

A: Hopkins symptoms checklist (HSCL-10)

The ten-item Hopkins Check List (HSCL-10) was used to measure psychological distress. HSCL-10 demonstrate good sensitivity and specificity for detecting psychological symptomatology and mental distress compared with the widely used HSCL-25 [32]. The 10-items included in HSCL 10 were originally selected by a stepwise regression analysis of data on HSCL-25 collected for a study, regression done for each item on the total score [33]. It has been further documented that like HSCL-25, the 10-items checklist also tapped both anxiety and depression. Out of 10-items 4-items indicated anxiety and 6-items were related to the symptoms of depression. The correlation between original anxiety score and short version score was 0.91 and correlation between depression scores was 0.96 [34]. The Urdu version of this instrument was obtained from previous work conducted to translate the HSCL-25 in Pakistan. A full explanation of the methodology used in the translation is available elsewhere [35].

Participants were asked to response to the following items according to their experience during the previous week:

1. *Suddenly scared for no reason*
2. *Feeling fearful*
3. *Faintness, dizziness, or weakness*
4. *Feeling tense or keyed up*
5. *Blaming yourself for things*
6. *Difficulty in falling asleep or staying asleep*
7. *Feeling blue*
8. *Feeling of worthlessness*
9. *Feeling everything is an effort*
10. *Feeling hopeless about future*

Out of the 10- items described above, the first 4-items were related to anxiety and the remaining to depression. Each item was rated on a scale from 1 (not at all) to 4 (extremely). Only those participants who answered at least 5 of the 10 items were included in the analysis and data for unanswered items was imputed using the mean value of the items responded to by the participant. In this way out of total 1040 participants only 5 were not included in the present study.