## 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 &	Creativity [originality, ingenuity]		
Knowledge	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 facet <sup>1</sup>	Corresponding broad trait	Expected r with well-being <sup>2</sup>	Expected r with mental health <sup>3</sup>
Appreciation beauty	of Aesthetic Appreciation Aesthetics	HEXACO Openness Big 5 Openness	.16 – .19 (domain) .06 – .16	02 – .06 (domain)
	restrictes	big 5 Openiess	(facet)	
Bravery	Social boldness	<b>HEXACO</b> Extraversion	.16 – .46	0240
	Assertiveness	Big 5 Extraversion	(domain)	(domain)
	Creativity	<b>HEXACO Openness</b>	.15 – .47 (facet)	
	Self-Consciousness	Big 5 Neuroticism	(lacet)	
Creativity	Creativity	HEXACO Openness	.16 – .19	02 – .06
	Ideas	Big 5 Openness	(domain).04 (domain)	
	Fantasy	Big 5 Openness	15 (facet)	
Curiosity	Inquisitiveness	HEXACO Openness	.18 – .48	02 – .40
	Ideas	Big 5 Openness	(domain).18 (domain)	
	Aesthetics	Big 5 Openness	54 (facet)	
	Liveliness	<b>HEXACO</b> Extraversion	(facet)	
Fairness	Altruism	HEXACO Interstitial scale	.25 – .46	.23 – .27
	Gentleness	<b>HEXACO</b> Agreeableness	(domain) .13 – .37 (facet)	(domain)
	Altruism	Big 5 Agreeableness		
	<b>Angry Hostility</b>	Big 5 Neuroticism		
Forgiveness	Compliance	Big 5 Agreeableness	.18 – .25	.21 – .23
	Forgivingness	HEXACO Agreeableness	(domain) .03 – .20 (facet)	(domain)
Gratitude	Sentimentality	HEXACO Agreeableness	.18 – .48	.11 – .40
	Altruism	HEXACO Interstitial scale	(domain) .09 – .54	(domain)
	Positive emotions	Big 5 Extraversion		
	Liveliness	<b>HEXACO</b> Extraversion	(facet)	
	Warmth	Big Five Extraversion		
	Altruism	Big 5 Agreeableness		
Honesty	Fairness	Honesty-Humility	.16 – .46	.22 – .27
	<b>Dutifulness</b>	Big 5 Conscientiousness	(domain)	(domain)
	Diligence	HEXACO Conscientiousness	.21 – .50 (facet)	
	Vulnerability	Big 5 Neuroticism		
Hope	Liveliness	HEXACO Extraversion		

Humility   Modesty   Honesty-Humility   1618   .2223   (domain)   .0313   (facet)		Depression	Big 5 Neuroticism	.46 – .48 (domain) .54 – .64 (facet)	.27 – .40 (domain)
Modesty   Big 5 Agreeableness   (domain)   (313   (facet)		Positive emotions	Big 5 Extraversion		
Humor	Humility	·	•		
Hexaco Agreeableness		·	Big 5 Agreeableness		(domain)
Positive Emotions		Gentleness	HEXACO Agreeableness		
Judgment	Humor	Liveliness	HEXACO Extraversion		
Conscientiousness   Commain		<b>Positive Emotions</b>	Big 5 Extraversion	.3654	(domain)
Deliberation   Big 5 Conscientiousness   Competence   Big 5 Conscientiousness   Competence   Big 5 Conscientiousness   Competence   Big 5 Conscientiousness   Consci	Judgment	Prudence		.28 – .36	.22 – .26
Competence   Big 5 Conscientiousness   (facet)					(domain)
Kindness  Altruism Warmth Sentimentality Altruism Big 5 Extraversion Social boldness Diligence  Warmth Social Self-Esteem Positive Emotions Liveliness  Love of Ideas Ilearning Ilearning  Aesthetic Appreciation  Perseverance  Perspective  Competence Diligence  Diligence  Diligence  HEXACO Extraversion Liveliness Big 5 Openness Achieve Striving Big 5 Conscientiousness Big 5 Conscientiousness  Altruism  HEXACO Extraversion Liveliness Big 5 Extraversion HEXACO Extraversion HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Openness Achieve Striving Big 5 Conscientiousness Achieve Striving Big 5 Conscientiousness Vulnerability Big 5 Neuroticism HEXACO Conscientiousness Undomain HEXACO Conscientiousness HEXACO Conscientiousness Inquisitiveness Big 5 Conscientiousness Inquisitiveness Inquisitive			•		
