

## Supplemental File 3: Ecological Momentary Assessment Items

**How are you feeling at this moment?**

### **Depressed mood**

I feel down

I feel cheerful (reversed)

### **Anhedonia**

I feel indifferent

I feel listless

I feel enthusiastic (reversed)

### **Appetite change**

I am hungry

### **Restlessness**

I feel calm (reversed)

I feel stressed

I feel relaxed (reversed)

### **Irritability**

I feel irritated

### **Lethargy**

I am tired

I feel energetic (reversed)

### **Visual analogue scale**

0 (Not at all) ----- 100 (Very much)