

Supplementary

Appendix 1. Demographic Information Questionnaire

1. Age:
2. Gender:
3. Marital Status:
4. Type of profession: Nurse Medical Intern Medical Resident
5. Duration of service as a health care professional:
6. Are you provided with sufficient personal protective equipment at workplace?
7. Have you ever worked in the wards where patients with COVID-19 were hospitalized?
8. How long have you been working in the wards where patients with COVID-19 were hospitalized?
9. Have you or your relatives been infected with COVID-19?
10. If you or your relatives have ever been infected or been hospitalized because of COVID-19?
11. Have you ever had a close work experience with the COVID-19 patients?

Appendix 2. DASS-21

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all - NEVER
- 1 Applied to me to some degree, or some of the time - SOMETIMES
- 2 Applied to me to a considerable degree, or a good part of time - OFTEN
- 3 Applied to me very much, or most of the time - ALMOST ALWAYS

	N	S	O	AA	D	A	S
1. I found it hard to wind down	0	1	2	3			
2. I was aware of dryness of my mouth	0	1	2	3			
3. I couldn't seem to experience any positive feeling at all	0	1	2	3			
4. I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3			
5. I found it difficult to work up the initiative to do things	0	1	2	3			
6. I tended to over-react to situations	0	1	2	3			
7. I experienced trembling (eg, in the hands)	0	1	2	3			
8. I felt that I was using a lot of nervous energy	0	1	2	3			
9. I was worried about situations in which I might panic and make a fool of myself	0	1	2	3			
10. I felt that I had nothing to look forward to	0	1	2	3			
11. I found myself getting agitated	0	1	2	3			

12. I found it difficult to relax	0	1	2	3			
13. I felt down-hearted and blue	0	1	2	3			
14. I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3			
15. I felt I was close to panic	0	1	2	3			
16. I was unable to become enthusiastic about anything	0	1	2	3			
17. I felt I wasn't worth much as a person	0	1	2	3			
18. I felt that I was rather touchy	0	1	2	3			
19. I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3			
20. I felt scared without any good reason	0	1	2	3			
21. I felt that life was meaningless	0	1	2	3			

Appendix 3. DASS Severity Ratings

The DASS is a **quantitative** measure of distress along the 3 axes of depression, anxiety¹ and stress². It is not a categorical measure of clinical diagnoses.

Emotional syndromes like depression and anxiety are intrinsically dimensional - they vary along a continuum of severity (independent of the specific diagnosis). Hence the selection of a single cut-off score to represent clinical severity is necessarily arbitrary. A scale such as the DASS can lead to a useful assessment of **disturbance**, for example individuals who may fall short of a clinical cut-off for a specific diagnosis can be correctly recognized as experiencing considerable symptoms and as being at high risk of further problems.

However, for clinical purposes, it can be helpful to have 'labels' to characterize degree of severity relative to the population. Thus the following cut-off scores have been developed for defining mild/moderate/severe/ extremely severe scores for each DASS scale.

Note: the severity labels are used to describe the full range of scores in the population, so 'mild' for example means that the person is above the population mean but probably still way below the typical severity of someone seeking help (ie it does not mean a mild level of disorder).

The individual DASS scores do not define appropriate interventions. They should be used in conjunction with all clinical information available to you in determining appropriate treatment for any individual.

¹Symptoms of psychological arousal

²The more cognitive, subjective symptoms of anxiety

Appendix 4. DASS-21 Domain Score

DEPRESSION	ANXIETY	STRESS
SCORE	SCORE	SCORE

	Depression	Anxiety	Stress
Normal	0 - 4	0 - 3	0 - 7
Mild	5 - 6	4 - 5	8 - 9
Moderate	7 - 10	6 - 7	10 - 12
Severe	11 - 13	8 - 9	13 - 16
Extremely Severe	14 +	10 +	17 +

Appendix 5. MISS-HF

The following questions *may be difficult*, but they are common experiences of busy healthcare professionals. They concern your experiences on your job as a health professional and **how you are feeling now**. Try to answer every question. Circle a single number between 1 (strongly disagree) and 10 (strongly agree) to indicate how much you personally agree or disagree with each statement.

1. I feel betrayed by other health professionals whom I once trusted.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

2. I feel guilt over failing to save someone from being seriously injured or dying.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

3. I feel ashamed about what I've done or not done when providing care to my patients.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

4. I am troubled by having acted in ways that violated my own morals or values.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

5. Most people with whom I work as a health professional are trustworthy.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

6. I have a good sense of what makes my life meaningful as a health professional.

1	2	3	4	5	6	7	8	9	10
Strongly disagree	Mildly disagree		Neutral	Mildly agree		Strongly agree			

7. I have forgiven myself for what's happened to me or to others whom I have cared for.

1	2	3	4	5	6	7	8	9	10
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Strongly disagree Mildly disagree Neutral Mildly agree Strongly agree

8. All in all, I am inclined to feel that I'm a failure in my work as a health professional.

1 2 3 4 5 6 7 8 9 10

Strongly disagree Mildly disagree Neutral Mildly agree Strongly agree

9. I sometimes feel God is punishing me for what I've done or not done while caring for patients

1 2 3 4 5 6 7 8 9 10

Strongly disagree Mildly disagree Neutral Mildly agree Strongly agree

4. Compared to before I went through these experiences, my religious/spiritual faith has strengthened.

1 2 3 4 5 6 7 8 9 10

Strongly disagree Mildly disagree Neutral Mildly agree Strongly agree

5. Do the feelings you indicated above cause you significant distress or impair your ability to function in relationships, at work, or other areas of life important to you? In other words, if you indicated any problems above, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not at all Mild Moderate Very much Extremely