

Multimedia Appendix 1. A complete list of the Immediate Mood Scaler (IMS) items.

IMS Item		
q1	Depressed	Happy
q2	Distracted	Focused
q3	Worthless	Valuable
q4	Lonely	Engaged
q5	Sleepy	Alert
q6	Slow	Speedy
q7	Tired	Energetic
q8	Pessimistic	Optimistic
q9	Apathetic	Motivated
q10	Guilty	Proud
q11	Numb	Interested
q12	Withdrawn	Welcoming
q13	Frustrated	Peaceful
q14	Impulsive	Careful
q15	Moody	Stable
q16	Hopeless	Hopeful
q17	Irritable	Easy-going
q18	Tense	Relaxed
q19	Worried	Untroubled
q20	Fearful	Fearless
q21	Anxious	Peaceful
q22	Restless	Calm
