

Supplementary material

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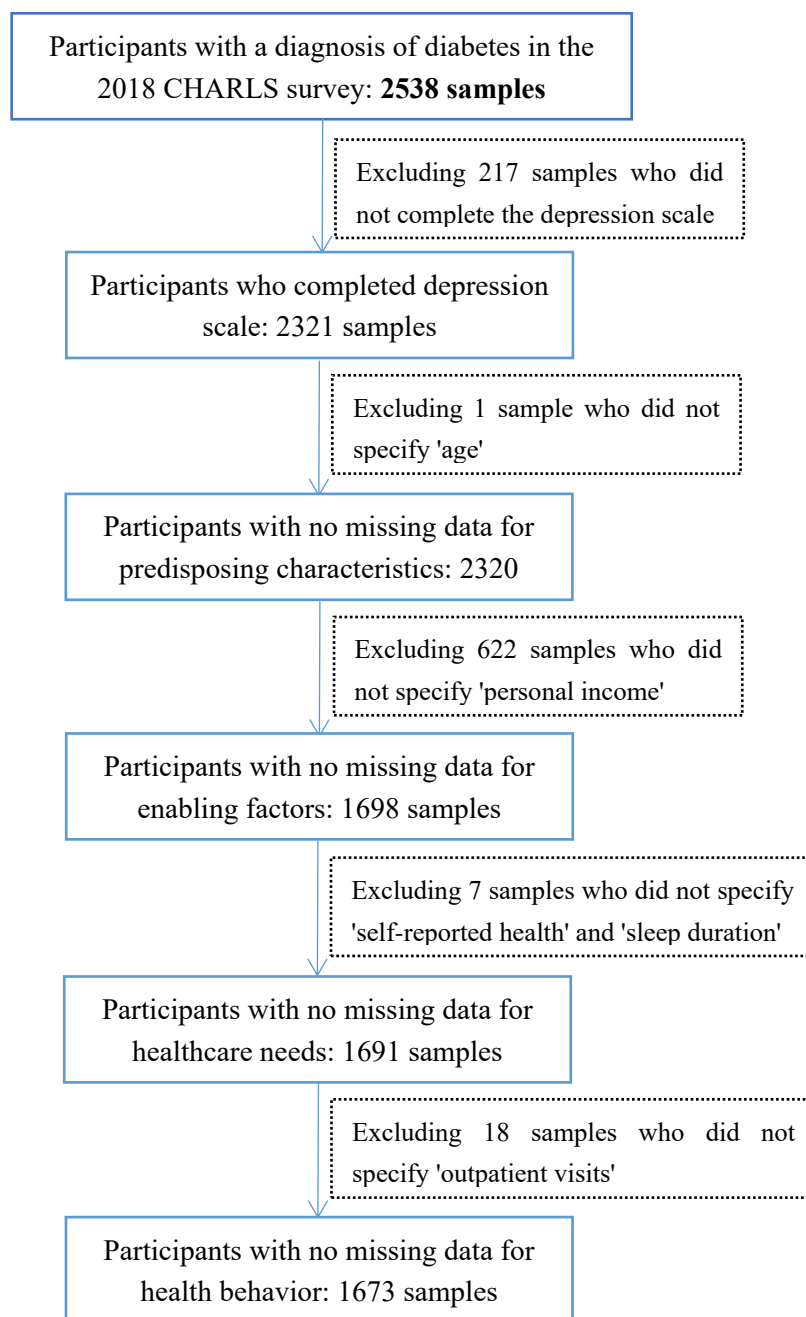


Figure S1 Sample selection process

10-item Center for Epidemiological Studies-Depression (CES-D-10)

1. I was bothered by things that don't usually bother me

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

2. I had trouble keeping my mind on what I was doing

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

3. I felt depressed

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

4. I felt everything I did was an effort

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

5. I felt hopeful about the future

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

6. I felt fearful

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

7. My sleep was restless

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)

- ④ Most or all of the time (5-7 days)

8. I was happy

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

9. I felt lonely

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

10. I could not get "going"

- ① Rarely or none of the time (<1 day)
- ② Some or a little of the time (1-2 days)
- ③ Occasionally or a moderate amount of the time (3-4 days)
- ④ Most or all of the time (5-7 days)

Scoring	Rarely (<1 day)	Some (1-2 days)	Occasionally (3-4 days)	Most (5-7 days)
Questions 5, 8	3	2	1	0
Other questions	0	1	2	3

Note: The score is the sum of the 10 questions. Possible range is 0-30. A score of 10 points or more is considered depressed.

References:

Boey KW. Cross-validation of a short form of the CES-D in Chinese elderly. International journal of geriatric psychiatry. 1999;14(8):608-17.