

Appendix 1 Item scores of PTGI

PTGI Items	Mean score	SD	Median	Minimum value	Maximum value
1. My priorities about what is important in life.	2.92	1.52	3.00	0.00	5.00
2. An appreciation for the value of my own life.	4.05	1.05	4.00	0.00	5.00
3. I developed new interests.	2.57	1.43	3.00	0.00	5.00
4. A feeling of self-reliance.	3.84	1.10	4.00	0.00	5.00
5. A better understanding of spiritual matters.	3.60	1.06	4.00	0.00	5.00
6. Knowing that I can count on people in times of trouble.	2.68	1.43	3.00	0.00	5.00
7. I established a new path for my life.	2.86	1.41	3.00	0.00	5.00
8. A sense of closeness with others.	2.99	1.28	3.00	0.00	5.00
9. A willingness to express my emotions.	3.20	1.25	3.00	0.00	5.00
10. Knowing I can handle difficulties.	3.52	1.12	4.00	0.00	5.00
11. I'm able to do better things with my life.	3.50	1.22	4.00	0.00	5.00
12. Being able to accept the way things work out.	3.09	1.21	3.00	0.00	5.00
13. Appreciating each day.	3.67	1.16	4.00	0.00	5.00
14. New opportunities are available which wouldn't have been otherwise.	2.87	1.49	3.00	0.00	5.00
15. Having compassion for others.	3.82	1.05	4.00	0.00	5.00
16. Putting effort into my relationships.	3.58	1.03	4.00	0.00	5.00
17. I'm more likely to try to change things which need changing.	3.72	1.03	4.00	0.00	5.00
18. I discovered that I'm stronger than I thought I was.	3.65	1.09	4.00	0.00	5.00
19. I learned a great deal about how wonderful people are.	3.97	1.02	4.00	0.00	5.00
20. I accept needing others.	3.43	1.29	4.00	0.00	5.00

PTGI: Posttraumatic Growth Inventory

SD: Standard Deviation

Appendix 2 Item scores of ERRI

ERRI Items	Mean score	SD	Median	Minimum value	Maximum value
1. I thought about the event when I did not mean to.	1.56	0.708	2	0	3
2. Thoughts about the event came to mind and I could not stop thinking about them.	1.34	0.794	1	0	3
3. Thoughts about the event distracted me or kept me from being able to concentrate.	1.04	0.745	1	0	3
4. I could not keep images or thoughts about the event from entering my mind.	1.11	0.816	1	0	3
5. Thoughts, memories, or images of the event came to mind even when I did not want them.	1.09	0.761	1	0	3
6. Thoughts about the event caused me to relive my experience.	1.19	0.799	1	0	3
7. Reminders of the event brought back thoughts about my experience.	1.43	0.767	1	0	3
8. I found myself automatically thinking about what had happened.	1.18	0.759	1	0	3
9. Other things kept leading me to think about my experience.	1.08	0.699	1	0	3
10. I tried not to think about the event, but could not keep the thoughts from my mind.	0.97	0.807	1	0	3
11. I thought about whether I could find meaning from my experience.	1.51	0.778	2	0	3
12. I thought about whether changes in my life have come from dealing with my experience.	1.38	0.818	1	0	3
13. I forced myself to think about my feelings about my experience.	1.25	0.787	1	0	3
14. I thought about whether I	1.67	0.742	2	0	3

have learned anything as a result of my experience.

15. I thought about whether the experience has changed my beliefs about the world.	1.53	0.778	2	0	3
16. I thought about what the experience might mean for my future.	1.54	0.769	2	0	3
17. I thought about whether my relationships with others have changed following my experience.	1.36	0.783	1	0	3
18. I forced myself to deal with my feelings about the event.	1.45	0.801	1	0	3
19. I deliberately thought about how the event had affected me.	1.4	0.797	1	0	3
20. I thought about the event and tried to understand what happened.	1.23	0.781	1	0	3

ERRI: Event Related Rumination Inventory.

SD: Standard Deviation

Appendix 3 Estimates of the correlation between individual characteristics and the ERRI and PTGI scores

	PTGI					
	Total score	Relating to others	New possibilities	Appreciation of life	Personal strength	Spiritual change
ERRI						
Total score	0.517**	0.454**	0.419**	0.451**	0.425**	0.533**
Intrusive rumination	-0.413**	-0.368**	-0.314**	-0.343**	0.343**	0.459**
Deliberate rumination	0.557**	0.483**	0.471**	0.502**	0.454**	0.541**
Age	0.230**	0.104	0.226**	0.271**	0.231**	0.199**
Sex	-0.139	-0.145	-0.103	-0.105	-0.093	-0.163*
Marital status	0.138	0.039	0.131	0.178*	0.229**	0.074
Children	0.128	0.014	0.113	0.180*	0.219**	0.064
Educational background	0.274**	0.210*	0.278**	0.262**	0.288**	0.185*
Working years	0.229**	0.066	0.202**	0.285**	0.306**	0.173*
Religious beliefs	0.102	0.013	0.069	0.149	0.064	0.118
Professional title	0.161*	0.047	0.124	0.189*	0.170*	0.173*
Previous rescue experience in a public health emergency	0.210**	0.160*	0.168*	0.205**	0.207**	0.156*
Psychological intervention or training during the COVID-19 epidemic	0.214**	0.177*	0.195*	0.225*	0.239**	0.186*
Feeling of being well prepared for front-line work	0.185*	0.114	0.198*	0.179*	0.172*	0.088
Confidence about front-line work	0.293**	0.176*	0.300**	0.273**	0.343**	0.191*
Awareness of the risk of front-line work	0.279**	0.125	0.219**	0.244**	0.320**	0.300**

PTGI: Posttraumatic Growth Inventory; ERRI: Event-Related Rumination Inventory.

* P<0.05; ** P<0.01

Appendix 4 Assignment of variables in the multiple linear regression analysis

Variables	Category	Value
Age	≤30	0
	>30	1
Sex	Male	0
	Female	1
Marital status	Not married	0
	Married	1
Children	No	0
	Yes	1
Educational background	Junior college degree	0
	Bachelor's degree and above	1
Religious beliefs	No	0
	Yes	1
Working years b	≤3	1
	4~5	2
	6~10	3
	>10	4
Professional title	Junior	1
	Middle	2
	Senior	3
Previous rescue experience in a public health emergency	No	0
	Yes	1
Psychological intervention or training during the COVID-19 epidemic	No	0
	Yes	1
Feeling of being well prepared for front-line work	Not sure	0
	Yes	1
Confidence about front-line work	Not sure	0
	Yes	1
Awareness of the risk of front-line work	Low risk	0
	High risk	1