List of questionnaires

1. Demographic survey
2. a. Depression Anxiety and Stress Scales – Youth version (DASS-Y)

b. Depression Anxiety and Stress Scales – 21 (DASS-21)

1. a. State-Trait Anxiety Inventory (STAI)

b. State-Trait Anxiety Inventory – Y – Present (STAI-Y)

1. Intolerance of Uncertainty Scale - Short Form (IU)
2. Behavioral Inhibition/Activation System (BIS/BAS)
3. Adaptive Function of Music Listening Scale (AFML)
4. Emotion Regulation Questionnaire (ERQ)
5. Difficulties in Emotion Regulation Scale – Short Form (DERS-SF)
6. a. Screen for Child Anxiety Related Disorders – Children (SCARED)

b. Screen for Adult Anxiety Related disorders (SCAARED)

1. Pittsburgh Sleep Quality Index (PSQI)
2. Positive and Negative Affect Schedule – Short Form (PANAS-SF)
3. Perseverative Thinking Questionnaire (PTQ)
4. Perceived Stress Scale (PSS)
5. Sense of control (SC)
6. General Self-efficacy Scale (GSE)
7. a. Pubertal developmental scale – boys (SSPDB)

b. Pubertal developmental scale – girls (SSPDG)