

SUPPLEMENTARY MATERIALS

DATA ANALYSIS PROCEDURE

Preliminary analysis of skewness and kurtosis suggested that the data distribution approximated normality, with all values falling within the range of -1 to 1 . We also examined the scaling correction factor (SCF), which for all identity domains ranged from 1.30 to 1.48 , indicating a moderate departure from multivariate normality. Consequently, the more conservative MLR estimator was employed, as it is considered the standard for ensuring greater reliability of results when normality assumptions are not fully met (Finney & DiStefano, 2013). No outliers were removed from the analyzed dataset to maintain the integrity of the representative sample.

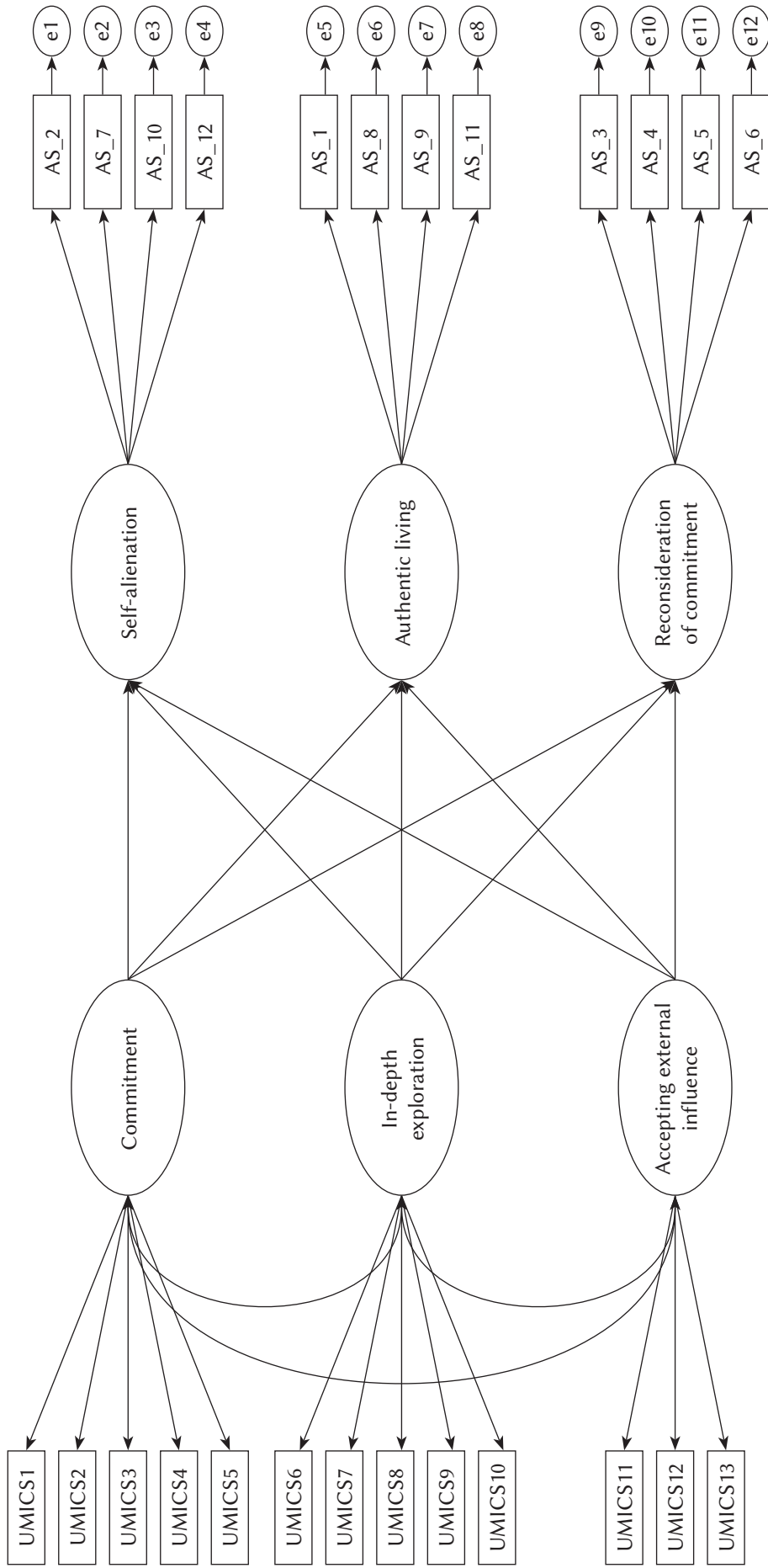
The proposed hypotheses were tested within the structural equation modelling (SEM) framework using the Mplus software (Muthen & Muthen, 2020) with STDYX standardization and MLR estimator. To assess the model's fit to the data, three widely accepted fit indices will be considered: root mean square error of approximation (RMSEA), comparative fit index (CFI), and standardized root mean square residual (SRMR). Cutoff criteria for RMSEA and SRMR below $.08$ and CFI above $.90$ will be used, indicating a good fit of the model to the data (Hu & Bentler, 1999; Marsh et al., 2004).

