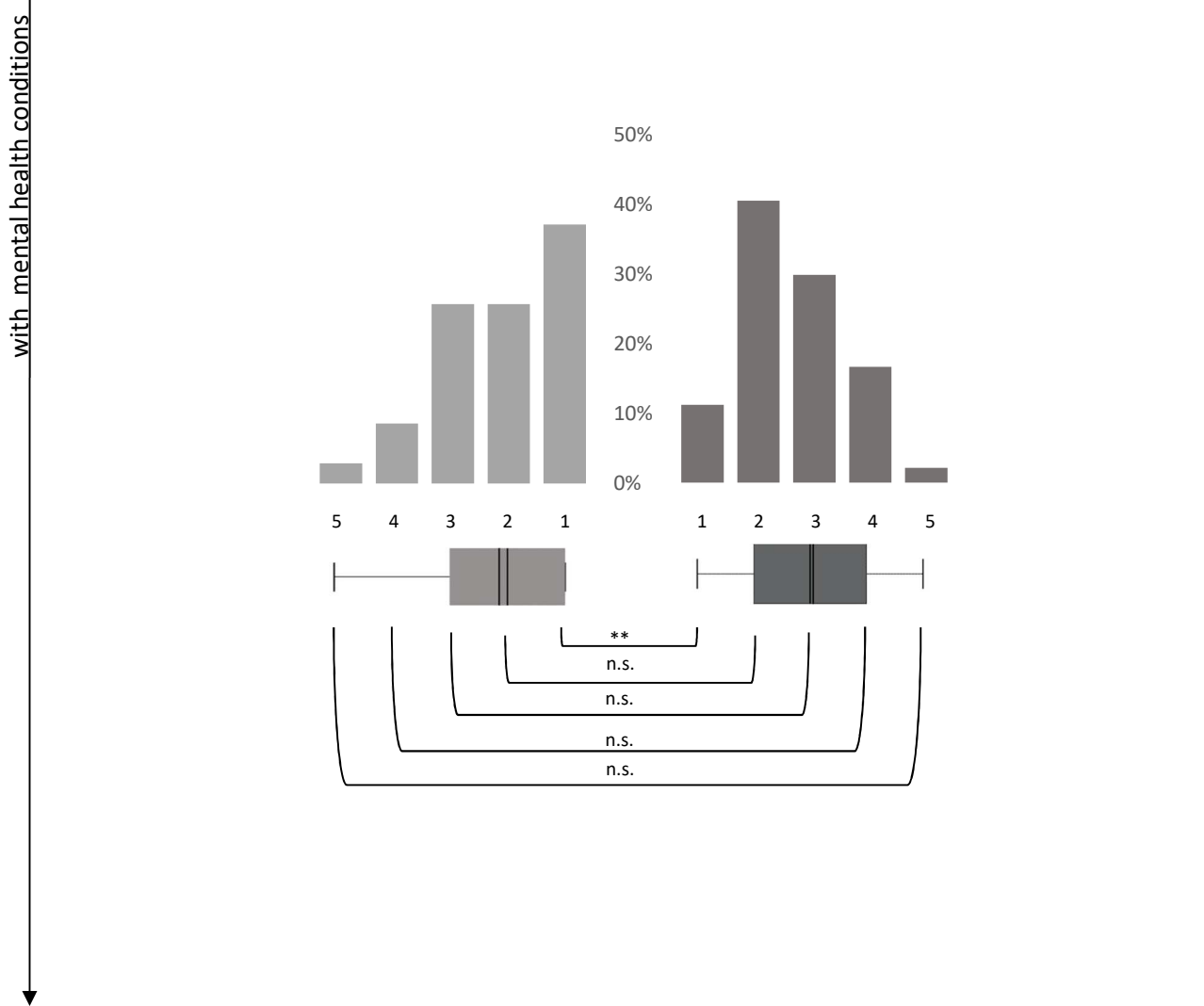
