

## Appendix A- Intercorrelations between time online and psychological variables

\*\* Correlation is significant at the .001 level (two tailed)

\* Correlation is significant at the .005 level (two tailed)

|                                  | ZDS     | FNE     | EPQ<br>(Neuro) | EPQ<br>(Extro) | EPQ<br>(Psych) | EPQ<br>(Lie) | DASS<br>(Depr) | DASS<br>(Anx) | DASS<br>(Stress) | Time<br>Spent<br>Online |
|----------------------------------|---------|---------|----------------|----------------|----------------|--------------|----------------|---------------|------------------|-------------------------|
| <b>ZDS</b>                       |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | 1       | .565**  | .638**         | -.344**        | .090           | -.085        | .810**         | .685**        | .660**           | .093                    |
| Sig.<br>(2 – tailed)             | .       | .000    | .000           | .000           | .218           | .249         | .000           | .000          | .000             | .203                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>FNE</b>                       |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .565**  | 1       | .736**         | -.425**        | -.207**        | -.173        | .611**         | .559**        | .581**           | -.064                   |
| Sig.<br>(2 – tailed)             | .000    | .       | .000           | .000           | .004           | .018         | .000           | .000          | .000             | .383                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>EPQ<br/>(Neuro)</b>           |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .638**  | .736**  | 1              | -.337**        | -.011          | -.108        | .660**         | .618**        | .698**           | .091                    |
| Sig.<br>(2 – tailed)             | .000    | .000    | .              | .000           | .879           | .142         | .000           | .000          | .000             | .213                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>EPQ<br/>(Extro)</b>           |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | -.344** | -.425** | -.337**        | 1              | .089           | -.023        | -.381**        | -.228**       | -.189**          | .049                    |
| Sig.<br>(2 – tailed)             | .000    | .000    | .000           | .              | .226           | .755         | .000           | .002          | .009             | .505                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>EPQ<br/>(Psych)</b>           |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .090    | -.207** | -.011          | .089           | 1              | .015         | .003           | .024          | -.045            | .084                    |
| Sig.<br>(2 – tailed)             | .218    | .004    | .879           | .226           | .              | .834         | .967           | .743          | .543             | .252                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>EPQ (Lie)</b>                 |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | -.085   | -.173   | -.108          | -.023          | .015           | 1            | -.177*         | -.143*        | -.172*           | .000                    |
| Sig.<br>(2 – tailed)             | .249    | .018    | .142           | .755           | .834           | .            | .015           | .050          | .019             | .997                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>DASS<br/>(Depr)</b>           |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .810**  | .611**  | .660**         | -.381**        | .003           | -.177*       | 1              | .718**        | .678**           | .078                    |
| Sig.<br>(2 – tailed)             | .000    | .000    | .000           | .000           | .967           | .015         | .              | .000          | .000             | .285                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>DASS<br/>(Anx)</b>            |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .685**  | .559**  | .618**         | -.228**        | .024           | -.143*       | .718**         | 1             | .722**           | .125                    |
| Sig.<br>(2 – tailed)             | .000    | .000    | .000           | .002           | .743           | .050         | .000           | .             | .000             | .086                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>DASS<br/>(Stress)</b>         |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .660**  | .581**  | .698**         | -.189**        | -.045          | -.172*       | .678**         | .722**        | 1                | .026                    |
| Sig.<br>(2 – tailed)             | .000    | .000    | .000           | .009           | .543           | .019         | .000           | .000          | .                | .728                    |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |
| <b>Time<br/>Spent<br/>Online</b> |         |         |                |                |                |              |                |               |                  |                         |
| Pearson<br>Correlation           | .093    | -.064   | .091           | .049           | .084           | .000         | .078           | .125          | .026             | 1                       |
| Sig.<br>(2 – tailed)             | .203    | .383    | .213           | .505           | .252           | .997         | .285           | .086          | .728             | .                       |
| N                                | 188     | 188     | 188            | 188            | 188            | 188          | 188            | 188           | 188              | 188                     |

