

Supplementary Table 3. Pearson's correlation coefficient between poor sleep quality and cognitive emotion regulation strategies

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Overall PSQI score																			
Pearson correlation	1																		
Sig. (2-tailed)																			
N	282																		
Adaptive cognitive strategies																			
Pearson correlation	-0.090	1																	
Sig. (2-tailed)	0.131																		
N	282	282																	
Maladaptive cognitive strategies																			
Pearson correlation	0.388**	0.138*	1																
Sig. (2-tailed)	0.000	0.021																	
N	282	282	282																
Health-promoting lifestyle profile																			
Pearson correlation	-0.306**	0.507**	-0.118*	1															
Sig. (2-tailed)	0.000	0.000	0.048																
N	282	282	282	282															
Spiritual growth																			
Pearson correlation	-0.295**	0.531**	-0.182**	0.753**	1														
Sig. (2-tailed)	0.000	0.000	0.002	0.000															
N	282	282	282	282	282														
Health responsibility																			
Pearson correlation	-0.259**	0.407**	-0.069	0.798**	0.508**	1													
Sig. (2-tailed)	0.000	0.000	0.247	0.000	0.000														
N	282	282	282	282	282	282													
Physical activity																			
Pearson correlation	-0.053	0.306**	0.025	0.713**	0.420**	0.436**	1												
Sig. (2-tailed)	0.378	0.000	0.677	0.000	0.000	0.000													
N	282	282	282	282	282	282	282												
Nutrition																			
Pearson correlation	-0.215**	0.297**	-0.046	0.704**	0.354**	0.483**	0.455**	1											
Sig. (2-tailed)	0.000	0.000	0.442	0.000	0.000	0.000	0.000												
N	282	282	282	282	282	282	282	282											
Interpersonal relations																			
Pearson correlation	-0.270**	0.330**	-0.155**	0.745**	0.519**	0.579**	0.337**	0.421**	1										
Sig. (2-tailed)	0.000	0.000	0.009	0.000	0.000	0.000	0.000	0.000											
N	282	282	282	282	282	282	282	282	282										
Stress management																			
Pearson correlation	-0.312**	0.410**	-0.107	0.798**	0.561**	0.598**	0.523**	0.510**	0.483**	1									
Sig. (2-tailed)	0.000	0.000	0.074	0.000	0.000	0.000	0.000	0.000	0.000										
N	282	282	282	282	282	282	282	282	282	282									
Self-blame																			
Pearson correlation	0.240**	0.187**	0.686**	-0.031	-0.083	-0.030	0.076	-0.010	-0.085	-0.010	1								
Sig. (2-tailed)	0.000	0.002	0.000	0.598	0.163	0.617	0.206	0.869	0.157	0.862									
N	282	282	282	282	282	282	282	282	282	282	282								
Rumination																			
Pearson correlation	0.214**	0.245**	0.726**	-0.033	-0.006	-0.029	0.049	-0.030	-0.103	-0.040	0.363**	1							
Sig. (2-tailed)	0.000	0.000	0.000	0.579	0.926	0.630	0.416	0.616	0.084	0.506	0.000								
N	282	282	282	282	282	282	282	282	282	282	282	282							
Putting into perspective																			
Pearson correlation	-0.047	0.631**	-0.017	0.259**	0.311**	0.237**	0.093	0.127*	0.191**	0.209**	0.007	0.078	1						
Sig. (2-tailed)	0.433	0.000	0.771	0.000	0.000	0.000	0.120	0.034	0.001	0.000	0.903	0.193							
N	282	282	282	282	282	282	282	282	282	282	282	282	282						
Catastrophizing																			
Pearson correlation	0.429**	-0.104	0.723**	-0.187**	-0.311**	-0.114	-0.025	-0.064	-0.168**	-0.156**	0.329**	0.385**	-0.149*	1					
Sig. (2-tailed)	0.000	0.081	0.000	0.002	0.000	0.057	0.679	0.282	0.005	0.009	0.000	0.000	0.012						
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282					
Other blame																			
Pearson correlation	0.088	0.039	0.421**	-0.041	-0.045	0.005	-0.040	-0.010	-0.032	-0.063	0.015	0.118*	0.038	0.068	1				
Sig. (2-tailed)	0.142	0.519	0.000	0.496	0.453	0.938	0.504	0.862	0.590	0.289	0.806	0.048	0.524	0.258					
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282				
Acceptance																			
Pearson correlation	0.124*	0.376**	0.400**	0.026	-0.085	0.017	0.130*	0.090	-0.035	-0.002	0.435**	0.319**	-0.025	0.245**	0.001	1			
Sig. (2-tailed)	0.037	0.000	0.000	0.669	0.153	0.776	0.030	0.132	0.556	0.967	0.000	0.000	0.675	0.000	0.985				
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282			
Positive refocusing																			
Pearson correlation	-0.115	0.563**	-0.028	0.297**	0.324**	0.242**	0.080	0.216**	0.255**	0.229**	0.009	0.026	0.216**	-0.098	-0.001	-0.029	1		
Sig. (2-tailed)	0.054	0.000	0.637	0.000	0.000	0.000	0.179	0.000	0.000	0.000	0.878	0.664	0.000	0.099	0.988	0.631			
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282		
Refocus on planning																			
Pearson correlation	-0.075	0.682**	0.096	0.488**	0.515**	0.375**	0.329**	0.293**	0.253**	0.440**	0.072	0.237**	0.275**	-0.073	0.024	0.075	0.278**	1	
Sig. (2-tailed)	0.210	0.000	0.108	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.226	0.000	0.000	0.221	0.692	0.208	0.000		
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282
Positive reappraisal																			
Pearson correlation	-0.173**	0.720**	-0.082	0.451**	0.540**	0.352**	0.264**	0.167**	0.335**	0.358**	-0.012	0.041	0.444**	-0.261**	0.051	-0.015	0.291**	0.416**	1
Sig. (2-tailed)	0.004	0.000	0.171	0.000	0.000	0.000	0.000	0.005	0.000	0.000	0.843	0.496	0.000	0.000	0.389	0.803	0.000	0.000	
N	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282	282

*p < 0.05; **p < 0.01.
PSQI, Pittsburgh Sleep Quality Index.