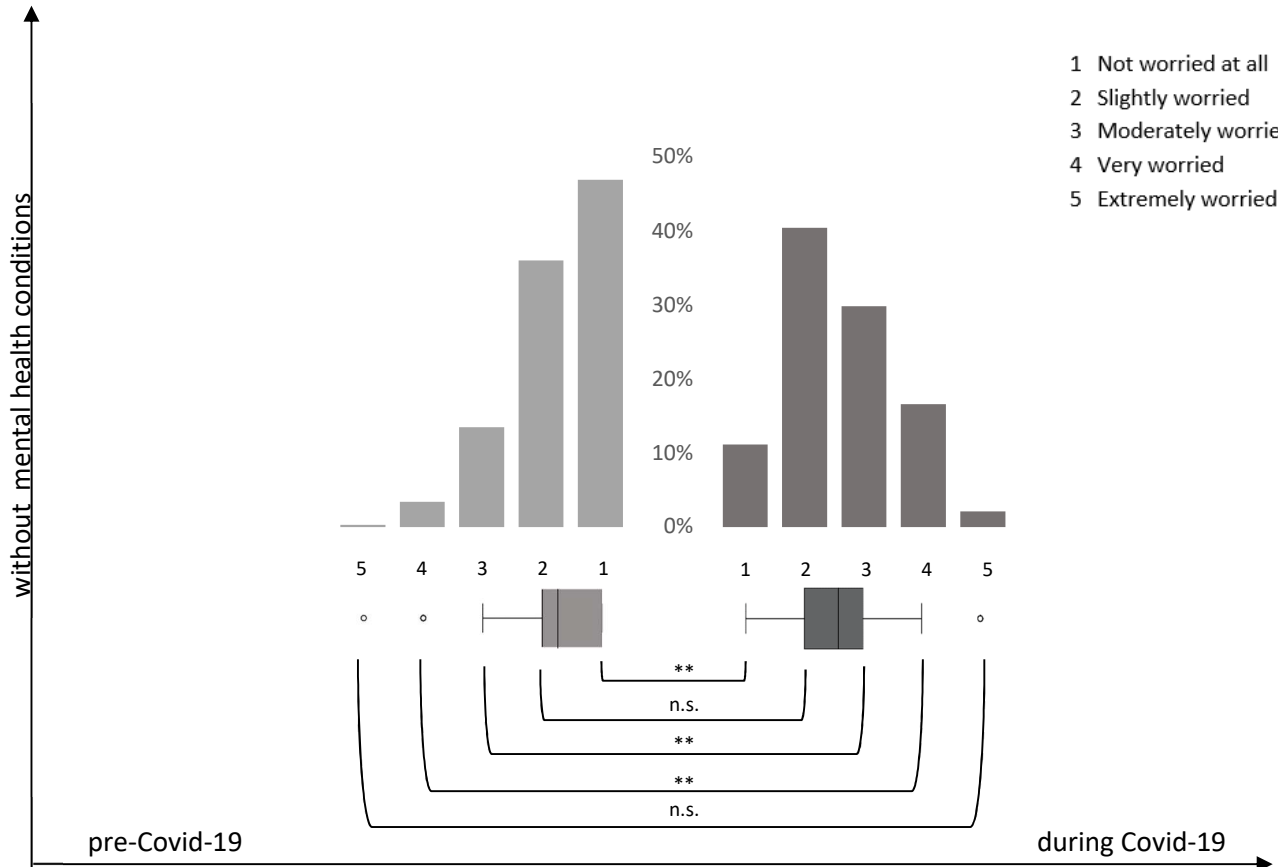


a) How worried were you generally?

