

## Supplementary material

**Table S1**

*Relationship between self-efficacy and wellbeing partially mediated by emotional awareness (self and others)*

Indirect and Total Effects								
Type	Effect	Estimate	SE	95% C.I. (a)		$\beta$	z	p
				Lower	Upper			
Indirect	Self_efficacy $\Rightarrow$ EI_awareness_self $\Rightarrow$ mood	0.1923	0.0446	0.1064	0.2831	0.04419	4.307	<.001
	Self_efficacy $\Rightarrow$ EI_management_self $\Rightarrow$ mood	0.0307	0.0380	-0.0457	0.1064	0.00706	0.808	0.419
	Self_efficacy $\Rightarrow$ EI_awareness_others $\Rightarrow$ mood	-0.1729	0.0573	-0.2891	-0.0661	-0.03974	-3.017	0.003
	Self_efficacy $\Rightarrow$ EI_management_others $\Rightarrow$ mood	0.0850	0.0678	-0.0409	0.2227	0.01954	1.254	0.210
Component	Self_efficacy $\Rightarrow$ EI_awareness_self	0.9546	0.1098	0.7374	1.1649	0.26352	8.692	<.001
	EI_awareness_self $\Rightarrow$ mood	0.2014	0.0421	0.1148	0.2809	0.16768	4.780	<.001
	Self_efficacy $\Rightarrow$ EI_management_self	0.4863	0.0626	0.3596	0.6052	0.24153	7.775	<.001
	EI_management_self $\Rightarrow$ mood	0.0631	0.0779	-0.0916	0.2230	0.02921	0.810	0.418
	Self_efficacy $\Rightarrow$ EI_awareness_others	0.9687	0.0878	0.8056	1.1419	0.35432	11.031	<.001
	EI_awareness_others $\Rightarrow$ mood	-0.1785	0.0558	-0.2910	-0.0698	-0.11215	-3.200	0.001
	Self_efficacy $\Rightarrow$ EI_management_others	0.9871	0.0829	0.8224	1.1483	0.38754	11.908	<.001
	EI_management_others $\Rightarrow$ mood	0.0861	0.0679	-0.0440	0.2237	0.05041	1.267	0.205
	Direct	Self_efficacy $\Rightarrow$ mood	0.9842	0.1547	0.6835	1.2867	0.22618	6.363
Total	Self_efficacy $\Rightarrow$ mood	1.1193	0.1315	0.8616	1.3770	0.25759	8.514	<.001

Note. Confidence intervals computed with method: Bootstrap percentiles  
 Note. Betas are completely standardized effect sizes

**Table S2**

*Relationship between self-efficacy and perceived stress partially mediated by emotional awareness (self and others)*

Indirect and Total Effects								
Type	Effect	Estimate	SE	95% C.I. (a)		$\beta$	z	p
				Lower	Upper			
Indirect	Self_efficacy $\Rightarrow$ EI_awareness_self $\Rightarrow$ PSS-10	-0.6457	0.1389	-0.956	-0.4133	-0.04697	-4.6502	<.001
	Self_efficacy $\Rightarrow$ EI_management_self $\Rightarrow$ PSS-10	-0.1282	0.0899	-0.305	0.0503	-0.00933	-1.4251	0.154
	Self_efficacy $\Rightarrow$ EI_awareness_others $\Rightarrow$ PSS-10	0.7422	0.1578	0.434	1.0624	0.05399	4.7041	<.001
	Self_efficacy $\Rightarrow$ EI_management_others $\Rightarrow$ PSS-10	0.0183	0.1855	-0.347	0.3881	0.00133	0.0984	0.922
Component	Self_efficacy $\Rightarrow$ EI_awareness_self	0.9546	0.1083	0.740	1.1741	0.26352	8.8186	<.001
	EI_awareness_self $\Rightarrow$ PSS-10	-0.6764	0.1207	-0.925	-0.4605	-0.17825	-5.6062	<.001
	Self_efficacy $\Rightarrow$ EI_management_self	0.4863	0.0624	0.364	0.6164	0.24153	7.7927	<.001
	EI_management_self $\Rightarrow$ PSS-10	-0.2636	0.1835	-0.630	0.0959	-0.03861	-1.4368	0.151
	Self_efficacy $\Rightarrow$ EI_awareness_others	0.9687	0.0875	0.794	1.1451	0.35432	11.0685	<.001
	EI_awareness_others $\Rightarrow$ PSS-10	0.7662	0.1553	0.448	1.0548	0.15239	4.9331	<.001
	Self_efficacy $\Rightarrow$ EI_management_others	0.9871	0.0805	0.826	1.1516	0.38754	12.2687	<.001
	EI_management_others $\Rightarrow$ PSS-10	0.0185	0.1867	-0.347	0.3761	0.00343	0.0990	0.921
	Direct	Self_efficacy $\Rightarrow$ PSS-10	-6.8401	0.3988	-7.618	-6.0160	-0.49759	-17.1518
Total	Self_efficacy $\Rightarrow$ PSS-10	-6.8535	0.3711	-7.581	-6.1262	-0.50060	-18.4686	<.001

