

Supplementary material

Table S1. Cognitive-Perceptive Basic Symptoms

thought interference
thought perseveration
thought pressure
thought blockages
disturbance of receptive speech
unstable ideas of reference
derealisation
visual perception disturbances
acoustic perception disturbances
decreased ability to discriminate between ideas and perception, fantasy and true memories

Table S2. Narrative Examples of Agency Themes

Theme	Examples
Self-Mastery	“I believe this move helped shape me to become the person I am today and made me resilient. It was such an important event because for me it symbolised independence and adulthood”.
Achievement/Responsibility	“It has impacted me greatly as it was my first and only experience of traveling overseas and it showed me what I could achieve through my independence. Leaving home and experiencing another culture in such immersion was also what helped inspire me to leave home to Dunedin to study”.
Empowerment	“As a result of that night, I'm now much more motivated to take action – to right the wrongs I see in the world... I want to help others more than I want to help myself”.