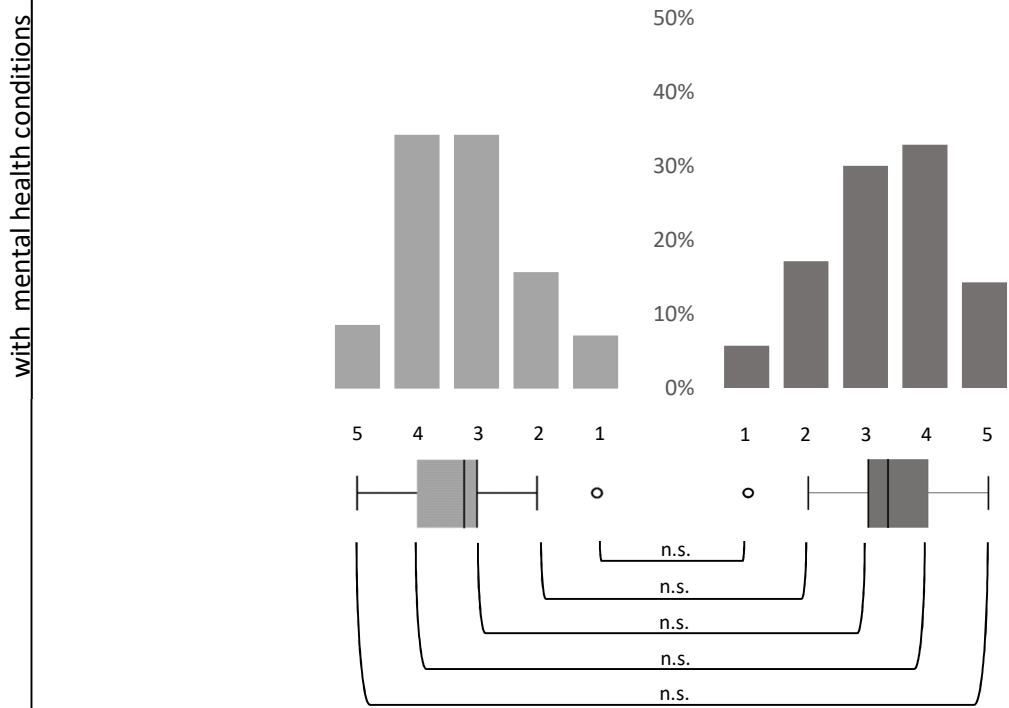
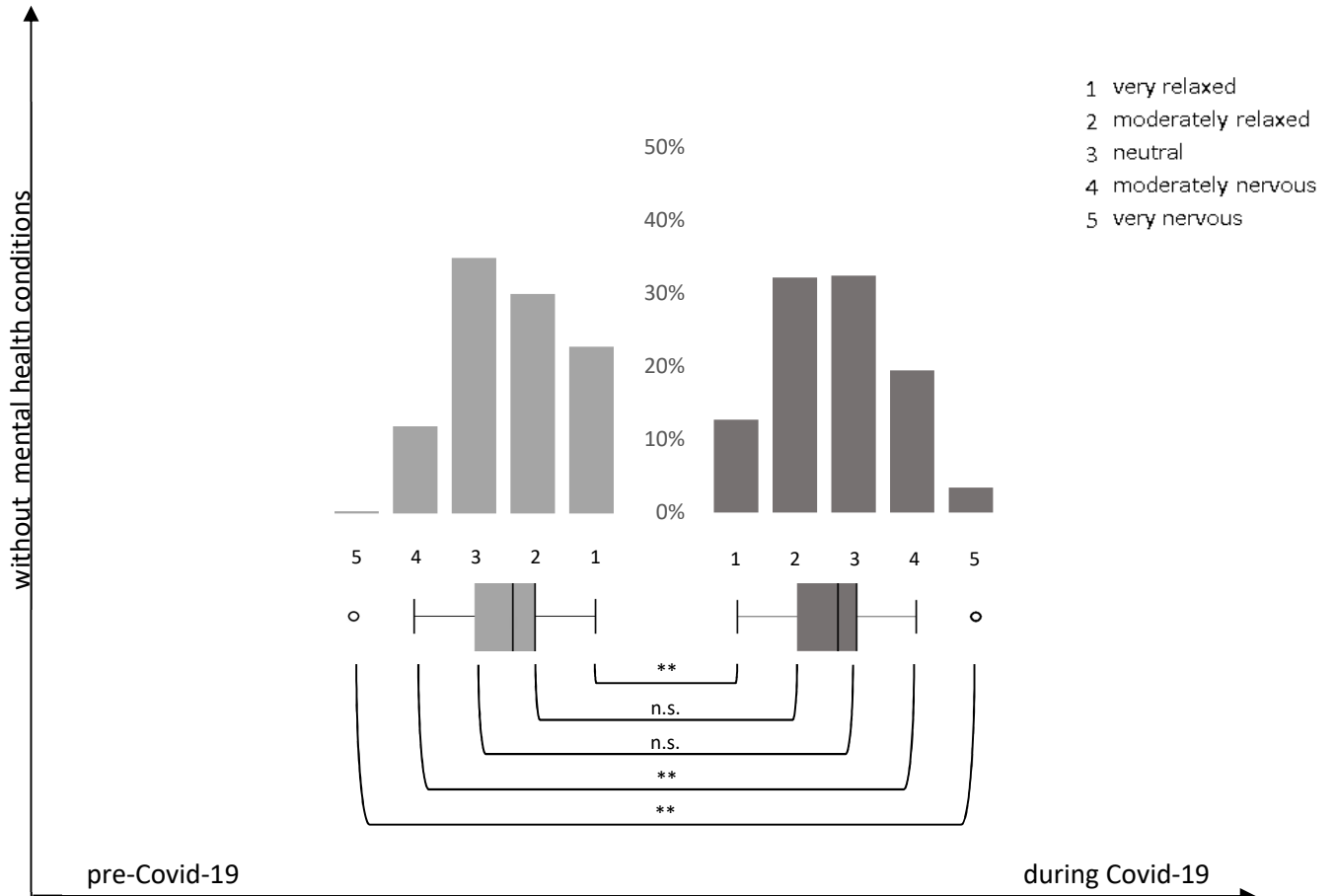
- 1 Not worried at all
