

Appendix A – Scales used to measure constructs of the Study 1.

(a) Outcomes associated with the resignation stage

Instruction:

Thinking about **the last THREE MONTHS**, read the following statements and indicate with an X on the numbers how much the events described happened (5-point likert scale from ‘not at all’ to ‘extremely’).

Alienation (Social Connectedness scale – connectedness subscale - Lee & Robbins, 1995)

1. I felt disconnected from the world around me.
2. Even around people I knew, I didn't feel that I really belonged.
3. I felt so distant from people.
4. I had no sense of togetherness with my peers.
5. I didn't feel related to anyone.
6. I caught myself losing all sense of connectedness with society.
7. Even among my friends, there was no sense of brother/sisterhood.
8. I didn't feel I participated with anyone or any group.

Depression (items adopted from the Symptom checklist 90 (Revised) – Depression subscale- Derogatis & Unger, 2010)

1. I lost sexual interest or pleasure.
2. I felt low in energy or slowed down.
3. I had thoughts of ending my life.
4. I cried easily.
5. I had feelings of being trapped or caught.
6. I blamed myself for things.
7. I felt lonely.

8. I felt blue.
9. I worried too much about things.
10. I felt no interest in things.
11. I felt that everything is an effort

Unworthiness (items adopted from the Rosenberg Self-Esteem Scale - Rosenberg, 1965)

1. (R) On the whole, I was satisfied with myself.
2. At times, I thought I was no good at all.
3. (R) I felt that I had a number of good qualities
4. (R) I was able to do things as well as most other people.
5. I felt I did not have much to be proud of

Helplessness (items adopted from the Beck Hopelessness Scale - Beck, 1974)

1. The future seemed vague and uncertain to me.
2. My future seemed dark to me.
3. (R) I had great faith in the future.
4. (R) I looked forward to the future with hope and joy.

(b) Self-reported index of social exclusion

Instruction:

Thinking about **YOUR CURRENT DAILY LIFE**, read the following statements and indicate how much you feel in the described way.

1. I feel rejected.
2. I feel ignored.

(c) Social connections

Social connections with Italians

How many **Italian** people have you regularly interacted with (e.g., once a week) **in the last THREE MONTHS**? List the first letter of their name below and indicate how close you felt to each one. It is not required to fill-in all the lines and you may also leave it empty if you didn't interact with anybody (up to 10 nominations).

Social connections with participants' national group

How many people **from your own nationality** have you regularly interacted with (e.g., once a week) **in the last THREE MONTHS**? List the first letter of their name below and indicate how close you felt to each one. It is not required to fill-in all the lines and you may also leave it empty if you didn't interact with anybody (up to 10 nominations).

Social connections with other immigrants

How many people **among the other refugees and asylum seekers** have you regularly interacted with (e.g., once a week) **in the last THREE MONTHS**? List the first letter of their name below and indicate how close you felt to each one. It is not required to fill-in all the lines and you may also leave it empty if you didn't interact with anybody (up to 10 nominations).