



Depression Items

- Q88: Little interest or pleasure in doing things
- Q89: Feeling down, depressed, or hopeless
- Q90: Trouble falling or staying asleep, or sleeping too much
- Q91: Feeling tired or having little energy
- Q92: Poor appetite or overeating
- Q93: Feeling bad about yourself
- Q94: Trouble concentrating on things
- Q95: Moving or speaking so slowly that other people could have noticed – Or the opposite
- Q96: Thoughts that you would be better off dead, or of hurting yourself in some way

Mismatch Factors

- sleep: Sleep
- exercise: Lack of movement
- diet: Processed food
- unhealthy: Unhealthy habits
- health: Medicine (mis)use
- medication: Health
- nature: Lack of green environment and being outside
- joy: Lack of joy
- worrying: Worrying
- childhood: Aberrant childhood
- freedom: Lack of freedom/autonomy
- time: Lack of time
- social: Social bonding
- materialism: Materialism
- perfectionism: Perfectionism
- individualism: Individualism
- socialmedia: Social media use