Note. Confidence intervals computed with method: Bootstrap percentiles  
 Note. Betas are completely standardized effect sizes

**Table S3**

*Relationship between self-efficacy and occupational stress partially mediated by emotional awareness (self and others)*

Indirect and Total Effects		Estimate	SE	95% C.I. (a)		$\beta$	z	p
Type	Effect			Lower	Upper			
Indirect	Self_efficacy $\Rightarrow$ EI_awareness_self $\Rightarrow$ Occupational_stress	-0.0891	0.0277	-0.1473	-0.0373	-0.03255	-3.216	0.001
	Self_efficacy $\Rightarrow$ EI_management_self $\Rightarrow$ Occupational_stress	0.0126	0.0203	-0.0246	0.0557	0.00462	0.622	0.534
	Self_efficacy $\Rightarrow$ EI_awareness_others $\Rightarrow$ Occupational_stress	0.1639	0.0355	0.0990	0.2364	0.05988	4.612	<.001
	Self_efficacy $\Rightarrow$ EI_management_others $\Rightarrow$ Occupational_stress	0.0176	0.0423	-0.0660	0.0969	0.00644	0.417	0.677
Component	Self_efficacy $\Rightarrow$ EI_awareness_self	0.9546	0.1116	0.7387	1.1767	0.26352	8.552	<.001
	EI_awareness_self $\Rightarrow$ Occupational_stress	-0.0933	0.0274	-0.1442	-0.0405	-0.12350	-3.403	<.001
	Self_efficacy $\Rightarrow$ EI_management_self	0.4863	0.0651	0.3559	0.6179	0.24153	7.467	<.001
	EI_management_self $\Rightarrow$ Occupational_stress	0.0260	0.0413	-0.0502	0.1138	0.01913	0.630	0.529
	Self_efficacy $\Rightarrow$ EI_awareness_others	0.9687	0.0864	0.7887	1.1232	0.35432	11.207	<.001
	EI_awareness_others $\Rightarrow$ Occupational_stress	0.1692	0.0336	0.1055	0.2380	0.16899	5.040	<.001
	Self_efficacy $\Rightarrow$ EI_management_others	0.9871	0.0815	0.8236	1.1439	0.38754	12.119	<.001
	EI_management_others $\Rightarrow$ Occupational_stress	0.0179	0.0426	-0.0622	0.0977	0.01662	0.420	0.675
	Direct	Self_efficacy $\Rightarrow$ Occupational_stress	-0.7225	0.0894	-0.9006	-0.5420	-0.26395	-8.083
Total	Self_efficacy $\Rightarrow$ Occupational_stress	-0.6174	0.0832	-0.7806	-0.4543	-0.22624	-7.418	<.001

Note. Confidence intervals computed with method: Bootstrap percentiles

Note. Betas are completely standardized effect sizes