

Pearson's correlation coefficients of the total RAS score with other scales in service users  
RAS total

	<i>r</i>
WHOQOL Physical	0.46*
WHOQOL Psychological	0.58*
WHOQOL Social	0.36*
WHOQOL Environmental	0.41*
PANSS Positive	-0.14*
PANSS Negative	-0.25*
PANSS General	-0.27*
SFS withdrawal	0.38*
SFS interaction	0.43*
SFS independence-perf	0.26*
SFS independence-comp	0.25*
SFS recreation	0.29*
SFS pro-social	0.37*
SFS employment/occupation	0.19*
SFS total	0.48*
CAN unmet needs	-0.16*
RSQ	-0.15*

\*p<0.001

Descriptives and factor loadings of the Dutch version of the 24-item RAS for service users

Item		Mean (SD)	Factor loading
<b>Factor 1: Personal confidence and hope <math>\alpha=0.82</math></b>			
7	Fear doesn't stop me from living the way I want to	3.43 (1.10)	0.510
8	I can handle what happens in my life	3.46 (0.92)	0.714
9	I like myself	3.79 (0.85)	0.697
10	If people really knew me, they would like me	3.82 (0.86)	0.516
11	I have an idea of who I want to become	3.44 (1.01)	0.541
12	Something good will eventually happen	3.81 (0.87)	0.561
13	I am hopeful about the future	3.75 (0.91)	0.675
14	I continue to have new interests	3.64 (0.96)	0.599
21	I can handle stress	2.85 (1.06)	0.517
<b>Factor 2: Willingness to ask for help <math>\alpha=0.85</math></b>			
18	I know when to ask for help	3.88 (0.87)	0.781
19	I am willing to ask for help	4.03 (0.80)	0.825
20	I ask for help when I need it	3.86 (0.89)	0.822
<b>Factor 3: Goal and success orientation <math>\alpha=0.78</math></b>			
1	I have a desire to succeed	4.13 (0.91)	0.430
2	I have my own plan for how to stay or become well	3.77 (0.92)	0.608
3	I have goals in life that I want to reach	3.87 (0.95)	0.777
4	I believe I can meet my current personal goals	3.62 (0.89)	0.748
5	I have a purpose in life	3.80 (0.97)	0.708
<b>Factor 4: Reliance on others <math>\alpha=0.72</math></b>			
6	Even when I don't care about myself, other people do	4.09 (0.83)	0.625
22	I have people I can count on	4.20 (0.74)	0.718
23	Even when I don't believe in myself, other people do	3.98 (0.82)	0.717
24	It is important to have a variety of friends	3.94 (0.89)	0.496
<b>Factor 5: No domination by symptoms <math>\alpha=0.75</math></b>			
15.	Coping with mental illness is no longer the main focus of my life.	3.69 (1.09)	0.710
16.	My symptoms interfere less and less with my life.	3.54 (1.10)	0.832
17.	My symptoms seem to be a problem for shorter periods of time each time they occur.	3.54 (1.12)	0.610

