

Supplementary Table 1. DASS-21 scores according to the severity

	Depression	Anxiety	Stress
Normal	0-4	0-3	0-7
Mild	5-6	4-5	8-9
Moderate	7-10	6-7	10-12
Severe	11-13	8-9	13-16
Quite severe	14+	10+	17+