

**Supplemental material: Huaxi Emotional-Distress Index**

Items	Never (0 point)	Occasionally (1 point)	Sometimes (2 points)	Most of the time (3 points)	Almost all the time (4 points)
1. Felt so depressed that nothing could cheer you up?					
2. Had no interest or pleasure in doing things?					
3. Felt very nervous?					
4. Felt not being able to control worrying?					
5. Felt too restless to calm down?					
6. Felt scared that the sudden panic or fear would attack again?					
7. Blamed yourself?					
8. Felt hopeless?					
9. Felt meaningless in living?					
10. How much did you think your negative emotions (anxiety, depression, etc.) had affected your life in the past month?					
	A. No impact	B. Slightly impact	C. Some impact	D. Big impact	E. Huge impact
11. What were the main reasons for the above emotional problems (bad mood, worry, etc.) in the past month (multiple choices)?					
Two additional items for the extension	A. Physical health problems (pain, chronic disease - diabetes, asthma, hypertension, etc., surgery, chemo-radiotherapy for tumors, etc.)				
	B. Love, marriage and family problems (death of a loved one, illness of a family member, marital strife, education difficulty for children)				
	C. Occupational or academic problems (Entrance pressure, financial problems, work stress, etc.)				
	D. Interpersonal relationship problems				
	E. Others				