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| **Measure** | **Cronbach’s α** | **Rating** |
| STAI | 0.960 | Excellent |
| AMI | 0.720 | Acceptable |
| OCI-R | 0.922 | Excellent |
| PHQ9 | 0.915 | Excellent |
| BIS-11 | 0.876 | Good |
| CSQ (all) | 0.900 | Excellent |
| CSQ internal | 0.726 | Acceptable |
| CSQ global | 0.827 | Good |
| CSQ stable | 0.454 | Unacceptable |
| CSQ self-worth | 0.909 | Excellent |