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Sentimentality Altruism   HEXACO Emotionality Big 5 Agreeableness   Section   Social boldness   HEXACO Extraversion   Love   Warmth   Social Self-Esteem   HEXACO Extraversion   Liveliness   Liveliness   HEXACO Extraversion   Liveliness   Livelines	Kindness		HEXACO Interstitial scale		
Altruism Big 5 Agreeableness  Leadership Assertiveness Big 5 Extraversion .2848 .1140 (domain) .2642 (facet)  Love Warmth Social Self-Esteem Positive Emotions Sociability HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Extraversion Liveliness HEXACO Extraversion Liveliness HEXACO Openness Aesthetic Appreciation  Perseverance Diligence HEXACO Denness (facet)  Perspective Competence Diligence HEXACO Densions Sig 5 Conscientiousness (facet)  Competence Diligence HEXACO Densions (domain) (doma		Warmth	Big 5 Extraversion		(domain)
Leadership		<u> </u>	<b>HEXACO</b> Emotionality		
Social boldness   HEXACO Extraversion   2642 (facet)		Altruism	Big 5 Agreeableness	()	
Diligence  HEXACO Conscientiousness  Love  Warmth Social Self-Esteem Positive Emotions Sociability Liveliness  HEXACO Extraversion Liveliness  HEXACO Extraversion HEXACO Extraversion Liveliness  HEXACO Extraversion HEXACO Extraversion Liveliness  HEXACO Extraversion HEXACO Extraversion Liveliness  HEXACO Openness Aesthetic Appreciation  Perseverance  Diligence  HEXACO Openness HEXACO Conscientiousness HEXACO Conscientiousness Achieve Striving HEXACO Diligence HEXACO Conscientiousness HEXACO Conscientiousness HEXACO Conscientiousness HEXACO HEXACO Conscientiousness HEXACO Conscientiousness HEXACO Conscientiousness HEXACO HEXAC	Leadership	Assertiveness	Big 5 Extraversion		
Love Warmth Big 5 Extraversion 3748 .1140 Social Self-Esteem HEXACO Extraversion Positive Emotions HEXACO Extraversion Liveliness HEXACO Extraversion Liveliness HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Openness (domain) (domain)  Love of Ideas HEXACO Openness (domain) (domain)  Inquisitiveness Big 5 Openness (domain) (domain)  Aesthetic HEXACO Openness (facet)  Perseverance Diligence HEXACO Openness (domain) (domain)  Self-discipline Big 5 Conscientiousness (domain) (domain)  Self-discipline Big 5 Conscientiousness (facet)  Perspective Competence Big 5 Conscientiousness (facet)  Perspective HEXACO (domain) (domain)  Vulnerability Big 5 Neuroticism (facet)  Liveliness Big 5 Extraversion		Social boldness	<b>HEXACO</b> Extraversion	,	(domain)
Social Self-Esteem Positive Emotions HEXACO Extraversion Sociability HEXACO Extraversion Liveliness HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Extraversion  Love of Ideas HEXACO Openness Inquisitiveness Aesthetic Appreciation  Perseverance Diligence HEXACO Openness (domain) 1328 (facet)  Perseverance Diligence HEXACO Openness (domain) .1328 (facet)  Self-discipline Big 5 Conscientiousness (domain) (domain) .3043 (facet)  Perspective Competence Big 5 Conscientiousness (facet)  Perspective Competence Big 5 Conscientiousness (domain) .1554 (domain) .1554 (facet)  Vulnerability Big 5 Neuroticism Liveliness Big 5 Extraversion		Diligence			
