

Table 1) Mean Scores of Mental Health and Self-differentiation and Their Sub-scales, and Results of Indices' Correlation with Each Other (with each item being significant at $p < 0.01$)

Index	Emotional Reactivity (38.09±9.08)	My Position (35.00±7.16)	Emotional Cutoff (38.37±9.40)	Fusion with Others (38.33±8.97)	Self-differentiation Total Number (149.81±29.99)
Physical Symptoms (15.44±4.11)	-0.48	0.5	-0.32	-0.34	0.47
Sleep Disorders and Anxiety (15.36±6.19)	-0.54	0.64	-0.38	-0.41	0.56
Social Performance Disorders (18.60±5.28)	-0.57	0.49	-0.37	-0.41	0.53
Depression Symptoms (14.21±7.23)	-0.56	0.6	-0.45	-0.46	0.59
Psychiatric Health Total Number (61.41±20.62)	-0.6	0.62	-0.43	-0.45	0.6