

Table 2: Standardized weights for each factor of six-factor model with 32 items.

Item	LA	SM	SS	NB	HR	EB	Proportion Variance Explained
22. Make an effort to like myself.	.82	-.06	-.04	.08	.03	.01	.19
23. Make an effort to feel happy and content.	.92	-.07	.04	.03	-.05	.03	
24. I usually think positively.	.94	.01	-.02	-.11	.00	.05	
25. Make an effort to understand my strengths, weaknesses and accept them.	.83	.11	-.03	.01	.00	-.05	
26. Make an attempt to correct my defects.	.72	.05	-.02	-.01	.18	-.03	
27. Make an effort to know what's important for me.	.83	.05	-.05	.05	.03	-.03	
28. Make an effort to feel interesting and challenged every day.	.82	.02	.03	-.10	.06	.03	
29. Make an effort to believe that my life has purpose.	.85	.09	.02	.01	-.06	-.04	
35. Make an effort to spend time daily for relaxation.	.12	.60	.03	-.07	-.04	.19	.11
36. Make an effort to determine the source of my stress.	.00	.81	.06	-.12	.08	.01	
37. Make an effort to watch my mood changes.	.02	.81	.02	-.01	.01	.00	
38. Sleep for 6-8 hours each night.	.01	.69	-.03	.14	-.07	-.05	
39. Make schedules and set priorities.	-.05	.74	-.07	.07	.13	-.04	
40. I try not to lose control when things happen that are unfair.	.12	.67	-.03	.09	-.03	-.09	
7. I speak up & share my feelings with others	.05	-.01	.75	.08	.00	-.01	.09
8. I care about other people.	.13	-.02	.48	.25	.01	-.04	
9. I talk about my concerns with others.	-.09	.01	.96	-.04	.03	.01	
13. Talk about my troubles to others.	.00	.02	.84	-.19	.13	.05	
1. I eat three meals daily	.09	.03	.21	.53	-.26	-.05	.09
2. I choose foods without too much oil.	-.10	-.03	-.09	.67	.16	.06	
3. Include dietary fiber (e.g. fruits or vegetables).	-.07	.00	-.02	.77	.11	.01	
4. Drink at least 1.5 liter of water daily (or 6-8 cups).	-.01	-.03	-.06	.61	.08	.10	
5. Each meal includes five food groups (e.g. bread, meat, milk...)	.05	.04	-.09	.68	.05	-.04	
14. Read food labels when I shop	.01	.03	.00	.06	.62	.03	.08
15. I watch my weight.	.06	-.15	-.02	.33	.51	.08	
16. Discuss my health concerns with a doctor or nurse.	-.12	.07	.14	.04	.69	-.05	
17. Observe my body at least monthly.	.05	.05	.14	.09	.51	-.11	
20. Read health information.	.10	.07	-.03	-.07	.66	.05	
21. Make an effort to choose foods without preservatives...	.02	.01	-.02	.10	.67	-.02	
30. Perform stretching exercise daily.	.05	.01	-.04	.06	.00	.85	.06
31. Exercise rigorously 30 minutes at least 3 times per week	-.07	.01	.08	.04	.01	.84	
33. Warm up before rigorous exercise.	.07	.25	.03	.07	-.02	.42	
Total							.62

Note. LA = Life appreciation; SM = Stress Management; SS = Social Support; NB = Nutrition Behavior; HR = Health Responsibility; EB = Exercise Behavior.