

Supplementary Table 1: Sample of survey items and their test of reliability

Did not apply to me at all (0)	Applied to me to some degree or some of the time (1)	Applied to me to a considerable degree or most of the time (2)	Applied to me very much or most of the time (3)
Depression subscale			Cronbach's Alpha
3. I couldn't seem to experience any positive feeling at all			0.7618
5. I found it difficult to work up the initiative to do things			0.7661
10. I felt that I had nothing to look forward to			0.7594
13. I felt downhearted and blue			0.7690
16. I was unable to become enthusiastic about anything			0.7650
17. I felt I wasn't worth much as a person			0.7330
21. I felt that life was meaningless			0.7633
Anxiety subscale			Cronbach's Alpha
2. I was aware of dryness of my mouth			0.6644
4. I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)			0.6768
7. I experienced trembling (e.g. in the hands)			0.7720
9. I was worried about situations in which I might panic and make a fool of myself			0.6668
15. I felt I was close to panic			0.6648
19. I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)			0.6513
20. I felt scared without any good reason			0.6511
Stress subscale			Cronbach's Alpha
1. I found it hard to wind down			0.8100
6. I tended to over-react to situations			0.7894
8. I felt that I was using a lot of nervous energy			0.7776
11. I found myself getting agitated			0.7877
12. I found it difficult to relax			0.7775
14. I was intolerant of anything that kept me from getting on with what I was doing			0.7822
18. I felt that I was rather touchy			0.7823