REFERENCES

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- Marsh, H. W., Hau, K., & Wen, Z. (2004). In search of golden rules: Comment on hypothesis-testing approaches to setting cutoff values for fit indexes and dangers in overgeneralizing Hu and Bentler's findings. *Structural Equation Modeling*, *11*, 320–341. https://doi.org/10.1207/s15328007sem1103_2
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Figure S1

The scheme of the tested structural model



Note: UMICS – Utrecht Management of Identity Commitment Scale; AS – Authenticity Scale.

Table S1

Socio-demographic characteristics of examined samples

Characteristic	Included categories	<i>n</i>	%
Relationship status	Marriage	154	27.4
	Informal relationship	214	38.1
	Not in relationship	194	34.5
Education level	Basic or vocational	88	15.7
	Secondary	218	38.8
	Higher	254	45.2
Vocational status	Working	416	74.0
	Not working	146	26.0
Place of residence	Village	210	37.4
	Town/city with a population up to 20000	73	13.0
	Town/city with a population of 20000-99000	109	19.4
	Town/city with a population of 10000-50000	100	17.8
	Town/city with a population over 50000	70	12.5
Children	No	392	69.8
	Yes	170	30.2

Table S2

Path coefficients, standardized estimates, confidence intervals and R² coefficients of tested structural models in three domains: character and personality/friends and acquaintances/worldview/aims and plans for future

Path	SE	β	95% CI	<i>p</i>
Authentic living (<i>R</i>² = .35/.13/.37/.22)				
Commitment → Authentic living	.06/.09/	.71/.26/	[.58, .83]/[.09, .42]/	< .001/.003/
	.05/.07	.59/.36	[.49, .69]/[.23, .49]	< .001/< .001
In-depth exploration → Authentic living	.07/.09/	-.19/.09/	[-.32, -.05]/[-.09, .27]/	.006/.311/
	.06/.07	-.09/.11	[-.21, .03]/[-.04, .25]	.134/.141
Reconsideration → Authentic living	.06/.05/	.08/-.15/	[-.03, .19]/[-.24, -.05]/	.132/.002/
	.05/.05	-.17/-.14	[-.26, -.08]/[-.24, -.04]	< .001/.005
Self-alienation (<i>R</i>² = .39/.19/.35/.27)				
Commitment → Self-alienation	.07/.08/	-.32/-.23/	[-.45, -.20]/[-.39, -.06]/	< .001/.007/
	.05/.07	-.39/-.26	[-.49, -.28]/[-.39, -.13]	< .001/< .001
In-depth exploration → Self-alienation	.06/.09/	.25/.24/	[.12, .38]/[.07, .41]/	< .001/.005/
	.06/.07	.26/.06	[.15, .38]/[-.08, .19]	< .001/.434
Reconsideration → Self-alienation	.05/.04/	.43/.38/	[.33, .53]/[.29, .46]/	< .001/< .001/
	.05/.05	.37/.42	[.28, .46]/[.33, .51]	< .001/< .005
Accepting external influences (<i>R</i>² = .30/.19/.24/.20)				
Commitment → Accepting external influence	.07/.08/	-.10/.00/	[-.24, .03]/[-.16, .17]/	.137/.978/
	.06/.07	-.21/-.05	[-.33, -.10]/[-.18, .09]	< .001/.491
In-depth exploration → Accepting external influence	.07/.09/	.16/.21/	[.03, .30]/[.03, .83]/	.015/.018/
	.06/.07	.26/.05	[.14, .38]/[-.09, .19]	< .001/.461
Reconsideration → Accepting external influence	.05/.04/	.48/.36/	[.38, .58]/[.27, .44]/	< .001/< .001/
	.05/.05	.34/.43	[.24, .43]/[.34, .52]	< .001/< .001

Table S3

Factor loadings in four domains: character and personality/friends and acquaintances/worldview/aims and plans for future