**Appendix B** – Subject information statement

**An Investigation into the Theory of Escapist Behaviour  
and the use of the Internet in the Treatment of  
Depression, Anxiety and Social Phobia**

**Subject Information Statement**

Dr. Steven Cumming, Dr. Ian Hughes & Mr. Andrew Campbell, of the Department of Behavioural & Community Health Sciences, The University of Sydney, Australia, are conducting this project. It is an investigation into the use of the Internet and its effects on persons who display depression, social phobia or anxiety symptoms.

In this study, you will be asked to complete a number of questionnaires that will gauge certain behavioural criteria such as personality type, depression and anxiety tendencies, fear of negative evaluation and the amount of time and type of Internet use you engage in daily. All of your answers will remain confidential and your identity anonymous as only your age and gender need be recorded.

Your participation is voluntary and you can withdraw at any time without prejudice or penalty. All data collected will only be used in the study with your consent and all information will be safeguarded in locked filing cabinets within the Department of Behavioural & Community Health Sciences.

If you wish to participate in the study please complete the questionnaires in order as they appear in this test package. If you have any questions or concerns about the study please contact me via the details listed at the bottom of this page, or feel free to contact the Executive officer of the Human Ethics Committee for the University of Sydney.

Thank you for your co-operation.

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Appendix C – Research outline for prospective research participants

**An Investigation into the Theory of Escapist Behaviour  
and the use of the Internet in the Treatment of  
Depression, Anxiety and Social Phobia**

Background of the current research being conducted by Andrew J. Campbell for  
the fulfillment of requirements for the award of Ph.D.

**Outline**

Present research suggests that excessive use of the Internet may contribute to depression, social phobia and anxiety symptoms with those who suffer from these conditions (Young, 1996, 1997; Kraut et al, 1998; Davis, 1999; Reirdan, 1999; Nie & Erbring, 1999). The current project aims to provide an alternate explanation as to why those sufferers may turn to specific applications of the Internet, such as Internet Relay Chat forums, Online Gambling and Virtual Reality.

This alternate explanation can be provided by the theory of *Escapist Behaviour*; where a person suffering from depression or anxiety symptoms uses the Internet as a form of escape from reality. This behaviour allows them to explore dimensions of their psyche through social chat forums that may be less intimidating than real life social situations.

For further discussion on the current research and its progress you can access details from the following web address:

<http://www2.fhs.usyd.edu.au/bach/res/psyberspace/>

The project is expected to run over 3 years. I am very enthusiastic about what we may achieve and hope that the information I have provided here will encourage you to participate in our research.

Regards,

**Andrew J. Campbell**  
(Primary Investigator)

## **Appendix D – Subject consent form**

**NOTE: Subject consent for the online tests was given through subjects pressing the submit button for their test responses.**

### **An Investigation into the Theory of Escapist Behaviour and the use of the Internet in the Treatment of Depression, Anxiety and Social Phobia**

#### **Subject Consent Form**

I am aware that participation in this study is voluntary and that I may withdraw at any time without prejudice or penalty. Furthermore, I am aware that any information I may provide about myself in this study will be anonymous and remain confidential.

I consent that the details I provide may be used for the research purposes of this study:

**YES / NO**

#### **Personal Details**

**Age:**

**Gender:**

**Country in which you presently reside:**

Please complete each of the questionnaires provided. If clarification of any questionnaire or its purpose is needed, please contact one of the project members listed on the research web site –

<http://www2.fhs.usyd.edu.au/bach/res/psyberspace.htm>

or call or E-mail:

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Appendix E – Internet Use Questionnaire (Part 1 & Part 2)

