**Supplementary Material**

**Principal Component Analysis (PCA) for JHAC12**

JHAC12 has not been previously used with an athlete population. Therefore, a Principal Component Analysis (PCA) was performed on the 12-item questionnaire used to measure John Henryism for the present sample of 250 athletes. All assumptions required to run and interpret the PCA were satisfied. As the tool was designed to reflect the three underlying characteristics to different degrees (James, 1994), the components were theorised to be correlated, and hence, direct oblimin rotation was employed. Table 1 shows the component loadings of each item of the tool in the rotated solution.

 The PCA generated two components with eigenvalues greater than one, explaining 47.08% and 8.75% of the total variance respectively. Visual inspection of the scree plot further supported the retention of both components (Cattell, 1966). Overall, the two-component solution explained 55.83% of the total variance. Although JHAC12 was intended to be a unidimensional tool, based on three primary defining characteristics, the PCA extracted two components. Nine items loaded onto the first component, two items loaded onto the second component, while one item exhibited cross-loading onto both components.

Reliability tests, however, indicated high Cronbach’s alpha (α = .89) for the 12-item tool. When the two items loading onto the second factor and the cross-loading item were removed, Cronbach’s alpha remained the same (i.e., α = .89). Further, when the single cross-loading item alone was removed, Cronbach’s alpha marginally reduced (i.e., α = .88). Therefore, it was deemed appropriate to carry out subsequent statistical analyses using the original 12-item JHAC12 measure.

Table 1

*Component Loadings for Principal Component Analysis (PCA) on John Henryism Scale for Active Coping (JHAC12)*

|  |  |
| --- | --- |
| *Items* | *Component* |
| *1* | *2* |
| 1. I’ve always felt that I could make of my life pretty much what I wanted to make of it
 | .**835** | -.128 |
| 1. Once I make up my mind to do something, I stay with it until the job is completely done
 | .**800** | -.051 |
| 1. I like doing things that other people thought could not be done
 | .**822** | -.288 |
| 1. When things don’t go the way I want them to, that just makes me work even harder
 | .**703** | .116 |
| 1. Sometimes I feel that if anything is going to be done right, I have to do it myself
 | .**571** | .257 |
| 1. It’s not always easy, but a manage to find a way to do the things I really need to get done
 | .**585** | .**316** |
| 1. Very seldom have I been disappointed by the results of my work
 | -.024 | **.820** |
| 1. I feel that I am the kind of individual who stands up for what he/she believes in, regardless of the consequences
 | .**607** | .194 |
| 1. In the past, even when things got really tough, I never lost sight of my goals
 | .**670** | .153 |
| 1. It’s important for me to be able to do things in the way that I want to do them rather than the way other people want me to do them
 | .**599** | .163 |
| 1. I don’t let my personal feelings get in the way of doing a job
 | .197 | .**593** |
| 1. Hard work has really helped me to get ahead in life
 | .**789** | -.063 |

*Note:* bold is used to indicate which component each item loaded onto.

**Non-parametric Test Results from Preliminary Analyses**

Mann-Whitney U-tests did not indicate statistically significant gender differences in John Henryism between male (Median = 49) and female athletes (Median = 49), *U* = 7379.50, *p* = .456. There were also no significant differences in fear of failure between male (Median = 0) and female athletes (Median = -2), *U* = 7350.50, *p* = .427. Similarly, there were no significant differences in mental well-being between male (Median = 55) and female athletes (Median = 54), *U* = 7354.00, *p* = .430. Kruskal-Wallis tests based on competitive standard indicated significant differences in John Henryism (*H*(3) = 15.68, *p* = .001). Specifically, post-host pairwise comparisons using Bonferroni-adjusted Mann-Whitney U tests indicated that international athletes (Median = 53) reported significantly higher John Henryism than regional level athletes (Median = 49; *p* = .001). However, no significant differences in fear of failure (*H*(3) = 11.42, *p* = .152) and mental well-being (*H*(3) = 3.71, *p* = .295) were observed based on competitive standard.