

SUPPLEMENTARY MATERIAL

MEASURES

Adapted Version of the English Depression Anxiety Stress Scale (DASS-21)

Please read each statement and circle the number 0, 1, 2 and 3 which indicates how much the statement applied to you over the past one week. There are no right or wrong answers. Do not spend too much time on any statement. Circle the response that best applies to you.

| No | Item | Score | | | |
|----|--|------------|----------------|--------------------------|--------------------------------|
| | | Not at all | To some degree | To a considerable degree | Very much, or most of the time |
| 1 | I found it hard to wind down (calm down, sukar ditenteramkan) | 0 | 1 | 2 | 3 |
| 2 | I was aware of dryness of my mouth | 0 | 1 | 2 | 3 |
| 3 | I couldn't seem to experience any positive feeling at all | 0 | 1 | 2 | 3 |
| 4 | I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) | 0 | 1 | 2 | 3 |
| 5 | I found it difficult to work up the initiative to do things | 0 | 1 | 2 | 3 |
| 6 | I tended to over-react to situations | 0 | 1 | 2 | 3 |
| 7 | I experienced trembling (e.g., in the hands) | 0 | 1 | 2 | 3 |
| 8 | I felt I was using a lot of nervous energy (an extra energy that you have when you are worried) | 0 | 1 | 2 | 3 |
| 9 | I was worried about situations in which I might panic and make a fool of myself | 0 | 1 | 2 | 3 |
| 10 | I felt that I had nothing to look forward to | 0 | 1 | 2 | 3 |
| 11 | I found myself getting agitated (upset) | 0 | 1 | 2 | 3 |
| 12 | I found it difficult to relax | 0 | 1 | 2 | 3 |
| 13 | I felt down-hearted and blue (sad) | 0 | 1 | 2 | 3 |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing | 0 | 1 | 2 | 3 |
| 15 | I felt I was close to panic | 0 | 1 | 2 | 3 |
| 16 | I was unable to become enthusiastic about anything | 0 | 1 | 2 | 3 |
| 17 | I felt I wasn't worth much as a person | 0 | 1 | 2 | 3 |
| 18 | I felt that I was rather touchy (irritable, oversensitive) | 0 | 1 | 2 | 3 |
| 19 | I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) | 0 | 1 | 2 | 3 |
| 20 | I felt scared without any good reason | 0 | 1 | 2 | 3 |
| 21 | I felt that life was meaningless | 0 | 1 | 2 | 3 |

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MEASURES

Perceived Stress Scale 10 (PSS-10)

For each statement, choose from the following alternatives: never, almost never, sometimes, fairly often, or very often. (Read all answer choices each time). Circle the response that best applies to you.

| No | In the past month, how often have you | Never | Almost never | Sometimes | Fairly often | Very often |
|----|---|-------|--------------|-----------|--------------|------------|
| 1 | been upset because of something that happened unexpectedly? | 0 | 1 | 2 | 3 | 4 |
| 2 | felt unable to control the important things in your life? | 0 | 1 | 2 | 3 | 4 |
| 3 | felt nervous or stressed? | 0 | 1 | 2 | 3 | 4 |
| 4 | felt confident about your ability to handle personal problems? | 0 | 1 | 2 | 3 | 4 |
| 5 | felt that things were going your way? | 0 | 1 | 2 | 3 | 4 |
| 6 | found that you could not cope with all the things you had to do? | 0 | 1 | 2 | 3 | 4 |
| 7 | been able to control irritations in your life? | 0 | 1 | 2 | 3 | 4 |
| 8 | felt that you were on top of things? | 0 | 1 | 2 | 3 | 4 |
| 9 | been angry because of things that happened that were outside of your control? | 0 | 1 | 2 | 3 | 4 |
| 10 | felt that difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |

Life Orientation Test – Revised (LOT – R)

Using the scale below as a guide, indicate how much you agree with each statement below. 0 = Strongly Disagree; 1 = Disagree; 2 = Neutral; 3 = Agree; 4 = Strongly Agree

| No | | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|----|--|-------------------|----------|---------|-------|----------------|
| 1 | In uncertain times, I usually expect the best. | 0 | 1 | 2 | 3 | 4 |
| 2 | It's easy for me to relax. | 0 | 1 | 2 | 3 | 4 |
| 3 | If something can go wrong for me it will. | 0 | 1 | 2 | 3 | 4 |
| 4 | I am always optimistic about my future. | 0 | 1 | 2 | 3 | 4 |
| 5 | I enjoy my friends a lot. | 0 | 1 | 2 | 3 | 4 |
| 6 | It's important for me to keep busy. | 0 | 1 | 2 | 3 | 4 |
| 7 | I hardly ever expect things to go my way. | 0 | 1 | 2 | 3 | 4 |
| 8 | I don't get upset too easily. | 0 | 1 | 2 | 3 | 4 |
| 9 | I rarely count on good things happening to me. | 0 | 1 | 2 | 3 | 4 |
| 10 | Overall, I expect more good things to happen to me than bad. | 0 | 1 | 2 | 3 | 4 |