- 2 Slightly worried
- 3 Moderately worried
- 4 Very worried
- 5 Extremely worried





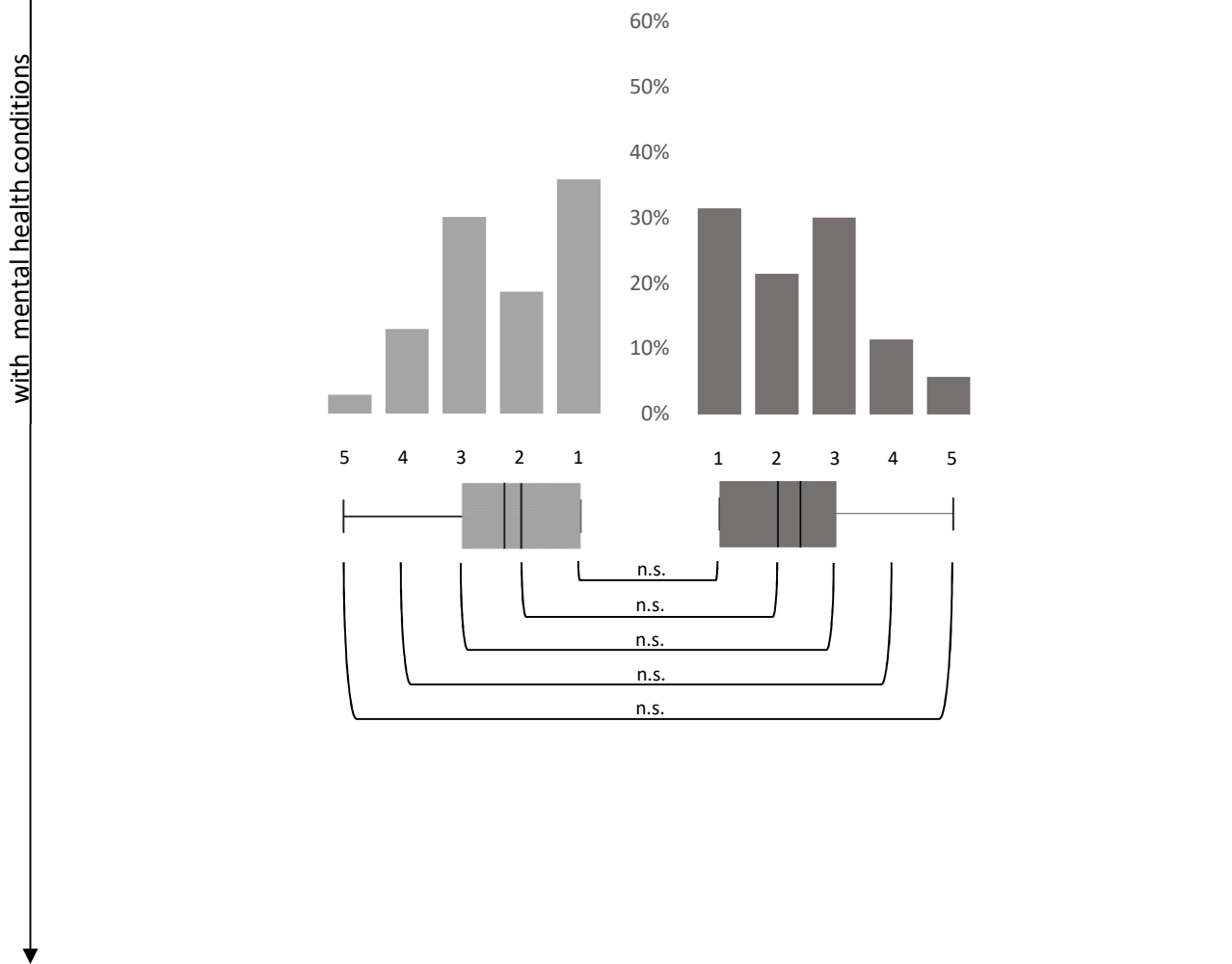
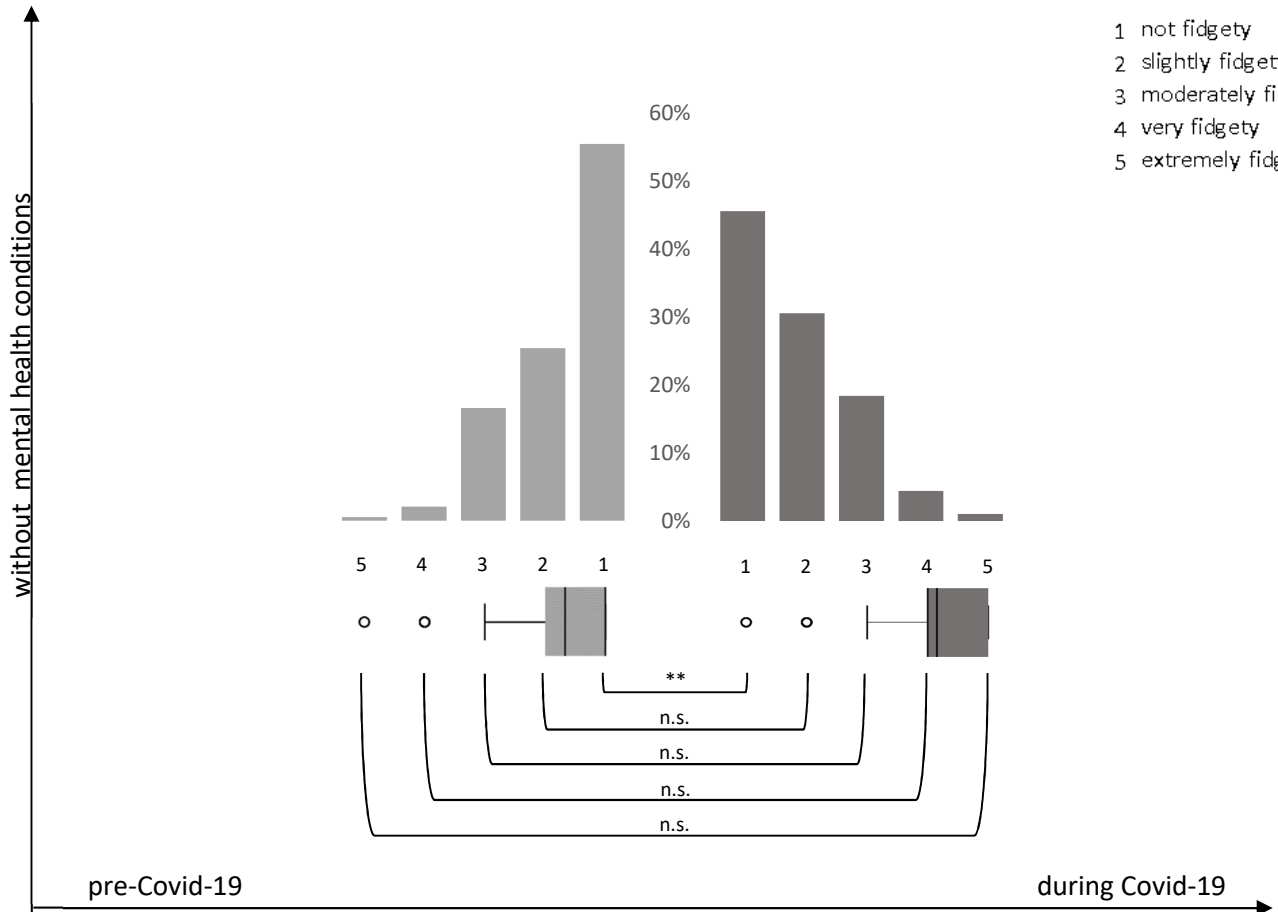


d) How relaxed versus anxious were you?



