

Stress

- wind down: hard to wind down
- over-react: tend to over-react
- felt nervous: felt nervous
- agitated: found myself agitated
- diff_relax: diffcult to relax
- o intolerant: intolerant of anything
- touchy: touchy

Anxiety

- dry_mouth: dryness of mouth
- br_diff: experienced_difficulty_breating
- trembling: experienced trembling
- worried: worried about situations
- panic: felt close to_panic
- heartaware: heartaware
- scared: felt scared

Depression

- o ce positive f: no positive feeling
- o diff_initiative: difficult to work up initiative
- no_look_forw^: nothing to look forward
- o felt_blue: downhearted and blue
- o no_enthusiasm: no_enthusiasm
- unworthy: felt worthless
- o meaningless: life is meaningless

personality

- Ext^: Extraversion
- Agr^: Agreeableness
- Cons^: Conscientiousness
- Emo^: Emotional Stability
- Opn^: Openness to new Experiences