

Supplemental Material

Table S1. Simple and multiple regression analyses in Study 1

Dependent Variables	Independent Variables	Simple Regression		Multiple Regression	
		B	P	B	P
RSES	SUS	0.60*	< 0.001	0.55*	< 0.001
	Sex	-0.27*	0.04	-	-
	Age	0.40*	< 0.001	0.18	0.11
	BCVA	0.14	0.30	-	-
	WCVA	0.04	0.78	-	-
	History of VI	0.03	0.82	-	-
	Disability grades	-0.09	0.50	-	-
	Years of living with VI	0.35*	0.01	0.15	0.20
	Education	0.14	0.30	-	-
	Employment status	-0.32*	0.01	-0.04	0.75
	Systemic diseases	0.10	0.44	-	-
	Annual incomes	0.25*	0.05	0.09	0.44
	Live independently	0.09	0.49	-	-
	Supports for daily activities	-0.22	0.09	-	-
	Social support	-0.15	0.25	-	-
SWLS	SUS	0.56*	< 0.001	0.48*	< 0.001
	Sex	-0.02	0.86	-	-
	Age	0.41*	< 0.001	0.18	0.12
	BCVA	-0.00	0.98	-	-
	WCVA	-0.14	0.28	-	-
	History of VI	0.01	0.95	-	-
	Disability grades	-0.03	0.83	-	-
	Years of living with VI	0.37*	< 0.001	0.18	0.14
	Education	0.25*	0.05	0.15	0.18
	Employment status	-0.27*	0.04	0.03	0.82
	Systemic diseases	0.00	0.99	-	-
	Annual incomes	0.13	0.33	-	-
	Live independently	0.05	0.71	-	-
	Supports for daily activities	-0.14	0.31	-	-
	Social support	0.06	0.65	-	-
SHS	SUS	0.62*	< 0.001	0.56*	< 0.001
	Sex	-0.06	0.67	-	-
	Age	0.30*	0.02	0.04	0.72
	BCVA	0.02	0.90	-	-
	WCVA	-0.08	0.54	-	-

History of VI	-0.00	0.99	-	-
Disability grades	0.01	0.94	-	-
Years of living with VI	0.34*	0.01	0.16	0.16
Education	0.22	0.09	-	-
Employment status	-0.32*	0.01	-0.01	0.97
Systemic diseases	0.06	0.65	-	-
Annual incomes	0.28*	0.03	0.15	0.20
Live independently	0.12	0.35	-	-
Supports for daily activities	-0.19	0.15	-	-
Social support	-0.10	0.46	-	-

RSES: Rosenberg Self-Esteem Scale; SUS: Strength Use Scale; SWLS: Satisfaction with Life Scale; SHS: Subjective Happiness Scale; BCVA: better-eye corrected visual acuity; WCVA: worse-eye corrected visual acuity; VI: visual impairments; History of VI: congenital/acquired. Disability grades: The legal Japanese visual impairment grades. A lower grade indicates a higher level of visual impairment. Employment status: employed, unemployed, and temporary leave. Systemic diseases: depression (n = 2); chronic pancreatitis (n = 3), diabetes (n = 7), high blood pressure (n = 5), chronic pain (n = 2), orthopedic disease (n = 2), hearing loss (n = 2), and atopic dermatitis (n = 1). SD: standard deviation. P < 0.05

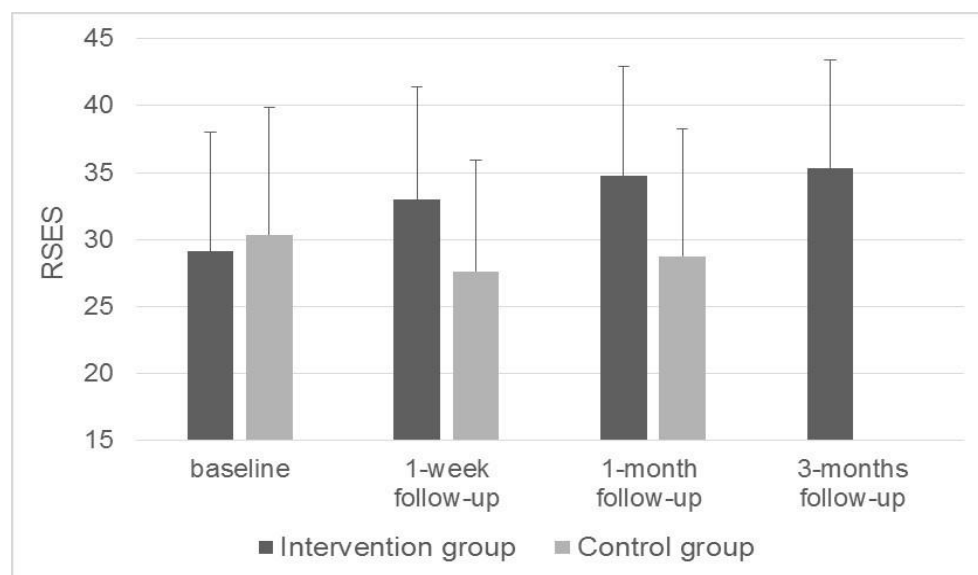


Figure S1. The Rosenberg Self-Esteem Scale scores of each time point in both the intervention and control group in Study 2

RSES: Rosenberg Self-Esteem Scale. A one-way ANCOVA indicated that there was a significant difference in the effect of the strengths intervention on the improvement in RSES scores from baseline to 1-month follow-up after controlling for the baseline RSES score [$F(1, 19) = 18.61$, $P < 0.001$].