

Appendix 1. The Symptom Questionnaire by R. Kellner

Please, tell me how you have felt DURING THE PAST WEEK/TODAY and make a small cross on the answer you choose. For example, consider the word “Nervous” in the first line. If you have felt nervous, cross on YES (~~YES~~ NO). If you have not felt nervous, make the small cross on NO (YES ~~NO~~). Sometimes you will have to choose between TRUE and FALSE. For example, consider the expression “Feeling of not enough air”: you will have to answer TRUE (~~TRUE~~ FALSE) if you really have had the feeling there was not enough air; FALSE (TRUE ~~FALSE~~) if, on the contrary, you have not had that feeling. In the same way, you will answer TRUE at the expression “No pains anywhere” if you have not had pains; on the contrary, you will answer FALSE if you have had pains. Don't think much before answering. Thank you.

1. Nervous	YES	NO
2. Weary	YES	NO
3. Irritable	YES	NO
4. Cheerful	YES	NO
5. Tense, tensed up	YES	NO
6. Sad, blue	YES	NO
7. Happy	YES	NO
8. Frightened	YES	NO
9. Feeling calm	YES	NO
10. Feeling healthy	YES	NO
11. Losing temper easily	YES	NO
12. Feeling of not enough air	TRUE	FALSE
13. Feeling kind toward people	YES	NO
14. Feeling fit	YES	NO
15. Heavy arms or legs	YES	NO
16. Feeling confident	YES	NO
17. Feeling warm toward people	YES	NO
18. Shaky	YES	NO
19. No pains anywhere	TRUE	FALSE
20. Angry	YES	NO
21. Arms and legs feel strong	YES	NO
22. Appetite poor	YES	NO
23. Feeling peaceful	YES	NO
24. Feeling unworthy	YES	NO
25. Annoyed	YES	NO
26. Feeling of rage	YES	NO
27. Cannot enjoy yourself	TRUE	FALSE
28. Tight head or neck	YES	NO
29. Relaxed	YES	NO
30. Restless	YES	NO
31. Feeling friendly	YES	NO
32. Feeling of hate	YES	NO
33. Choking feeling	YES	NO
34. Afraid	YES	NO
35. Patient	YES	NO
36. Scared	YES	NO
37. Furious	YES	NO
38. Feeling charitable, forgiving	YES	NO
39. Feeling guilty	YES	NO
40. Feeling well	YES	NO

41. Feeling of pressure in head or body	YES	NO
42. Worried	YES	NO
43. Contented	YES	NO
44. Weak arms or legs	YES	NO
45. Feeling desperate, terrible	YES	NO
46. No aches anywhere	TRUE	FALSE
47. Thinking of death or dying	YES	NO
48. Hot tempered	YES	NO
49. Terrified	YES	NO
50. Feeling of courage	YES	NO
51. Enjoying yourself	YES	NO
52. Breathing difficult	YES	NO
53. Parts of the body feel numb or tingling	YES	NO
54. Takes a long time to fall asleep	YES	NO
55. Feeling hostile	YES	NO
56. Infuriated	YES	NO
57. Heart beating fast or pounding	YES	NO
58. Depressed	YES	NO
59. Jumpy	YES	NO
60. Feeling a failure	YES	NO
61. Not interested in things	TRUE	FALSE
62. Highly strung	YES	NO
63. Cannot relax	TRUE	FALSE
64. Panicky	YES	NO
65. Pressure on head	YES	NO
66. Blaming yourself	YES	NO
67. Thoughts of ending your life	YES	NO
68. Frightening thoughts	YES	NO
69. Enraged	YES	NO
70. Irritated by other people	YES	NO
71. Looking forward toward the future	YES	NO
72. Nauseated, sick to stomach	YES	NO
73. Feeling that life is bad	YES	NO
74. Upset bowels or stomach	YES	NO
75. Feeling inferior to others	YES	NO
76. Feeling useless	YES	NO
77. Muscle pains	YES	NO
78. No unpleasant feelings in head or body	TRUE	FALSE
79. Headaches	YES	NO
80. Feel like attacking people	YES	NO
81. Shaking with anger	YES	NO
82. Mad	YES	NO
83. Feeling of goodwill	YES	NO
84. Feel like crying	YES	NO
85. Cramps	YES	NO
86. Feeling that something bad will happen	YES	NO
87. Wound up, uptight	YES	NO
88. Get angry quickly	YES	NO
89. Self-confident	YES	NO
90. Resentful	YES	NO
91. Feeling of hopelessness	YES	NO

92. Head pains

YES

NO

Appendix 2. Instructions for the scoring of the Symptom Questionnaire

Anxiety scale: includes 23 items (1; 5; 8-9; 16; 18; 23; 29-30; 34; 36; 42; 49-50; 54; 59; 62-64; 68; 86-87; 89).