Positive Emotions Sociability Liveliness HEXACO Extraversion Love of Ideas Inquisitiveness Aesthetic Appreciation  Perseverance  Diligence  Perspective  Competence  Diligence  Big 5 Conscientiousness Achieve Striving Big 5 Conscientiousness A	Love	Warmth	Big 5 Extraversion		
Sociability Liveliness HEXACO Extraversion Liveliness HEXACO Extraversion HEXACO Extraversion Liveliness HEXACO Extraversion HEXACO Extraversion  Love of Ideas HEXACO Openness Aesthetic Appreciation  Perseverance  Diligence HEXACO Openness HEXACO Openness HEXACO Openness (domain) 1328 (facet)  HEXACO Openness (facet)  HEXACO Openness (domain) 1328 (facet)  HEXACO Openness (facet)  Perseverance  Diligence HEXACO Conscientiousness Achieve Striving Big 5 Conscientiousness HEXACO Openness (domain) 100226 (domain) 100227 (domain) 1146 1146 1146 120227 (domain) 1554 (facet)  Vulnerability Big 5 Neuroticism Liveliness Big 5 Extraversion		Social Self-Esteem	<b>HEXACO</b> Extraversion		(domain)
Love of Ideas HEXACO Extraversion  Love of Ideas HEXACO Openness .16190206 Inquisitiveness Aesthetic Appreciation  Perseverance Diligence HEXACO Openness (facet)  Perspective Competence Diligence HEXACO Openness (facet)  Perspective Competence Diligence HEXACO Openness (facet)  Perspective Competence Diligence HEXACO (domain) (domain)  Self-discipline Achieve Striving Big 5 Conscientiousness (facet)  Perspective Diligence HEXACO (domain) (domain)  Self-discipline Achieve Striving Big 5 Conscientiousness (facet)  Perspective Diligence HEXACO (domain) (do		Positive Emotions	<b>HEXACO</b> Extraversion		
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Aesthetic Appreciation  Perseverance  Diligence  HEXACO Openness (facet)  HEXACO	learning	Inquisitiveness	Big 5 Openness		(domain)
Perseverance Diligence HEXACO Conscientiousness (domain) Self-discipline Achieve Striving Big 5 Conscientiousness Achieve Striving Big 5 Conscientiousness Perspective Competence Diligence HEXACO Conscientiousness Big 5 Conscientiousness HEXACO Conscientiousness Indexty, 1646 (domain) Indexty, 1554 Vulnerability Big 5 Neuroticism Liveliness Big 5 Extraversion			HEXACO Openness		
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Vulnerability Big 5 Neuroticism (facet) Liveliness Big 5 Extraversion		-	<u>-</u>		(domain)
Liveliness Big 5 Extraversion		-	Conscientiousness		
č		Vulnerability	Big 5 Neuroticism	(tacet)	
Creativity HEXACO Openness		Liveliness	Big 5 Extraversion		
		Creativity	HEXACO Openness		

Prudence	Prudence	HEXACO	.2836	.2226
		Conscientiousness	(domain)	(domain)
	Deliberation	Big 5 Conscientiousness	.1332	
	Dutifulness	Big 5 Conscientiousness	(facet)	
Self-regulation	Diligence	HEXACO	.2846	.2627
		Conscientiousness	(domain)	(domain)
	<b>Impulsiveness</b>	Big 5 Neuroticism	.1240	
	Self-discipline	Big 5 Conscientiousness	(facet)	
Social	Warmth	Big 5 Extraversion	.3748	.11 – .40
intelligence	Social Boldness	<b>HEXACO</b> Extraversion	(domain) .29 – .47 (facet)	(domain)
	Sociability	HEXACO Extraversion		
Spirituality	Values	Big 5 Openness	.1648	02 – .19
	Fairness	Honesty-Humility	(domain)	(domain)
	Liveliness	HEXACO Extraversion	.0054 (facet)	
	Tender-mindedness	Big 5 Agreeableness		
Teamwork	Sociability	HEXACO Extraversion	.18 – .48	.11 – .40
	Warmth	Big 5 Extraversion	(domain)	(domain)
	Gregariousness	Big 5 Extraversion	.13 – .47 (facet)	
	Gentleness	HEXACO Agreeableness	(lacti)	
Zest	Liveliness	HEXACO Extraversion	.36 – .48	.22 – .40
			(domain)	(domain)
			.3064	
			(facet)	