

**Supplementary Table 1.** Reliability analysis results based on the Cronbach's alpha and McDonald's omega coefficients

Factor	$\alpha$	$\Omega_t$
Lability	0.88	0.90
Downward Tendency	0.86	0.86
Upward Tendency	0.71	0.72
Seasonality	0.83	0.84
Childhood Instability	0.85	0.85
Total	0.90	0.92