

**S1 Appendix.** Item wording of the Hospital Anxiety and Depression Scale.

1. I feel tense or 'wound up'. (A)
2. I still enjoy the things I used to enjoy. (D)
3. I get a sort of frightened feeling as if something awful is about to happen. (A)
4. I can laugh and see the funny side of things. (D)
5. Worrying thoughts go through my mind. (A)
6. I feel cheerful. (D)
7. I can sit at ease and feel relaxed. (A)
8. I feel as if I am slowed down. (D)
9. I get a sort of frightened feeling like 'butterflies' in the stomach. (A)
10. I have lost interest in my appearance. (D)
11. I feel restless as I have to be on the move. (A)
12. I look forward with enjoyment to things. (D)
13. I get sudden feelings of panic. (A)
14. I can enjoy a good book or radio or TV program. (D)

Zigmond AS & Snaith RP. The hospital anxiety and depression scale. *Acta Psychiat Scand.* 1983;67(6), 361-370.