Supplementary Table S1: Complete Results of Heterogeneity Test

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome Variables** | ***k*** | ***Q*** | ***df*** | ***P*** | ***I2*** | ***T2*** |
| Subjective well-being | 93 | 4406.274 | 92 | 0.000 | 97.912 | 0.072 |
| Life satisfaction | 39 | 2132.129 | 38 | 0.000 | 98.218 | 0.080 |
| Positive emotions | 27 | 634.646 | 26 | 0.000 | 95.903 | 0.040 |
| Negative emotions | 26 | 1016.136 | 25 | 0.000 | 97.540 | 0.069 |

Note: k represents the number of independent effect sizes, as follows

Supplementary Table S2: Detailed Main Effects Test Results

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome Variables** | ***k*** | ***r*** | **95% CI** | | ***z*** | ***p*** |
| **LL** | **UL** |
| Subjective well-being | 93 | 0.508 | 0.466 | 0.548 | 19.796 | 0.000 |
| Life satisfaction | 39 | 0.470 | 0.397 | 0.537 | 11.119 | 0.000 |
| Positive emotions | 27 | 0.465 | 0.402 | 0.523 | 12.697 | 0.000 |
| Negative emotions | 26 | -0.253 | -0.346 | -0.155 | -4.948 | 0.000 |

**Supplementary Table S3:** Complete Moderating Effect Test Results of Cultural Background

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Moderating variable** | **Outcome variable** | **Heterogeneity test** | | | **Category** | ***k*** | ***N*** | ***r*** | **95% CI** | | **two-tailed test (math.)** | |
| ***QB*** | ***df*** | ***p*** | **LL** | **UL** | ***z*** | *p* |
| Cultural background | Subjective well-being | 11.905 | 1 | 0.001 | E | 88 | 57540 | 0.499 | 0.455 | 0.541 | 18.677 | 0.000 |
|  |  |  |  |  | W | 5 | 3452 | 0.641 | 0.575 | 0.699 | 14.166 | 0.000 |
|  | Life satisfaction | 1.424 | 1 | 0.233 | E | 35 | 25640 | 0.480 | 0.402 | 0.552 | 10.501 | 0.000 |
|  |  |  |  |  | W | 4 | 1925 | 0.377 | 0.211 | 0.523 | 4.252 | 0.000 |
|  | Positive emotions | 0.113 | 1 | 0.736 | E | 25 | 14295 | 0.468 | 0.400 | 0.530 | 11.889 | 0.000 |
|  |  |  |  |  | W | 2 | 1582 | 0.430 | 0.193 | 0.619 | 3.410 | 0.001 |
|  | Negative emotions | 0.473 | 1 | 0.492 | E | 24 | 13573 | -0.267 | -0.356 | -0.172 | -5.399 | 0.000 |
|  |  |  |  |  | W | 2 | 1582 | -0.089 | -0.540 | 0.402 | -0.339 | 0.735 |

*Note*: *N* stands for sample size, *QB* stands for heterogeneity test statistic, same below.

**Supplementary Table S4:** Complete Results of the Moderated Effects Test of the Psychological Resilience Measurement Instrument

