

APPENDIX

Scale DASS-21

Depression (Osman et al., 2012):

- I cannot seem to experience any positive feelings at all
- I find it difficult to take the initiative to do something
- I feel there's nothing I can hope for
- I feel sad
- I can't be enthusiastic about anything
- I feel that I am not very valuable as a human
- I feel that life is meaningless

Anxiety (Osman et al., 2012):

- I know my mouth is dry
- I have difficulty breathing (e.g. breathing very fast, gasping for air without exerting any physical exertion)
- I have shaking (e.g. in my hands)
- I am worried about situations where I might panic and embarrass myself
- I feel panic
- I noticed that my heart was beating fast despite the absence of physical activity
- I feel scared for no apparent reason

Stress (Osman et al., 2012):

- I find it hard to rest
- I tend to overreact to situations
- I feel that I used up a lot of energy out of nervousness
- I feel restless
- I find it difficult to relax
- I'm intolerant of anything that keeps me from continuing what I'm doing
- I feel a bit sensitive

Spiritual well-being scale

Religious well-being (Ellison and Paloutzian, 1982)

- I find much satisfaction in private prayer with God
- I believe that God loves me and cares about me
- I believe that God is impersonal and not interested in my daily situations
- I have a personally meaningful relationship with God
- I get much personal strength and support from my God
- I believe that God is concerned about my problems
- I have a personally satisfying relationship with God
- My relationship with God helps me not to feel lonely
- I feel most fulfilled when I'm in close communion with God
- My relation with God contributes to my sense of well-being

Existential well-being (Ellison and Paloutzian, 1982)

- I know who I am, where I came from, or where I'm going

- I feel that life is a positive experience
- I feel unsettled about my future
- I feel very fulfilled and satisfied with life
- I feel a sense of well-being about the direction my life is headed in
- I enjoy much about life
- I feel good about my future
- I feel that life is full of conflict and unhappiness
- Life have much meaning
- I believe there is some real purpose for my life