

### Supplementary information

The Centre for Epidemiological Studies Depression—Revised (CESD-R) scale was used to measure symptoms of depression.[1] The survey asks 20 questions, each scored 0-3. A score greater than 16 or 22 is considered consistent with clinically relevant moderate depressive symptoms and a major depressive episode respectively.[2,3] A binary categorization was used to compare those showing no depressive symptoms (CESD<16) to those showing either moderate or major depressive symptoms.

The “Daily Hassles Scale” was used to measure life stress.[4] A Likert four-point scale is used for each question with four options, also scored 0-3. The Daily Hassles Scale records two scores.[5] The frequency score reflects the total number of hassles reported by the individual without regard to severity (range from 0 to 117). The severity score indicates how severely the hassle was experienced, by averaging the severity recorded across all hassles checked by an individual (values between 1 and 3).[5]

- 1 Van Dam NT, Earleywine M. Validation of the Center for Epidemiologic Studies Depression Scale—Revised (CESD-R): Pragmatic depression assessment in the general population. *Psychiatry Res* 2011;**186**:128–32.
- 2 Sawyer Radloff L. *The Use of the Center for Epidemiologic Studies Depression Scale in Adolescents and Young Adults*. 1991. doi:10.1007/BF01537606
- 3 Eaton WW, Smith C, Ybarra M, *et al*. Center for Epidemiologic Studies Depression Scale: review and revision (CESD and CESD-R). 2004.
- 4 Holm, J. E., & Holroyd KA. The Daily Hassles Scale ( Revised ): Does it measure stress or symptoms ? The Daily Hassles Scale ( Revised ): Does it Measure Stress or Symptoms ? *Behav Assess* 1992;**14(3-4)**:465-482.
- 5 Chamberlain K, Zika S. The minor events approach to stress: Support for the use of daily hassles. *Br J Psychol* 1990;**81**:469–81.