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Moderating variable | Outcome variable | Heterogeneity test | | | Category | *k* | *N* | *r* | 95% CI | | two-tailed test (math.) | |
| *Q*B | *df* | *p* | LL | UL | *z* | *p* |
| Psychological resilience measurement tools | Subjective well-being | 11.110 | 7 | 0.134 | BRS | 1 | 746 | 0.566 | 0.515 | 0.613 | 17.489 | 0.000 |
|  |  |  |  |  | CD-RISC | 47 | 31115 | 0.526 | 0.470 | 0.578 | 15.336 | 0.000 |
|  |  |  |  |  | ERS | 3 | 1884 | 0.428 | 0.293 | 0.546 | 5.784 | 0.000 |
|  |  |  |  |  | RS | 4 | 3043 | 0.410 | 0.107 | 0.643 | 2.601 | 0.009 |
|  |  |  |  |  | RSA | 2 | 717 | 0.803 | -0.128 | 0.982 | 1.755 | 0.079 |
|  |  |  |  |  | RSCA | 28 | 17632 | 0.499 | 0.410 | 0.579 | 9.551 | 0.000 |
|  |  |  |  |  | RTSCA | 3 | 2397 | 0.441 | 0.244 | 0.603 | 4.139 | 0.000 |
|  |  |  |  |  | Other | 5 | 3458 | 0.363 | 0.162 | 0.534 | 3.447 | 0.001 |
|  | Life satisfaction | 9.693 | 5 | 0.084 | BRS | 3 | 1256 | 0.326 | 0.196 | 0.445 | 4.728 | 0.000 |
|  |  |  |  |  | CD-RISC | 23 | 13830 | 0.466 | 0.370 | 0.553 | 8.436 | 0.000 |
|  |  |  |  |  | RSA | 1 | 500 | 0.388 | 0.311 | 0.460 | 9.128 | 0.000 |
|  |  |  |  |  | RSCA | 7 | 5792 | 0.598 | 0.443 | 0.718 | 6.335 | 0.000 |
|  |  |  |  |  | RTSCA | 1 | 467 | 0.450 | 0.375 | 0.520 | 10.441 | 0.000 |
|  |  |  |  |  | Other | 4 | 5720 | 0.365 | 0.110 | 0.575 | 2.754 | 0.006 |
|  | Positive emotions | 17.202 | 5 | 0.004 | BRS | 2 | 1054 | 0.320 | 0.264 | 0.373 | 10.723 | 0.000 |
|  |  |  |  |  | CD-RISC | 18 | 10100 | 0.487 | 0.395 | 0.568 | 9.197 | 0.000 |
|  |  |  |  |  | RSA | 1 | 500 | 0.387 | 0.310 | 0.459 | 9.102 | 0.000 |
|  |  |  |  |  | RSCA | 4 | 3133 | 0.478 | 0.375 | 0.570 | 8.057 | 0.000 |
|  |  |  |  |  | RTSCA | 1 | 467 | 0.456 | 0.381 | 0.525 | 10.603 | 0.000 |
|  |  |  |  |  | Other | 1 | 623 | 0.373 | 0.303 | 0.439 | 9.758 | 0.000 |
|  | Negative emotions | 32.329 | 5 | 0.000 | BRS | 1 | 332 | -0.340 | -0.432 | -0.241 | -6.423 | 0.000 |
|  |  |  |  |  | CD-RISC | 18 | 10100 | -0.189 | -0.309 | -0.064 | -2.949 | 0.003 |
|  |  |  |  |  | RSA | 1 | 500 | -0.435 | -0.503 | -0.361 | -10.390 | 0.000 |
|  |  |  |  |  | RSCA | 4 | 3133 | -0.402 | -0.548 | -0.233 | -4.424 | 0.000 |
|  |  |  |  |  | RTSCA | 1 | 467 | -0.469 | -0.537 | -0.395 | -10.960 | 0.000 |
|  |  |  |  |  | Other | 1 | 623 | -0.233 | -0.306 | -0.157 | -5.910 | 0.000 |

**Supplementary Table S5:** Complete Moderating Effect Test Results for the Subject Group

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Moderating variable** | **Outcome variable** | **Heterogeneity test** | | | **Category** | ***k*** | ***N*** | ***r*** | **95% CI** | | **two-tailed test (math.)** | |
| *Q*B | *df* | *p* | **LL** | **UL** | ***z*** | ***p*** |
| Subject group | Subjective well-being | 3.321 | 1 | 0.068 | University students | 68 | 47218 | 0.482 | 0.434 | 0.526 | 17.225 | 0.000 |
|  |  |  |  |  | Secondary school students | 25 | 13774 | 0.575 | 0.484 | 0.653 | 10.168 | 0.000 |
|  | Life satisfaction | 2.404 | 1 | 0.121 | University students | 28 | 15217 | 0.434 | 0.349 | 0.511 | 9.080 | 0.000 |
|  |  |  |  |  | Secondary school students | 11 | 12348 | 0.556 | 0.420 | 0.667 | 6.583 | 0.000 |
|  | Positive emotions | 0.087 | 1 | 0.768 | University students | 21 | 11150 | 0.459 | 0.388 | 0.526 | 11.093 | 0.000 |
|  |  |  |  |  | Secondary school students | 6 | 4727 | 0.483 | 0.331 | 0.611 | 5.649 | 0.000 |
|  | Negative emotions | 0.010 | 1 | 0.922 | University students | 20 | 10428 | -0.256 | -0.354 | -0.153 | -4.771 | 0.000 |
|  |  |  |  |  | Secondary school students | 6 | 4727 | -0.243 | -0.472 | 0.017 | -1.831 | 0.067 |