抑郁自编题目Jiayi Gu 2020

"During the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing your usual activities?”

Responses were listed as (1) yes and (2) no. Participants answering affirmatively to this question were considered to have depressive symptoms

这个是单题项量表。

参考文献：

Arat, G., & Wong, P. W. C. (2017). The relationship between physical activity and mental health among adolescents in six middle-income countries: A cross-sectional study. *Child & Youth Services*, *38*(3), 180-195. https://doi.org/10.1080/0145935X.2017.1297202