

**Supplementary Table 1.** The Generalized Anxiety Disorder 7-item (GAD-7) Scale

Over the last 2 weeks, how often have you been bothered by the following problems?				
1) Feeling nervous, anxious or on edge	0	1	2	3
2) Not being able to stop or control worrying	0	1	2	3
3) Worrying too much about different things	0	1	2	3
4) Trouble relaxing	0	1	2	3
5) Being so restless that it is hard to sit still	0	1	2	3
6) Becoming easily annoyed or irritable	0	1	2	3
7) Feeling afraid as if something awful might happen	0	1	2	3