

Research Questionnaire

Part I Demographic information and general information

1. What is your gender?

- A. Male B. Female

2. What is your age?

- A. ≤ 18
- B. 19~29
- C. 30~39
- D. 40~49
- E. 50~59

3. What is your marital status?

- A. With partner
- B. Without partner

4. What is your education level?

- A. Illiteracy
- B. Primary school
- C. Junior high school
- D. University and above

5. How about your sleep status during the past 12 months?

- A. Better
- B. Normal
- C. Poor

6. Do you have other accompanying long-standing diseases besides mental illness?

- A. Yes
- B. No

7. Do you concern about the COVID-19?

- A. Yes
- B. No

8. How concerned are you about the COVID-19?

- A. Less
- B. General
- C. More

Part II Depression Scale and Anxiety Scale

1) The 7-item Generalized Anxiety Disorder (GAD-7)

There are 7 words below. Please read each carefully to understand the meaning. There are four grades after each word, which means: never; A few days; More than half of the days; Almost every day. According to your actual situation in the last two weeks, tick "✓" under the appropriate score of 0-3 points in the score column.

	never	A few days	More than half of the days	Almost every day
1 . Feel uneasy, worried, irritable or irritable	0	1	2	3
2 . Unable to stop or control worry	0	1	2	3
3 . Too worried about all kinds of things	0	1	2	3
4 . Very nervous, unable to relax	0	1	2	3
5 . No appetite or overeating.....	0	1	2	3
6 . I am so anxious that I can't sit still.....	0	1	2	3
7 . Worried that something bad would happen.....	0	1	2	3

2) The 9-item Patient Health Questionnaire (PHQ-9)

There are 9 words below. Please read each one carefully to understand the meaning. There are four grades after each word, which means: never; A few days; More than half of the days; Almost every day. According to your actual situation in the last two weeks, mark "✓" under the appropriate score of 0-3 points in the score column.

	never	A few days	More than half of the days	Almost every day
1 . Not interested in things	0	1	2	3
2 . Feeling depressed, depressed and hopeless	0	1	2	3
3 . Can't sleep or sleep too long.....	0	1	2	3
4 . Feeling tired or lacking energy.....	0	1	2	3

5 . No appetite or overeating.....	0	1	2	3
6 . Feeling guilty about yourself or feeling like a loser or causing family failure...	0	1	2	3
7 . Unable to concentrate when doing things, such as reading newspapers or watching TV	0	1	2	3
8 . Walking or talking is equivalent to slow or unusual excitement and walking	0	1	2	3
9 . It's better to die or hurt yourself	0	1	2	3