## Clinical significance of difference between service users, siblings and healthy controls – total scale and subscales

	Service users not in remission n=225				Service users in remission n=336				Siblings n=630				Healthy controls n=372			
	Recovered*		Not recovered		Recovered		Not recovered		Recovered		Not recovered		Recovered		Not recovered	
RAS total, excluding subscale No domination by symptoms	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
criterion A	4 <sup>a</sup>	1.8	221 <sup>a</sup>	98.2	15 <sup>a</sup>	4.5	321 <sup>a</sup>	95.5	37 <sup>a</sup>	5.9	593 <sup>a</sup>	94.1	23 <sup>a</sup>	6.2	349 <sup>a</sup>	93.8
criterion B	197 <sup>a</sup>	87.6	28 <sup>a</sup>	12.4	313 <sup>a,b</sup>	93.2	23 <sup>a,b</sup>	6.8	613 <sup>c</sup>	97.3	17 <sup>c</sup>	2.7	361 <sup>b,c</sup>	97.0	11 <sup>b,c</sup>	3.0
criterion C	82 <sup>a</sup>	36.4	143 <sup>a</sup>	63.6	161 <sup>b</sup>	47.9	175 <sup>b</sup>	52.1	395 <sup>c</sup>	62.7	235 <sup>c</sup>	37.3	238 <sup>c</sup>	64.0	134 <sup>c</sup>	36.0
RAS subscale Personal confidence and hope	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
criterion A	6 <sup>a</sup>	2.7	219 <sup>a</sup>	97.3	9 <sup>a</sup>	2.7	327 <sup>a</sup>	97.3	33 <sup>a</sup>	5.2	597 <sup>a</sup>	94.8	20 <sup>a</sup>	5.4	352 <sup>a</sup>	94.6
criterion B	190 <sup>a</sup>	84.4	35 <sup>a</sup>	15.6	305 <sup>a</sup>	90.8	31 <sup>a</sup>	9.2	604 <sup>b</sup>	95.9	26 <sup>b</sup>	4.1	361 <sup>b</sup>	97.0	11 <sup>b</sup>	3.0
criterion C	55 <sup>a</sup>	24.4	170 <sup>a</sup>	75.6	123 <sup>b</sup>	36.6	213 <sup>b</sup>	63.4	378 <sup>c</sup>	60.0	252 <sup>c</sup>	40.0	219 <sup>c</sup>	58.9	153 <sup>c</sup>	41.1
RAS Willingness to ask for help	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
criterion A	0 <sup>a</sup>	0	225 <sup>a</sup>	100	0 <sup>a</sup>	0	336 <sup>a</sup>	100	0 <sup>a</sup>	0	631 <sup>a</sup>	100	0 <sup>a</sup>	0	372 <sup>a</sup>	100
criterion B	211 <sup>a</sup>	93.8	14 <sup>a</sup>	6.2	320 <sup>a</sup>	95.2	16 <sup>a</sup>	4.8	605 <sup>a</sup>	96.3	23 <sup>a</sup>	3.7	362 <sup>a</sup>	97.3	10 <sup>a</sup>	2.7
criterion C	127 <sup>a</sup>	56.4	98 <sup>a</sup>	43.6	233 <sup>b</sup>	69.3	103 <sup>b</sup>	30.7	394 <sup>b,c</sup>	62.7	234 <sup>b,c</sup>	37.3	245 <sup>b,c</sup>	65.9	127 <sup>b,c</sup>	34.1
RAS subscale Goal and success orientation	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
criterion A	0 <sup>a</sup>	0	225 <sup>a</sup>	100	0	0	337 <sup>a</sup>	100	0	0	631 <sup>a</sup>	100	0	0	372 <sup>a</sup>	100
criterion B	207 <sup>a</sup>	92.0	18 <sup>a</sup>	8.0	321 <sup>a,b</sup>	95.3	16 <sup>a,b</sup>	4.7	617 <sup>b</sup>	97.8	14 <sup>b</sup>	2.2	361 <sup>b</sup>	97.0	11 <sup>b</sup>	3.0
criterion C	70 <sup>a</sup>	31.1	155 <sup>a</sup>	68.9	111 <sup>a,b</sup>	32.9	226 <sup>a,b</sup>	67.1	247 <sup>a,b</sup>	39.1	384 <sup>a,b</sup>	60.9	158 <sup>b</sup>	42.5	214 <sup>b</sup>	57.5
RAS subscale Reliance on others	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
criterion A	0 <sup>a</sup>	0	225 <sup>a</sup>	100	0 <sup>a</sup>	0	336 <sup>a</sup>	100	0 <sup>a</sup>	0	631 <sup>a</sup>	100	0 <sup>a</sup>	0	372 <sup>a</sup>	100
criterion B	197 <sup>a</sup>	87.6	28 <sup>a</sup>	12.4	319 <sup>b</sup>	94.9	17 <sup>b</sup>	5.1	615 <sup>b</sup>	97.5	16 <sup>b</sup>	2.5	365 <sup>b</sup>	98.1	7 <sup>b</sup>	1.9
criterion C	71 <sup>a</sup>	31.6	154 <sup>a</sup>	68.4	162 <sup>b</sup>	48.2	174 <sup>b</sup>	51.8	351 <sup>b,c</sup>	55.6	280 <sup>b,c</sup>	44.4	221 <sup>c</sup>	59.4	151 <sup>c</sup>	40.6

\*The distinction between Recovered and Not Recovered was generated by applying criteria A, B, and C of clinical significance to the RAS scores.

*Note:* Superscript letters denote whether subgroups differ (in which case superscript letters are different) or do not differ (in which case superscript letters are identical) significantly from each other at the 0.05 level.