

Table S2 Positive and Negative Affect Scale (English & Chinese versions)

Please read each question carefully and answer it according to your actual situation. For each question you can choose one of the five options that best fits your current emotional state and represents how you are feeling at this moment. The five options are: slight/almost not, a little, moderate, more, and very much. Please check the boxes according to your first reaction after reading the questions, and have a good day.

#	Feelings/affects	Very slightly /not at all	A little	Moderately	Quite a bit	Extremely
1	Interested					
2	Distressed					
3	Excited					
4	Upset					
5	Strong					
6	Guilty					
7	Scared					
8	Hostile					
9	Enthusiastic					
10	Proud					
11	Irritable					
12	Alert					
13	Ashamed					
14	Inspired					
15	Nervous					
16	Determined					
17	Attentive					
18	Jittery					
19	Active					
20	Afraid					

请仔细阅读每一道题并根据自己实际情况进行作答。每一道题你都可以在五个选项中选择
一个最适合你当前情绪状态的答案，代表着你此刻的感受。五个选项从低到高分别是：轻微/
几乎不、有一点、中等水平、比较多、非常多。请根据看完题后的第一反应进行勾选，祝你
愉快。

序号	感受/情绪	轻微/几乎不	有一点儿	中等水平	比较多	非常多
1	感兴趣的					
2	心烦					
3	兴奋					
4	沮丧					
5	内心强大的					
6	愧疚					
7	胆怯					
8	抵触的					
9	热情					
10	骄傲的					
11	烦躁					
12	感知性强的					
13	羞愧					
14	受到激励的					
15	紧张					
16	意志坚定的					
17	注意力集中的					
18	坐立不安					
19	活跃的					
20	担心					