Dimension	Item	Factor loading	Dimension	Item	Factor loading
Authentic living	AS1	.59/.59/.59/.58	Commitment	UMICS1	.80/.88/.84/.59
	AS8	.76/.75/.75/.75		UMICS2	.84/.87/.84/.82
	AS9	.85/.85/.84/.85		UMICS3	.86/.91/.86/.74
	AS11	.74/.75/.76/.75		UMICS4	.80/.78/.79/.80
				UMICS5	.81/.85/.74/.79
Self-alienation	AS2	.68/.67/.67/.68	In-depth exploration	UMICS6	.77/.82/.77/.85
	AS7	.82/.81/.81/.81		UMICS7	.82/.83/.78/.82
	AS10	.82/.83/.82/.82		UMICS8	.79/.78/.82/.75
	AS12	.84/.85/.84/.84		UMICS9	.56/.48/.60/.85
				UMICS10	.53/.59/.63/.82
Accepting external influence	AS3	.75/.75/.74/.75	Reconsideration of commitment	UMICS11	.90/.90/.89/.75
	AS4	.79/.80/.80/.79		UMICS12	.80/.88/.87/.84
	AS5	.79/.79/.79/.79		UMICS13	.78/.82/.87/.85
	AS6	.85/.85/.85/.85			

Note. UMICS – Utrecht Management of Identity Commitment Scale; AS – Authenticity Scale.

Table S4

Correlation coefficients between latent variables in four domains: character and personality/friends and acquaintances/worldview/aims and plans for future

Identity processes	<i>r</i>	Authenticity dimensions	<i>r</i>
Commitment/ In-depth exploration	.58**/.79**/.52**/.66**	Authentic living/ Accepting external influence	-.28**/-.36**/-.18**/-.28**
Commitment/ Reconsideration of commitment	-.33*/-.02/-.15**/-.14**	Authentic living/ Self-alienation	-.29**/-.39**/-.17**/-.29**
In-depth exploration/ Reconsideration of commitment	.17**/.13**/.30**/.18**	Accepting external influence/ Self-alienation	.56**/.65**/.60**/.64**

Note. **p* < .05, ***p* < .01.

Table S5

Zero-order correlation and descriptive statistics of the observed variables

	M	SD	Kurt	Skew	Authentic living	Accepting external influence	Com. 1	Exp. 1	Rec. 1	Com. 2	Exp. 2	Rec. 2	Com. 3	Exp. 3	Rec. 3	Com. 4	Exp. 4	Rec. 4
Self-alienation	3.49	1.40	-0.50	-0.05	-.34**	.61**	-.29**	.19**	.53**	-.04	.19**	.36**	-.27**	.18**	.45**	-.26**	.03	.42**
Authentic living	5.23	.99	-0.20	-0.17	-.26**	-.26**	.49**	.13**	-.17**	.30**	.17**	-.15**	.49**	.10*	-.27**	.40**	.22**	-.16**
Accepting external influence	3.63	1.33	-0.24	-0.10			-.15**	.27**	.48**	.15**	.32**	.35**	-.11*	.27**	.40**	-.07	.18**	.40**
Com. 1	3.44	.84	.31	-0.29				.46**	-.30**	.47**	.28**	.00	.73**	.32**	-.05	.68**	.43**	-.05
Exp. 1	3.14	.80	.37	-0.26					.27**	.36**	.52**	.34**	.39**	.66**	.33**	.36**	.55**	.28**
Rec. 1	3.09	.98	-0.10	-0.29					.02	.02	.31**	.42**	-.19**	.29**	.53**	-.22**	.16**	.57**
Com. 2	3.33	.88	.42	-0.50						.70**	.00	.00	.46**	.31**	.10*	.42**	.35**	.16**
Exp. 2	3.21	.80	.64	-0.37							.28**	.28**	.28**	.45**	.30**	.26**	.51**	.34**
Rec. 2	2.64	1.07	-0.70	.06								.00	.00	.39**	.60**	.08	.28**	.53**
Com. 3	3.42	.78	.44	-0.28										.42**	-.12**	.67**	.44**	-.04
Exp. 3	3.09	.81	.37	-0.28											.33**	.33**	.61**	.33**
Rec. 3	2.66	1.00	-0.52	-0.02												-.07	.22**	.67**
Com. 4	3.40	.87	.48	-0.43												.56**	.56**	-.13**
Exp. 4	3.29	.76	.75	-0.25														.30**

Note. * $p < .05$, ** $p < .01$; Com. – Commitment; Exp. – In-depth exploration; Rec. – Reconsideration of commitment; 1 – Character and personality; 2 – Friends and acquaintances; 3 – Worldview; 4 – Aims and plans for future.