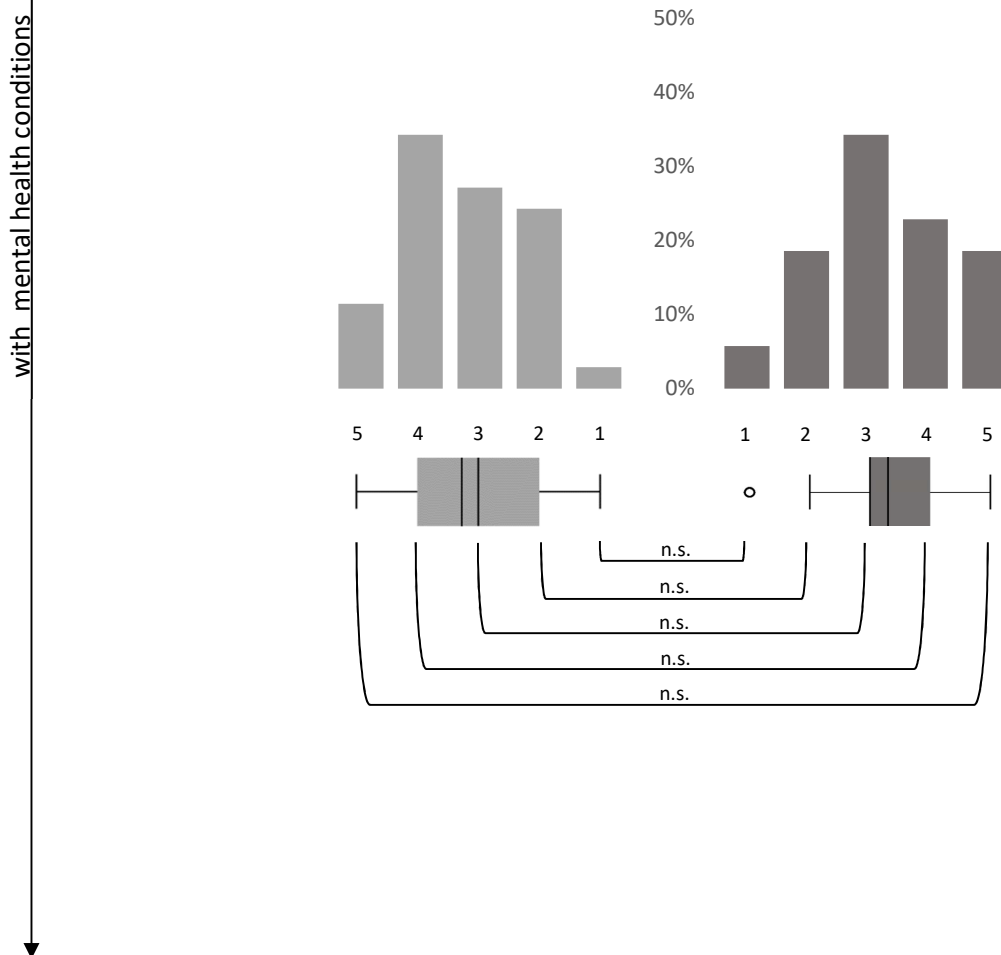
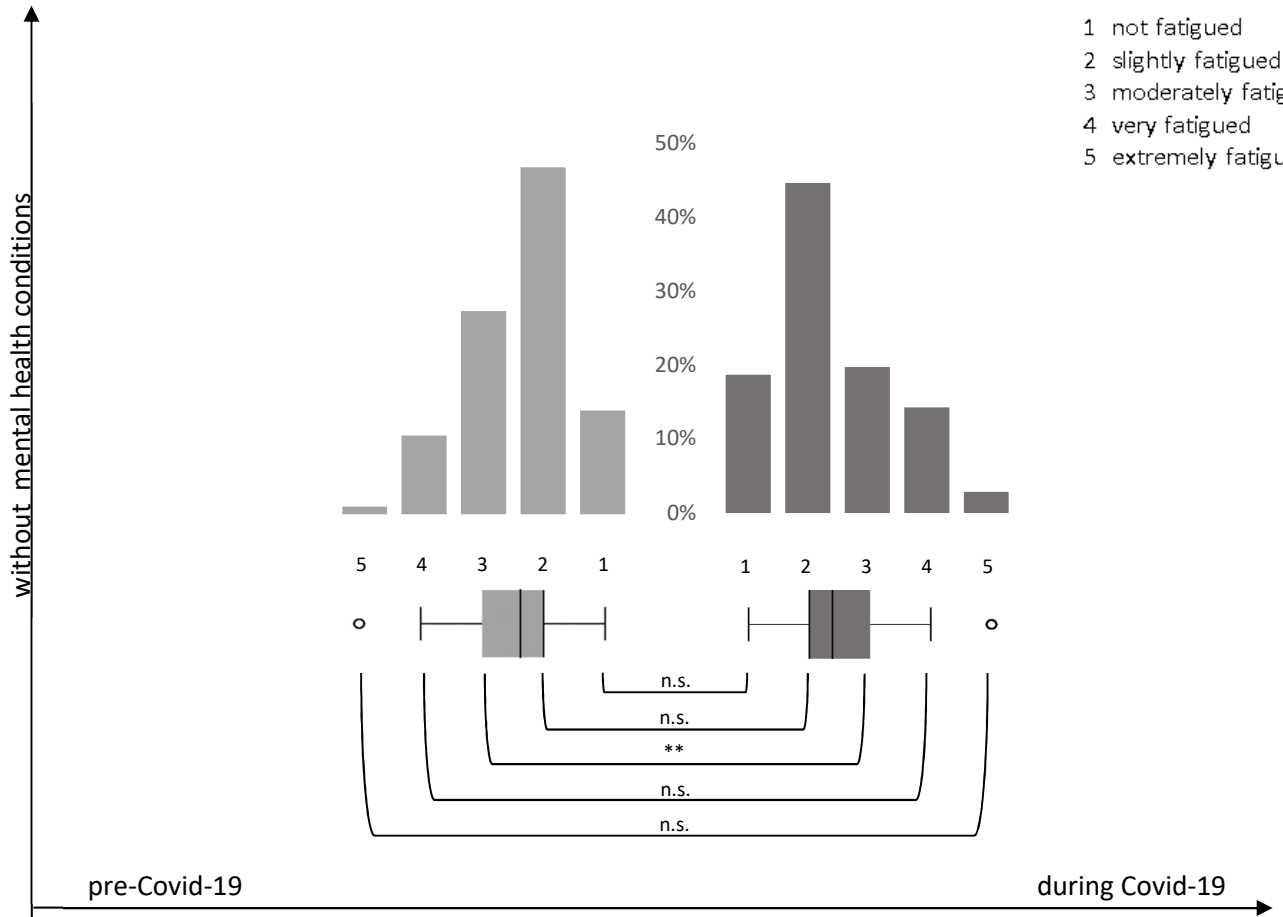
e) How fidgety or restless were you?

- 1 not fidgety
- 2 slightly fidgety
- 3 moderately fidgety
- 4 very fidgety
- 5 extremely fidgety



f) How fatigued or tired were you?

- 1 not fatigued
- 2 slightly fatigued
- 3 moderately fatigued
- 4 very fatigued
- 5 extremely fatigued











j) To what extent have you had negative thoughts?

- 1 not at all
- 2 rarely
- 3 occasionally
- 4 often
- 5 Most of time

