Supplementary File 1. The sub-health questionnaire

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| **Questions** | **Scores** | | | | | |
| **0** | **1** | **2** | **3** | **4** | **5** |
| 1. I often feel unmotivated and have no interest in anything. |  |  |  |  |  |  |
| 2. I often have a feeling of panic, as if a disaster is about to happen. |  |  |  |  |  |  |
| 3. I often feel back pain and my muscle aches more. |  |  |  |  |  |  |
| 4. I am depressed and have been living a very dark life. |  |  |  |  |  |  |
| 5. My heart beats hard and my breathing is not smooth. |  |  |  |  |  |  |
| 6. I feel tired and exhausted after working or studying for one hour. |  |  |  |  |  |  |
| 7. I do not want to face classmates or workmates, and have the desire to escape. |  |  |  |  |  |  |
| 8. I cannot feel fun or achievement with work and study, which has become a complete burden. |  |  |  |  |  |  |
| 9. I have a poor quality of sleep and feel drowsy in the morning after waking up. |  |  |  |  |  |  |
| 10. My efficiency at work and study decreases, and people around me have expressed their dissatisfaction upon me. |  |  |  |  |  |  |
| 11. My appetite is decreasing, and even if the meal looks great, I still do not want to eat it. |  |  |  |  |  |  |
| 12. I often feel tired and am long for a rest, but it is difficult to recover even through rest. |  |  |  |  |  |  |
| 13. I have lost weight significantly and often wake up in the morning with deep sunken eyes. |  |  |  |  |  |  |
| 14. I feel difficulty in familiar tasks and don't know what's wrong. |  |  |  |  |  |  |
| 15. I am no longer enthusiastic about friends' gatherings, and I have not seen many of my close friends for a long time. |  |  |  |  |  |  |
| 16. When I wake up in the morning, my hair keeps losing, and it has been happening a lot recently. |  |  |  |  |  |  |
| 17. I am easy to feel angry, with a face of indignation. |  |  |  |  |  |  |
| 18. My hands and feet are always cold. |  |  |  |  |  |  |
| 19. I can't remember what I thought of yesterday. |  |  |  |  |  |  |
| 20. I often doubt my ability and dare not try new things, but I feel jealous when other people succeed. |  |  |  |  |  |  |
| 21. I think that the society is developing too fast, making me overwhelmed and behind the times. |  |  |  |  |  |  |
| 22. I feel lonely and full of worries, but can't find anyone to talk to. |  |  |  |  |  |  |
| 23. I feel sorry for myself and want to be protected by others. |  |  |  |  |  |  |
| 24. I am upset when there are too many things to do, and I don’t think I can handle them. |  |  |  |  |  |  |
| 25. I have no passion for life, and rarely meet things that make me happy. |  |  |  |  |  |  |
| 26. I could easily catch a cold, and always get a flu. |  |  |  |  |  |  |
| 27. I am very sensitive to the pollution and noise in the city, and long for peace and quiet. |  |  |  |  |  |  |
| 28. I think that things have become very bad, and cannot see signs of improvement. |  |  |  |  |  |  |
| 29. My family and spouse (or boyfriend and girlfriend) are not satisfied with me. |  |  |  |  |  |  |
| 30. How is your demand for coffee (including caffeinated drinks), tea (including tea drinks) and energy drinks (like Red Bull, Rogaine, etc.)?s |  |  |  |  |  |  |
| 31. Please report the potential adverse effects in the study. |  | | | | | |