**Internet Use Questionnaire (Part 1)**

|   |               |   |   |  |                        |                     |   |
|---|---------------|---|---|--|------------------------|---------------------|---|
| <b>Please indicate with an ‘x’ which of the following Internet applications you use or have used.</b>           | <b>E-mail</b> | <b>Online Chat</b><br>(This Includes Virtual Reality and Chat places that use Avatars*) | <b>Online Browsing</b><br>(This can be either Specific of General Browsing) | <b>E-trade</b><br>(This includes online stock or bond trading) | <b>Online Gambling</b> | <b>Online Games</b> | <b>Other*</b><br>(Please write your other Internet use in the space provided at the bottom of this table) |
|   |               |   |   |  |                        |                     |   |
| <b>Place an ‘x’ under the Internet function you use <i>Most</i> frequently.</b><br>(Choose only ONE function)   | <b>E-mail</b> | <b>Online Chat</b>  | <b>Online Browsing</b>  | <b>E-trade</b>   | <b>Online Gambling</b> | <b>Online Games</b> | <b>Other</b>  |
|   |               |   |   |  |                        |                     |   |
| <b>Place an ‘x’ under the Internet function you use <i>Second</i> most often.</b><br>(Choose only ONE function) | <b>E-mail</b> | <b>Online Chat</b>  | <b>Online Browsing</b>  | <b>E-trade</b>   | <b>Online Gambling</b> | <b>Online Games</b> | <b>Other</b>  |
|   |               |   |   |  |                        |                     |   |
| <b>Place an ‘x’ under the Internet function you use <i>Third</i> most often.</b><br>(Choose only ONE function)  | <b>E-mail</b> | <b>Online Chat</b>  | <b>Online Browsing</b>  | <b>E-trade</b>   | <b>Online Gambling</b> | <b>Online Games</b> | <b>Other</b>  |
|   |               |   |   |  |                        |                     |   |

\*Avatars are thumbnail sized pictures of you or other characters & objects, which you may use to represent as an image of yourself and/or personality traits while involved in online chat, usually in a Virtual environment.

If selected, please list your ‘Other’ category of Internet use \_\_\_\_\_

**Internet Use Questionnaire (Part 2)**

| Answer each question by placing an 'x' in the appropriate box that corresponds with your answer.   | Less than 1 hour | Between 1 & 2 Hours | Between 2 -4 Hours | Between 6 & 8 Hours | More than 8 Hours |
|--|------------------|---------------------|--------------------|---------------------|-------------------|
| <b>How long do you use the Internet for in an average day?</b>   |                  |                     |                    |                     |                   |
| <b>In your opinion, how much time per day should you spend using the Internet?</b>   |                  |                     |                    |                     |                   |
| Answer each question by placing an 'x' in the appropriate box that corresponds with your answer.   | 10-20%           | 20-30%              | 30-40%             | 40-50%              | Greater than 50%  |
| <b>How much of your time online is spent using E-mail?</b>   |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent using Chat functions, including Virtual Reality environments and Avatar* chat environments?</b> |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent browsing?</b>   |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent playing online games?</b>   |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent using E-trade?</b>  |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent gambling?</b>   |                  |                     |                    |                     |                   |
| <b>How much of your time online is spent using applications or services other than those listed here?</b>                                |                  |                     |                    |                     |                   |

