**Suppl. 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 |

**Supp. Appendix 2: Instructions for the scoring of the Symptom Questionnaire**

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| **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).
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| **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).
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**Suppl. Fig. 1.** Flow chart of included studies

Articles citing Kellner (1987)

(n=638)

Records manually retrieved

(n=86)

Records identified through database search

(n=524)

Citation excluded (n=204)

Reasons for exclusion: protocol description, position paper, language, meeting abstract, book or book chapter, pooled analysis of different studies, dissertation, practice guide, consensus panel recommendations, letter, commentary, obituary, editorial, historical article, no SQ (other scales), reviews or meta-analyses (n=71).

Duplicate entries removed

(n=585)

Studies for abstract and title evaluation

(n=663)

Full-text articles assessed for eligibility

(n=459)

Studies included in the systematic review

(n=284)

Citation excluded (n=175)

Reasons for exclusion: no data about the SQ (n=170), correction of a previous article (n=2), case report (n=3)

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