

Additional file 1. Stress questionnaire.

Stress refers to a situation where a person is faced with so many challenges or demands on him/herself that his/her available resources are stretched out or exceeded. A stressed-out person may be nervous or irritated about not being able to control things or his/her own life.

	Never	Rarely	Sometimes	Often	Very often
In the past month, how often have you felt this way due to the disease?	1	2	3	4	5
In the past month, how often have you felt this way due to other reasons?	1	2	3	4	5