

Supplementary material

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

|              | <b>Very Inconsistent</b> | <b>Inconsistent</b> | <b>Neither</b> | <b>Consistent</b> | <b>Very Consistent</b> |
|--------------|--------------------------|---------------------|----------------|-------------------|------------------------|
| 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.

|                                     | <b>Very Inconsistent</b> | <b>Inconsistent</b> | <b>Neither</b> | <b>Consistent</b> | <b>Very Consistent</b> |
|-------------------------------------|--------------------------|---------------------|----------------|-------------------|------------------------|
| 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                      |