- In items 1; 5; 8; 18; 30; 34; 36; 42; 49; 54; 59; 62-64; 68; 86-87 “yes” or “true” correspond to a score of 1, indicating presence of anxiety, while “no” or “false” correspond to a score of 0, indicating absence of anxiety.
- In items 9; 16; 23; 29; 50; 89 “yes” or “true” correspond to a score of 0, indicating absence of anxiety, while “no” or “false” correspond to a score of 1, indicating presence of anxiety (reverse score).
- Total score may range from 0 (absence of anxiety) to 23 (maximum anxiety).

Anxiety subscale: includes 17 items (1; 5; 8; 18; 30; 34; 36; 42; 49; 54; 59; 62-64; 68; 86-87).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of anxiety, while “no” or “false” correspond to a score of 0, indicating absence of anxiety.
- Total score may range from 0 (absence of anxiety) to 17 (maximum anxiety).

Relaxation subscale: includes 6 items (9; 16; 23; 29; 50; 89).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of relaxation, while “no” or “false” correspond to a score of 0, indicating absence of relaxation.
- Total score may range from 0 (absence of relaxation) to 6 (maximum relaxation).

Depression scale: includes 23 items (2; 4; 6-7; 24; 27; 39-40; 43; 45; 47; 51; 58; 60-61; 66-67; 71; 73; 75-76; 84; 91).

- In items 2; 6; 24; 27; 39; 45; 47; 58; 60-61; 66-67; 73; 75-76; 84; 91 “yes” or “true” correspond to a score of 1, indicating presence of depression, while “no” or “false” correspond to a score of 0, indicating absence of depression.
- In items 4; 7; 40; 43; 51; 71 “yes” or “true” correspond to a score of 0, indicating absence of depression, while “no” or “false” correspond to a score of 1, indicating presence of depression (reverse score).
- Total score may range from 0 (absence of depression) to 23 (maximum depression).

Depression subscale: includes 17 items (2; 6; 24; 27; 39; 45; 47; 58; 60-61; 66-67; 73; 75-76; 84; 91).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of depression, while “no” or “false” correspond to a score of 0, indicating absence of depression.
- Total score may range from 0 (absence of depression) to 17 (maximum depression).

Contentment subscale: includes 6 items (4; 7; 40; 43; 51; 71).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of contentment, while “no” or “false” correspond to a score of 0, indicating absence of contentment.
- Total score may range from 0 (absence of contentment) to 6 (maximum contentment).

Somatization scale: includes 23 items (10; 12; 14-15; 19; 21-22; 28; 33; 41; 44; 46; 52-53; 57; 65; 72; 74; 77-79; 85; 92).

- In items 12; 15; 22; 28; 33; 41; 44; 52-53; 57; 65; 72; 74; 77; 79; 85; 92 “yes” or “true” correspond to a score of 1, indicating presence of somatization, while “no” or “false” correspond to a score of 0, indicating absence of somatization.
- In items 10; 14; 19; 21; 46; 78 “yes” or “true” correspond to a score of 0, indicating absence of somatization, while “no” or “false” correspond to a score of 1, indicating presence of somatization (reverse score).
- Total score may range from 0 (absence of somatization) to 23 (maximum somatization).

Somatization subscale: includes 17 items (12; 15; 22; 28; 33; 41; 44; 52-53; 57; 65; 72; 74; 77; 79; 85; 92).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of somatization, while “no” or “false” correspond to a score of 0, indicating absence of somatization.
- Total score may range from 0 (absence of somatization) to 17 (maximum somatization).

Physical well-being subscale: includes 6 items (10; 14; 19; 21; 46; 78).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of physical well-being, while “no” or “false” correspond to a score of 0, indicating absence of physical well-being.
- Total score may range from 0 (absence of physical well-being) to 6 (maximum physical well-being).

Hostility scale: includes 23 items (3; 11; 13; 17; 20; 25-26; 31-32; 35; 37-38; 48; 55-56; 69-70; 80-83; 88; 90).

- In items 3; 11; 20; 25-26; 32; 37; 48; 55-56; 69-70; 80-82; 88; 90 “yes” or “true” correspond to a score of 1, indicating presence of hostility, while “no” or “false” correspond to a score of 0, indicating absence of hostility.
- In items 13; 17; 31; 35; 38; 83 “yes” or “true” correspond to a score of 0, indicating absence of hostility, while “no” or “false” correspond to a score of 1, indicating presence of hostility (reverse score).
- Total score may range from 0 (absence of hostility) to 23 (maximum hostility).

