

**Supplementary Table 1.** The Hospital Anxiety Depression Scale English version

HADS (1–14) Tick the box beside the reply that is closest to how you have been feeling in the past week.

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| 1. I feel tense or 'wound up'.<br><input type="checkbox"/> Most of the time<br><input type="checkbox"/> A lot of the time<br><input type="checkbox"/> From time to time, occasionally<br><input type="checkbox"/> Not at all  | 8. I feel as if I am slowed down.<br><input type="checkbox"/> Nearly all the time<br><input type="checkbox"/> Very often<br><input type="checkbox"/> Sometimes<br><input type="checkbox"/> Not at all  |
| 2. I still enjoy the things I used to enjoy.<br><input type="checkbox"/> Definitely as much<br><input type="checkbox"/> Not quite so much<br><input type="checkbox"/> Only a little<br><input type="checkbox"/> Hardly at all   | 9. I get a sort of frightened feeling like 'butterflies' in the stomach.<br><input type="checkbox"/> Not at all<br><input type="checkbox"/> Occasionally<br><input type="checkbox"/> Quite often<br><input type="checkbox"/> Very often  |
| 3. I get a sort of frightened feeling as if something awful is about to happen.<br><input type="checkbox"/> Very definitely and quite badly<br><input type="checkbox"/> Yes, but not too badly<br><input type="checkbox"/> A little, but it doesn't worry me<br><input type="checkbox"/> Not at all | 10. I have lost interest in my appearance.<br><input type="checkbox"/> Definitely<br><input type="checkbox"/> I don't take as much care as I should<br><input type="checkbox"/> I may not take quite as much care<br><input type="checkbox"/> I take just as much care as ever |
| 4. I can laugh and see the funny side of things.<br><input type="checkbox"/> As much as I always could<br><input type="checkbox"/> Not quite so much now<br><input type="checkbox"/> Definitely not so much now<br><input type="checkbox"/> Not at all  | 11. I feel restless as I have to be on the move.<br><input type="checkbox"/> Very much indeed<br><input type="checkbox"/> Quite a lot<br><input type="checkbox"/> Not very much<br><input type="checkbox"/> Not at all   |
| 5. Worrying thoughts go through my mind.<br><input type="checkbox"/> A great deal of the time<br><input type="checkbox"/> A lot of the time<br><input type="checkbox"/> From time to time, but not too often<br><input type="checkbox"/> Only occasionally  | 12. I look forward with enjoyment to things.<br><input type="checkbox"/> As much as I ever did<br><input type="checkbox"/> Rather less than I used to<br><input type="checkbox"/> Definitely less than I used to<br><input type="checkbox"/> Hardly at all                     |
| 6. I feel cheerful.<br><input type="checkbox"/> Not at all<br><input type="checkbox"/> Not often<br><input type="checkbox"/> Sometimes<br><input type="checkbox"/> Most of the time   | 13. I get sudden feelings of panic.<br><input type="checkbox"/> Very often indeed<br><input type="checkbox"/> Quite often<br><input type="checkbox"/> Not very often<br><input type="checkbox"/> Not at all  |
| 7. I can sit at ease and feel relaxed.<br><input type="checkbox"/> Definitely<br><input type="checkbox"/> Usually<br><input type="checkbox"/> Not often<br><input type="checkbox"/> Not at all  | 14. I can enjoy a good book or radio or TV program.<br><input type="checkbox"/> Often<br><input type="checkbox"/> Sometimes<br><input type="checkbox"/> Not often<br><input type="checkbox"/> Very seldom  |