**Supplementary Table 1. Correlation coefficient of each variable**

| SRS   | SCS   | AAQ   | Self-distraction | Active coping | Denial | Substance use | Use of emotional support | Use of instrumental support | Behavioral disengagement | Venting | Positive reframing | Planning | Humor | Acceptance | Religion | Self-blame |
|-------|-------|-------|------------------|--------------|--------|---------------|--------------------------|---------------------------|--------------------------|---------|-------------------|----------|-------|------------|----------|------------|
| ABS-H | -0.54*** | 0.60*** | -0.52*** | 0.09 | 0.43*** | -0.15* | -0.07 | 0.49*** | 0.44*** | -0.42*** | 0.09 | 0.57*** | 0.41*** | 0.24*** | 0.29*** | -0.11 | -0.20** |
| SRS   | -0.55*** | 0.63*** | 0.20** | -0.21** | 0.34*** | 0.33*** | -0.01 | -0.08 | 0.51*** | 0.20** | -0.09 | -0.18** | -0.01 | -0.16 | 0.29*** | 0.41*** |
| SCS   | -0.66*** | 0.02   | 0.44*** | -0.12 | -0.17* | 0.32*** | 0.30*** | -0.43*** | 0.08  | 0.48*** | 0.42*** | 0.29*** | 0.34*** | 0.00  | -0.48*** |
| AAQ   | 0.22** | -0.12  | 0.21** | 0.30*** | -0.11 | -0.12 | 0.49*** | 0.10  | -0.13  | -0.12 | -0.07  | 0.22** | 0.55*** |
| COPE  |       |        |        |       |        |        |        |        |        |        |        |        |        |        |        |
| Self-distraction | 0.47*** | 0.29*** | 0.25*** | 0.31*** | 0.28*** | 0.36*** | 0.44*** | 0.42*** | 0.36*** | 0.30*** | 0.33*** | 0.22** | 0.27*** |
| Active coping | 0.03  | 0.06  | 0.46*** | 0.49*** | -0.10 | 0.34*** | 0.58*** | 0.69*** | 0.31*** | 0.54*** | 0.13  | 0.03  |
| Denial | 0.32*** | 0.21** | 0.13  | 0.43*** | 0.27*** | 0.09  | 0.02  | 0.24*** | -0.11 | 0.38*** | 0.16* |       |
| Substance use | 0.34*** | 0.19** | 0.43*** | 0.22** | 0.18** | 0.06  | 0.17* | 0.04  | 0.35*** | 0.23** |       |
| Use of emotional support | 0.80*** | 0.05  | 0.46*** | 0.46*** | 0.39*** | 0.40*** | 0.36*** | 0.23** |       |
| Use of instrumental support | -0.04 | 0.45*** | 0.53*** | 0.48*** | 0.40*** | 0.35*** | 0.18** |       |
| Behavioral disengagement | 0.22** | 0.03  | -0.05 | 0.18** | 0.10  | 0.20** | 0.40*** |
| Venting | 0.38*** | 0.29** | 0.31** | 0.26** | 0.28*** | 0.10  |
| Positive reframing | 0.67*** | 0.46*** | 0.53*** | 0.23** | -0.01 |
| Planning | 0.33*** | 0.64*** | 0.12  | 0.02  |
| Humor | 0.28** | 0.32*** | 0.03  |
| Acceptance | -0.01 | 0.06  |
| Religion | 0.15* |        |        |        |        |        |        |

*p<0.05, **p<0.01, ***p<0.001. ABS-H: Adaptive Behaviours Scale for Hikikomori, SRS: Stress Response Scale-18, SCS: Self-Compassion Scale Short Form, AAQ: Acceptance and Action Questionnaire-II, COPE: Brief Coping Orientation to Problems Experienced inventory*