

Supplementary Table 1. The numbers of patients from different hospitals

Hospitals	Total (<i>n</i> = 389)	Inpatients (<i>n</i> = 173)	Outpatients (<i>n</i> = 216)	Nurses (<i>n</i> = 43)
Hospital 1	232	102	130	26
Hospital 2	157	71	86	17

Appendix 1. State Trait Anxiety Inventory (STAI Form Y) Questionnaire

1a. State anxiety inventory (STAI 1)

No.	Items	Not at all	Somewhat	Moderately so	Very much so
1	I feel calm	(1)	(2)	(3)	(4)
2	I feel secure	(1)	(2)	(3)	(4)
3	I am tense	(1)	(2)	(3)	(4)
4	I feel strained	(1)	(2)	(3)	(4)
5	I feel at ease	(1)	(2)	(3)	(4)
6	I feel upset	(1)	(2)	(3)	(4)
7	I am presently worrying over possible misfortunes	(1)	(2)	(3)	(4)
8	I feel satisfied	(1)	(2)	(3)	(4)
9	I feel frightened	(1)	(2)	(3)	(4)
10	I feel comfortable	(1)	(2)	(3)	(4)
11	I feel self-confident	(1)	(2)	(3)	(4)
12	I feel nervous	(1)	(2)	(3)	(4)
13	I feel jittery	(1)	(2)	(3)	(4)
14	I feel indecisive	(1)	(2)	(3)	(4)
15	I am relaxed	(1)	(2)	(3)	(4)
16	I feel content	(1)	(2)	(3)	(4)
17	I am worried	(1)	(2)	(3)	(4)
18	I feel confused	(1)	(2)	(3)	(4)
19	I feel steady	(1)	(2)	(3)	(4)
20	I feel pleasant	(1)	(2)	(3)	(4)

1b. Trait anxiety inventory (STAI 2)

No.	Items	Not at all	Somewhat	Moderately so	Very much so
21	I feel pleasant	(1)	(2)	(3)	(4)
22	I feel nervous and restless	(1)	(2)	(3)	(4)
23	I feel satisfied with myself	(1)	(2)	(3)	(4)
24	I wish I could be as happy as others seem to be	(1)	(2)	(3)	(4)
25	I feel like a failure	(1)	(2)	(3)	(4)
26	I feel rested	(1)	(2)	(3)	(4)
27	I am "calm, cool and collected"	(1)	(2)	(3)	(4)
28	I feel that difficulties are piling up so that I cannot overcome them	(1)	(2)	(3)	(4)
29	I worry too much over something that really doesn't matter	(1)	(2)	(3)	(4)
30	I am happy	(1)	(2)	(3)	(4)
31	I have disturbing thoughts	(1)	(2)	(3)	(4)
32	I lack self-confidence	(1)	(2)	(3)	(4)

33	I feel secure	(1)	(2)	(3)	(4)
34	I make decisions easily	(1)	(2)	(3)	(4)
35	I feel inadequate	(1)	(2)	(3)	(4)
36	I am content	(1)	(2)	(3)	(4)
37	Some unimportant thought runs through my mind and bothers me	(1)	(2)	(3)	(4)
38	I take disappointments so keenly that I can't put them out of my mind	(1)	(2)	(3)	(4)
39	I am a steady person	(1)	(2)	(3)	(4)
40	I get in a state of tension or turmoil as I think over my recent concerns and interests	(1)	(2)	(3)	(4)
