

Appendix 1. CES-D scale

During the past week:

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1. I was bothered by things that usually don't bother me.
 2. I did not feel like eating; my appetite was poor.
 3. I felt that I could not shake off the blues even with help from my family or friends.
 4. I felt that I was just as good as other people.
 5. I had trouble keeping my mind on what I was doing.
 6. I felt depressed.
 7. I felt that everything I did was an effort.
 8. I felt hopeful about the future.
 9. I thought my life had been a failure.
 10. I felt fearful.
 11. My sleep was restless.
 12. I was happy.
 13. I talked less than usual.
 14. I felt lonely.
 15. People were unfriendly.
 16. I enjoyed life.
 17. I had crying spells.
 18. I felt sad.
 19. I felt that people dislike me.
 20. I could not get "going."

Appendix 2. CES-D-10 scale

During the past week:

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1. I was bothered by things that usually don't bother me.
 2. I had trouble keeping my mind on what I was doing.
 3. I felt depressed.
 4. I felt that everything I did was an effort.
 5. I felt hopeful about the future.
 6. I felt fearful.
 7. My sleep was restless.
 8. I was happy.
 9. I felt lonely.
 10. I could not get going.