

**Table 1.** Descriptive statistics for the self-perceived success item and worry scale items

| Item                                                                                                              | Code | N   | Missing | M    | SD   | Skewness | Kurtosis |
|-------------------------------------------------------------------------------------------------------------------|------|-----|---------|------|------|----------|----------|
| Do you consider yourself successful? If so, why?                                                                  | AS1  | 289 | 2       | 3.19 | 1.16 | -0.98    | -0.70    |
| I think worry helps me be successful.                                                                             | PW1  | 290 | 1       | 2.37 | 1.07 | -0.40    | -0.46    |
| My worry makes me act.                                                                                            | PW2  | 291 | 0       | 2.70 | 1.06 | 0.13     | -0.42    |
| I consider myself an anxious person, and my anxiety helps me achieve the things I desire.                         | PW3  | 290 | 1       | 2.23 | 1.07 | 0.75     | 0.04     |
| My worries help me avoid disastrous situations.                                                                   | PW4  | 291 | 0       | 2.39 | 1.05 | 0.32     | -0.55    |
| By worrying, I understand the problem better and have more resources to cope with it.                             | PW5  | 291 | 0       | 2.38 | 1.06 | 0.25     | -0.65    |
| Only good and responsible people worry.                                                                           | PW6  | 291 | 0       | 1.71 | 0.95 | 1.21     | 0.59     |
| When I make mistakes, I keep dwelling on what went wrong in order to avoid making the same mistake in the future. | NW1  | 291 | 0       | 2.81 | 1.19 | 0.28     | -0.72    |
| I consider myself an anxious person, and I believe that my anxiety harms me.                                      | NW2  | 291 | 0       | 2.57 | 1.36 | 0.49     | -0.94    |
| Worry makes me very tense and interferes with my ability to solve problems.                                       | NW3  | 291 | 0       | 2.37 | 1.17 | 0.68     | -0.31    |
| My worry paralyzes me and hinders me from achieving my goals.                                                     | NW4  | 291 | 0       | 1.90 | 1.18 | 1.32     | 0.84     |

**Source:** The authors.

**Note:** *N* = number of valid responses; Missing = number of missing responses; *M* = mean; *SD* = standard deviation. AS1 refers to the self-perceived success item. PW1–PW6 refer to Positive Worry items. NW1–NW4 refer to Negative Worry items. Values are rounded to two decimal places