## Appendix F – Internet Effects Questionnaire

### **Internet Effects Questionnaire**

| Place an 'x' in the box that corresponds with your response.   | Yes | No | Undecided /<br>No<br>Comment |
|--|-----|----|------------------------------|
| 1. Do you believe that the Internet is just a more modern means of communication, not unlike using the telephone, or writing a letter using paper & pen? |     |    |                              |
| 2. In an ordinary day, would you send and receive more E-mail's than you would phone calls?  |     |    |                              |
| 3. Do you find that the Internet has helped to benefit your work environment?  |     |    |                              |
| 4. Do you believe that the Internet has helped to improve your personal life?  |     |    |                              |
| 5. Have you ever formed a relationship online, be it Platonic or Romantic in nature?   |     |    |                              |
| 6. Do you find that talking or writing to strangers online has helped you cope with everyday stresses?   |     |    |                              |
| 7. Have you ever found that talking or writing to people online helps you cope with your personal problems?  |     |    |                              |
| 8. Do you think that the Internet can be addictive?  |     |    |                              |
| 9. Do you think that people, who use the Internet too often, have poor social skills?  |     |    |                              |
| 10. Do you believe that the Internet could be used to help increase someone's self-esteem?   |     |    |                              |
| 11. Do you think that people who use the Internet too often are lonely?  |     |    |                              |
| 12. When you use the Internet for a long period of time, do you start to forget about problems that you may have?  |     |    |                              |
| 13. Has using the Internet helped you to be more confident in everyday social settings?  |     |    |                              |
| 14. Do you feel less anxious talking to people online than you do when talking to people face-to-face?   |     |    |                              |
| 15. Do you look forward to going online each day?  |     |    |                              |
| 16. Has using the Internet caused social problems between you and your family or friends?  |     |    |                              |
| 17. Do you believe the Internet has helped to break down cultural barriers and stereotypes between people of different countries?                        |     |    |                              |
| 18. Overall, do you think the Internet is a positive addition in your life?  |     |    |                              |

**Appendix G – Zung Depression Scale**

**Zung Self Reporting Depression Scale (Zung, Richards & Short, 1965).**

| Place an 'x' in the box that is your most relevant answer for each question asked. | A little of the time | Some of the time | Good part of the time | Most of the time |
|--|----------------------|------------------|-----------------------|------------------|
| 1. I feel down-hearted and blue  |                      |                  |                       |                  |
| 2. Morning is when I feel the best   |                      |                  |                       |                  |
| 3. I have crying spells or feel like it  |                      |                  |                       |                  |
| 4. I have trouble sleeping at night  |                      |                  |                       |                  |
| 5. I eat as much as I used to  |                      |                  |                       |                  |
| 6. I still enjoy sex   |                      |                  |                       |                  |
| 7. I notice that I am losing weight  |                      |                  |                       |                  |
| 8. I have trouble with constipation  |                      |                  |                       |                  |
| 9. My heart beats faster than usual  |                      |                  |                       |                  |
| 10. I get tired for no reason  |                      |                  |                       |                  |
| 11. My mind is as clear as it used to be   |                      |                  |                       |                  |
| 12. I find it easy to do thing I used to   |                      |                  |                       |                  |
| 13. I am restless and can't keep still   |                      |                  |                       |                  |
| 14. I feel hopeful about the future  |                      |                  |                       |                  |
| 15. I am more irritable than usual   |                      |                  |                       |                  |
| 16. I find it easy to make decisions   |                      |                  |                       |                  |
| 17. I feel that I am useful and needed   |                      |                  |                       |                  |
| 18. My life is pretty full   |                      |                  |                       |                  |
| 19. I feel that others would be better off if I were dead                          |                      |                  |                       |                  |
| 20. I still enjoy the things I used to do  |                      |                  |                       |                  |

