

Appendix.

Items of the MQL-10.

Review your lifestyle during the past one month.

Q01. Are you satisfied with yourself now?

1 Very satisfied; 2 Satisfied; 3 Neither satisfied nor dissatisfied;
4 Dissatisfied; 5 Very dissatisfied

Q02. Do you feel your life worth living?

1 Definitely yes; 2 Yes; 3 Not sure (Neutral); 4 Practically no; 5 Not at all

Q03. Are you satisfied with your relationships with family, friends, and neighbors?

1 Very satisfied; 2 Satisfied; 3 Neither satisfied nor dissatisfied;
4 Dissatisfied; 5 Very dissatisfied

Q04. Are you satisfied with the environment, public welfare services, and commuting conditions in your neighborhood?

1 Very satisfied; 2 Satisfied; 3 Neither satisfied nor dissatisfied;
4 Dissatisfied; 5 Very dissatisfied

Q05. How is your present health?

1 Very good; 2 Good; 3 So so (Neutral); 4 Bad; 5 Very bad

Q06. Can you perform daily activities and light exercises, such as taking a walk, going up stairs, cleaning up a room, etc.?

1 Easily possible; 2 Usually possible; 3 Possible to some degree;
4 Hardly possible; 5 Not possible at all

Q07. Does any symptom or feeling interfere with your daily life?

1 Not at all; 2 Rarely; 3 Occasionally; 4 Often; 5 At all times

Q08. Is your life full of energy?

1 Very much so; 2 Yes, almost; 3 Not sure (Neutral); 4 Rather not; 5 Not at all.

Q09. Do you feel anxious, depressed, or irritated?

1 Not at all; 2 Rarely; 3 Occasionally; 4 Often; 5 Very often

Q10. Do you have any concerns or feel stressed?

1 Not at all; 2 Rarely; 3 Occasionally; 4 Often; 5 Very often