

Supplementary material

Table S1. In the face of Covid-19, the degree of emotional experience you feel.

	Very Inconsistent	Inconsistent	Neither	Consistent	Very Consistent
doubt	1	2	3	4	5
tension	1	2	3	4	5
worry	1	2	3	4	5
helplessness	1	2	3	4	5
trepidation	1	2	3	4	5
sadness	1	2	3	4	5
fear	1	2	3	4	5

Table S2. After outbreak of covid-19, how you feel.

	Very Inconsistent	Inconsistent	Neither	Consistent	Very Consistent
Poor sleep	1	2	3	4	5
Recall the outbreak repeatedly	1	2	3	4	5
Heartbeats accelerating and tension	1	2	3	4	5
Recurrent nightmares	1	2	3	4	5