**Appendix H – Fear of Negative Evaluation Scale**

**Fear of Negative Evaluation Scale (Watson & Friend, 1969).**

| Please circle 'T' for True or 'F' for False for your response to each question.                | True | False |
|--|------|-------|
| 1. I rarely worry about seeming foolish to others.   | T    | F     |
| 2. I worry about what people will think of me even when I know it doesn't make any difference. | T    | F     |
| 3. I become tense and jittery if I know someone is sizing me up.                               | T    | F     |
| 4. I am unconcerned even if I know people are forming an unfavourable impression of me.        | T    | F     |
| 5. I feel very upset when I commit some social error.  | T    | F     |
| 6. The opinions that important people of me cause me little concern.                           | T    | F     |
| 7. I am often afraid that I may look ridiculous or make a fool of myself.                      | T    | F     |
| 8. I react very little when other people disapprove of me.                                     | T    | F     |
| 9. I am frequently afraid of other people noticing my shortcomings.                            | T    | F     |
| 10. The disapproval of others would have little effect on me.                                  | T    | F     |
| 11. If someone is evaluating me I tend to expect the worst.                                    | T    | F     |
| 12. I rarely worry about what kind of impression I am making on someone.                       | T    | F     |
| 13. I am afraid that others will not approve of me.  | T    | F     |
| 14. I am afraid that people will find fault with me.   | T    | F     |
| 15. Other people's opinions of me do not bother me.  | T    | F     |
| 16. I am not necessarily upset if I do not please someone.                                     | T    | F     |
| 17. When I am talking to someone, I worry about what they may be thinking about me.            | T    | F     |
| 18. I feel that you can't help making social errors sometimes, so why worry about it.          | T    | F     |
| 19. I am usually worried about what kind of impression I make.                                 | T    | F     |
| 20. I worry a lot about what my superiors think of me.   | T    | F     |
| 21. If I know someone is judging me, it has little effect on me.                               | T    | F     |
| 22. I worry that others will think I am not worthwhile.  | T    | F     |
| 23. I worry very little about what others may think of me.                                     | T    | F     |
| 24. Sometimes I think I am too concerned with what other people think of me.                   | T    | F     |
| 25. I often worry that I will say or do the wrong things.                                      | T    | F     |
| 26. I am often indifferent to the opinions others have of me.                                  | T    | F     |
| 27. I am usually confident that others will have a favourable impression of me.                | T    | F     |
| 28. I often worry that people who are important to me won't think very much of me.             | T    | F     |
| 29. I brood about the opinions my friends have about me.                                       | T    | F     |
| 30. I become tense and jittery if I know I am being judged by my superiors.                    | T    | F     |

## Appendix I – Eysenck Personality Questionnaire

### Eysenck Personality Questionnaire – Revised Short Scale (EPQ-R) (Eysenck & Eysenck, 1975).

| Please answer each question by circling either YES or NO for your response.                                  |     |    |
|--|-----|----|
| 1. Does your mood often go up and down?  | YES | NO |
| 2. Do you take much notice of what people think?   | YES | NO |
| 3. Are you a talkative person?   | YES | NO |
| 4. If you say you will do something, do you always keep your promise no matter how inconvenient it might be? | YES | NO |
| 5. Do you even feel 'just miserable' for no reason?  | YES | NO |
| 6. Would being in debt worry you?  | YES | NO |
| 7. Are you rather lively?  | YES | NO |
| 8. Were you ever greedy by helping yourself to more than your fair share of anything?                        | YES | NO |
| 9. Are you an irritable person?  | YES | NO |
| 10. Would you take drugs that may have strange or dangerous effects?   | YES | NO |
| 11. Do you enjoy meeting new people?   | YES | NO |
| 12. Have you ever blamed someone for doing something your knew was really your fault?                        | YES | NO |
| 13. Are your feelings easily hurt?   | YES | NO |
| 14. Do you prefer to go your own way rather than act by the rules?   | YES | NO |
| 15. Can you usually let yourself go and enjoy yourself at a lively party?                                    | YES | NO |
| 16. Are <i>all</i> your habits good and desirable ones?  | YES | NO |
| 17. Do you often feel 'fed-up'?  | YES | NO |
| 18. Do good matters and cleanliness matter much to you?  | YES | NO |
| 19. Do you usually take the initiative in making new friends?  | YES | NO |
| 20. Have you ever taken anything (even a pin or a button) that belonged to someone else?                     | YES | NO |
| 21. Would you call yourself a nervous person?  | YES | NO |
| 22. Do you think marriage is old-fashioned and should be done away with?                                     | YES | NO |
| 23. Can you easily get some life into a rather dull party?   | YES | NO |
| 24. Have you ever broken or lost something belonging to someone else?  | YES | NO |
| 25. Are you a worrier?   | YES | NO |
| 26. Do you enjoy cooperating with others?  | YES | NO |
| 27. Do you tend to keep in the background on social occasions?   | YES | NO |
| 28. Does it worry you if you know there are mistakes in your work?   | YES | NO |
| 29. Have you ever said anything bad or nasty about anyone?   | YES | NO |
| 30. Would you call yourself tense or 'highly-strung'?  | YES | NO |
| 31. Do you think people spend too much time safeguarding their future with savings and insurance?            | YES | NO |
| 32. Do you like mixing with people?  | YES | NO |
| 33. As a child were you ever cheeky to your parents?   | YES | NO |
| 34. Do you worry too long after an embarrassing experience?  | YES | NO |
| 35. Do you try not to be rude to people?   | YES | NO |
| 36. Do you like plenty of bustle and excitement around you?  | YES | NO |
| 37. Have you ever cheated at a game?   | YES | NO |
| 38. Do you suffer from 'nerves'?   | YES | NO |
| 39. Would you like other people to be afraid of you?   | YES | NO |
| 40. Have you ever taken advantage of someone?  | YES | NO |
| 41. Are you mostly quiet when you are with other people?   | YES | NO |
| 42. Do you often feel lonely?  | YES | NO |
| 43. Is it often better to follow society's rules than go your own way?                                       | YES | NO |
| 44. Do other people think of you as being very lively?   | YES | NO |
| 45. Do you always practice what you preach?  | YES | NO |
| 46. Are you often troubled about feelings of guilt?  | YES | NO |
| 47. Do you sometimes put off until tomorrow what you ought to do today?                                      | YES | NO |
| 48. Can you get a party going?   | YES | NO |