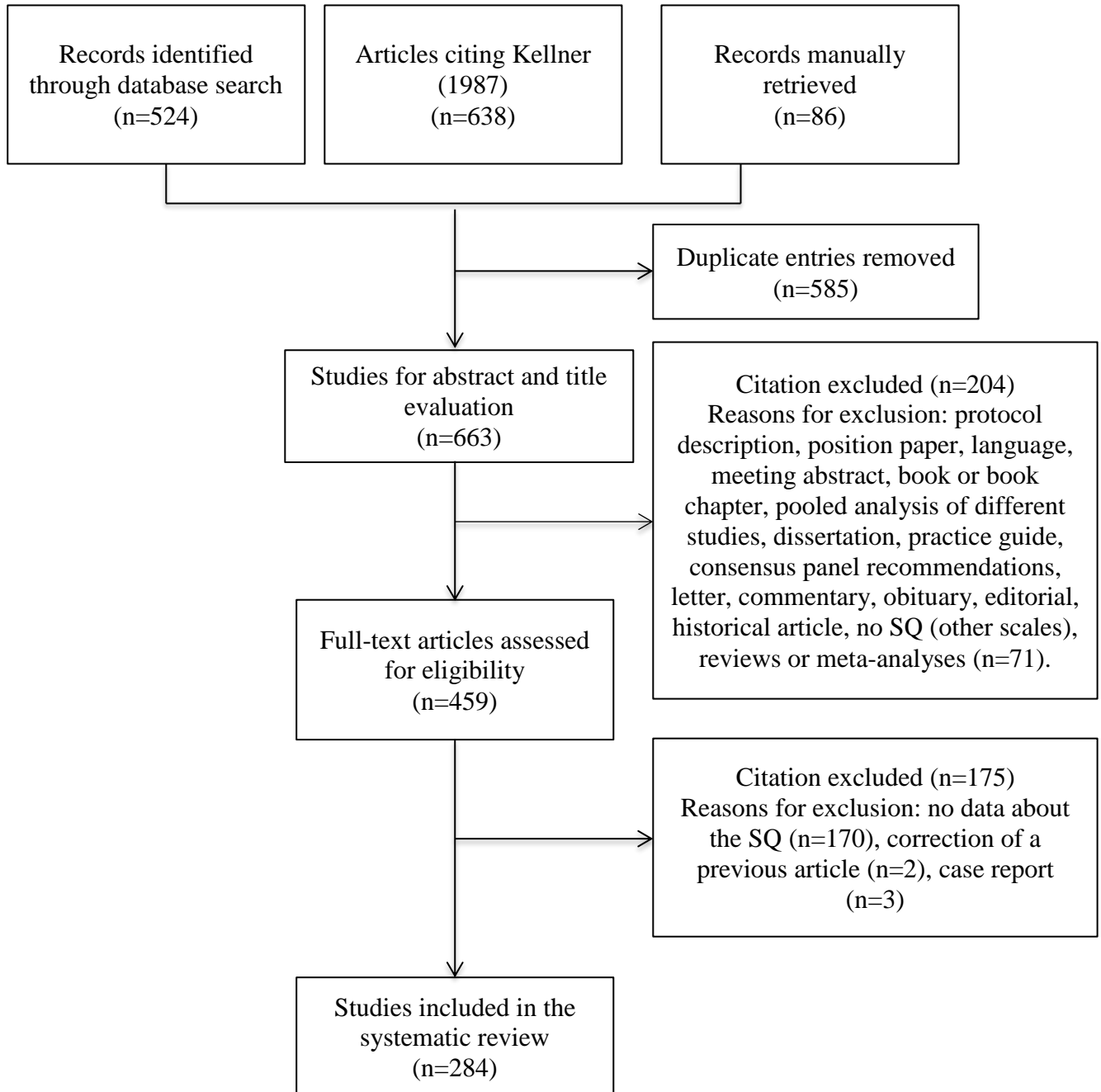
Hostility subscale: includes 17 items (3; 11; 20; 25-26; 32; 37; 48; 55-56; 69-70; 80-82; 88; 90).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of hostility, while “no” or “false” correspond to a score of 0, indicating absence of hostility.
- Total score may range from 0 (absence of hostility) to 17 (maximum hostility).

Friendliness subscale: includes 6 items (13; 17; 31; 35; 38; 83).

- In all items “yes” or “true” correspond to a score of 1, indicating presence of friendliness, while “no” or “false” correspond to a score of 0, indicating absence of friendliness.
- Total score may range from 0 (absence of friendliness) to 6 (maximum friendliness).

Figure 1. Flow chart of included studies



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