadership
Temperance	Forgiveness [mercy]
	Humility [modesty]
	Prudence [cautiousness]
	Self-regulation [self-control]
Transcendence	Appreciation of beauty and excellence [awe, wonder, elevation]
	Gratitude [thankfulness]
	Hope [optimism, future-mindedness, future orientation]
	Humor [playfulness]
	Spirituality [religiousness, faith, purpose]

Table S2

Correspondence between character strengths and personality, and expected correlations with well-being and mental health

Character strength	Most correlated facet¹	Corresponding broad trait	Expected <i>r</i> with well-being²	Expected <i>r</i> with mental health³
Appreciation of beauty	Aesthetic Appreciation Aesthetics	HEXACO Openness Big 5 Openness	.16 – .19 (domain) .06 – .16 (facet)	-.02 – .06 (domain)
Bravery	Social boldness Assertiveness Creativity Self-Consciousness	HEXACO Extraversion Big 5 Extraversion HEXACO Openness Big 5 Neuroticism	.16 – .46 (domain) .15 – .47 (facet)	-.02 – .40 (domain)
Creativity	Creativity Ideas Fantasy	HEXACO Openness Big 5 Openness Big 5 Openness	.16 – .19 (domain) .04 (domain) – .15 (facet)	-.02 – .06 (domain)
Curiosity	Inquisitiveness Ideas Aesthetics Liveliness	HEXACO Openness Big 5 Openness Big 5 Openness HEXACO Extraversion	.18 – .48 (domain) .18 (domain) – .54 (facet)	-.02 – .40 (domain)
Fairness	Altruism Gentleness Altruism Angry Hostility	HEXACO Interstitial scale HEXACO Agreeableness Big 5 Agreeableness Big 5 Neuroticism	.25 – .46 (domain) .13 – .37 (facet)	.23 – .27 (domain)
Forgiveness	Compliance Forgivingness	Big 5 Agreeableness HEXACO Agreeableness	.18 – .25 (domain) .03 – .20 (facet)	.21 – .23 (domain)
Gratitude	Sentimentality Altruism Positive emotions Liveliness Warmth Altruism	HEXACO Agreeableness HEXACO Interstitial scale Big 5 Extraversion HEXACO Extraversion Big Five Extraversion Big 5 Agreeableness	.18 – .48 (domain) .09 – .54 (facet)	.11 – .40 (domain)
Honesty	Fairness Dutifulness Diligence Vulnerability	Honesty-Humility Big 5 Conscientiousness HEXACO Conscientiousness Big 5 Neuroticism	.16 – .46 (domain) .21 – .50 (facet)	.22 – .27 (domain)
Hope	Liveliness	HEXACO Extraversion		

	Depression	Big 5 Neuroticism	.46 – .48 (domain) .54 – .64 (facet)	.27 – .40 (domain)
	Positive emotions	Big 5 Extraversion		
Humility	Modesty	Honesty-Humility	.16 – .18 (domain)	.22 – .23 (domain)
	Modesty	Big 5 Agreeableness	.03 – .13 (facet)	
	Gentleness	HEXACO Agreeableness		
Humor	Liveliness	HEXACO Extraversion	.37 – .48 (domain)	.11 – .40 (domain)
	Positive Emotions	Big 5 Extraversion	.36 – .54 (facet)	
Judgment	Prudence	HEXACO Conscientiousness	.28 – .36 (domain)	.22 – .26 (domain)
	Deliberation	Big 5 Conscientiousness	.13 – .53 (facet)	
	Competence	Big 5 Conscientiousness		
Kindness	Altruism	HEXACO Interstitial scale	.16 – .37 (domain)	.11 – .19 (domain)
	Warmth	Big 5 Extraversion	.09 – .47 (facet)	
	Sentimentality	HEXACO Emotionality		
	Altruism	Big 5 Agreeableness		
Leadership	Assertiveness	Big 5 Extraversion	.28 – .48 (domain)	.11 – .40 (domain)
	Social boldness	HEXACO Extraversion	.26 – .42 (facet)	
	Diligence	HEXACO Conscientiousness		
Love	Warmth	Big 5 Extraversion	.37 – .48 (domain)	.11 – .40 (domain)
	Social Self-Esteem	HEXACO Extraversion	.19 – .58 (facet)	
	Positive Emotions	HEXACO Extraversion		
	Sociability	HEXACO Extraversion		
	Liveliness	HEXACO Extraversion		
Love of learning	Ideas	HEXACO Openness	.16 – .19 (domain)	-.02 – .06 (domain)
	Inquisitiveness	Big 5 Openness	.13 – .28 (facet)	
	Aesthetic Appreciation	HEXACO Openness		
Perseverance	Diligence	HEXACO Conscientiousness	.28 – .36 (domain)	.22 – .26 (domain)
	Self-discipline	Big 5 Conscientiousness	.30 – .43 (facet)	
	Achieve Striving	Big 5 Conscientiousness		
Perspective	Competence	Big 5 Conscientiousness	.16 – .46 (domain)	-.02 – .27 (domain)
	Diligence	HEXACO Conscientiousness	.15 – .54 (facet)	
	Vulnerability	Big 5 Neuroticism		
	Liveliness	Big 5 Extraversion		
	Creativity	HEXACO Openness		

Prudence	Prudence	HEXACO Conscientiousness	.28 – .36 (domain)	.22 – .26 (domain)
	Deliberation	Big 5 Conscientiousness	.13 – .32	
	Dutifulness	Big 5 Conscientiousness	(facet)	
Self-regulation	Diligence	HEXACO Conscientiousness	.28 – .46 (domain)	.26 – .27 (domain)
	Impulsiveness	Big 5 Neuroticism	.12 – .40	
	Self-discipline	Big 5 Conscientiousness	(facet)	
Social intelligence	Warmth	Big 5 Extraversion	.37 – .48 (domain)	.11 – .40 (domain)
	Social Boldness	HEXACO Extraversion	.29 – .47	
	Sociability	HEXACO Extraversion	(facet)	
Spirituality	Values	Big 5 Openness	.16 – .48 (domain)	-.02 – .19 (domain)
	Fairness	Honesty-Humility	.00 – .54	
	Liveliness	HEXACO Extraversion	(facet)	
	Tender-mindedness	Big 5 Agreeableness		
Teamwork	Sociability	HEXACO Extraversion	.18 – .48 (domain)	.11 – .40 (domain)
	Warmth	Big 5 Extraversion	.13 – .47	
	Gregariousness	Big 5 Extraversion	(facet)	
	Gentleness	HEXACO Agreeableness		
Zest	Liveliness	HEXACO Extraversion	.36 – .48 (domain)	.22 – .40 (domain)
			.30 – .64 (facet)	