**Appendix J – Depression, Anxiety and Stress Scales**

**Depression, Anxiety and Stress Scales (Lovibond & Lovibond, 1995).**

|  |          |          |          |          |
|--|----------|----------|----------|----------|
| <p>Please read each statement and select a number 0, 1, 2 or 3 which indicates how much the statement applied to you <i>over the past week</i>. There are no right or wrong answers. Do not spend too much time on any statement.</p> <p>The rating scale is as follows:</p> <p><b>0 = Did not apply to me at all</b><br/> <b>1 = Applied to me to some degree, or some of the time</b><br/> <b>2 = Applied to me a considerable degree, or a good part of the time</b><br/> <b>3 = Applied to me very much, or most of the time</b></p> |          |          |          |          |
|  | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> |
| 1. I found it very hard to wind down   |          |          |          |          |
| 2. I was aware of dryness of my mouth  |          |          |          |          |
| 3. I couldn't seem to experience any positive feeling at all   |          |          |          |          |
| 4. I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)   |          |          |          |          |
| 5. I found it difficult to work up the initiative to do things   |          |          |          |          |
| 6. I tended to over-react to situations  |          |          |          |          |
| 7. I experienced trembling (e.g. in the hands)   |          |          |          |          |
| 8. I felt that I was using a lot of nervous energy   |          |          |          |          |
| 9. I was worried about situations in which I might panic and make a fool of myself   |          |          |          |          |
| 10. I felt I had nothing to look forward to  |          |          |          |          |
| 11. I found myself getting agitated  |          |          |          |          |
| 12. I found it difficult to relax  |          |          |          |          |
| 13. I felt down-hearted and blue   |          |          |          |          |
| 14. I was intolerant of anything that kept me from getting on with what I was doing  |          |          |          |          |
| 15. I felt I was close to panic  |          |          |          |          |
| 16. I was unable to become enthusiastic about anything   |          |          |          |          |
| 17. I felt I wasn't worth much as a person   |          |          |          |          |
| 18. I felt that I was rather touchy  |          |          |          |          |
| 19. I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)  |          |          |          |          |
| 20. I felt scared without any good reason  |          |          |          |          |
| 21. I felt that life was meaningless   |          |          |          |          |