# Additional file 1：

# GAD-7 (General Anxiety Disorder-7)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Over the last 2 weeks, how often have you been bothered by the following problems?  | Not at all  | Several days  | More than half the days | Nearly everyday |
| 1. Feeling nervous, anxious or on edge  | 0 | 1 | 2 | 3 |
| 2. Not being able to stop or control worrying  | 0 | 1 | 2 | 3 |
|  3. Worrying too much about different things  | 0 | 1 | 2 | 3 |
| 4. Trouble relaxing  | 0 | 1 | 2 | 3 |
| 5. Being so restless that it is hard to sit still  | 0 | 1 | 2 | 3 |
| 6. Becoming easily annoyed or irritable  | 0 | 1 | 2 | 3 |
| 7. Feeling afraid as if something awful might happen | 0 | 1 | 2 | 3 |
|  Total score =add columns + +  |