

No.	Abbreviations	Full Name
1	2MST	2-Minute Step Test
2	6MWT	6-Minute Walk Test
3	ABC	Activities-specific Balance Confidence
4	ABI	Ankle Brachial Index
5	ACE-I	Angiotensin-Converting Enzyme Inhibitor
6	ACS	Acute Coronary Syndrome
7	ADHD	Attention-Deficit Hyperactivity Disorder
8	ADL	Activities of Daily Living
9	ADRS	Aphasic Depression Rating Scale
10	ADS-K	Allgemeine Depressions-Skala
11	AIS	Athens Insomnia Scale
12	ALFF	Amplitude of Low-Frequency Fluctuation
13	ANOVA	Analysis of Variance
14	ARB	Angiotensin Receptor Blockers
15	ART	Antiretroviral Therapy
16	ASA	Acetylsalicylic Acid
17	ASCVD	Atherosclerotic Cardiovascular Disease
18	ASMI	Appendicular Skeletal Muscle Mass Index
19	AUC	Area Under the Curve
20	AUDIT	Alcohol Use Disorders Identification Test
21	BADL	Basic Activities of Daily Living
22	BADS	Behavioral Activation for Depression Scale
23	BAI	Beck Anxiety Inventory
24	BBQ	Brunnsviken Brief Quality of Life
25	BBS	Berg Balance Scale
26	BDI	Beck Depression Inventory
27	BDI-FS	Beck Depression Inventory–Fast Screen
28	BDNF	Brain-Derived Neurotrophic Factor
29	BFI	Brief Fatigue Inventory
30	BHS	Beck Hopelessness Scale
31	BLD	Blood Lactic Acid
32	BMD	Bone Mineral Density
33	BMI	Body Mass Index
34	bpm	Beats per minute
35	BPRS	Brief Psychiatric Rating Scale
36	BRPE	Borg Rating of Perceived Exertion
37	BSQ	Body Shape Questionnaire
38	BSSI	Beck Scale for Suicidal Ideation
39	CABG	Coronary Artery Bypass Graft Surgery
40	CAD	Coronary Artery Disease
41	CAS	Corona Anxiety Scale
42	CAT	Continuous Aerobic Exercise Training
43	C-BDI	Chinese version of the Beck Depression Inventory
44	CBT	Cognitive Behavioural Therapy
45	CCMD-3	Chinese Classification of Mental Disorders, Revision 3
46	CDI	Child Depression Inventory
47	CD-RISC	Connor-Davidson Resilience Scale
48	CDRS-R	Children's Depression Rating Scale - Revised
49	CDS	Depression Scale in Children
50	CDT	Clock Drawing Test
51	CERAD-K	Consortium to Establish a Registry for the Alzheimer's Disease-Korean version
52	CES-D	Center for Epidemiologic Studies Depression Scale
53	CET	Compulsive Exercise Test
54	CGAS	Children's Global Assessment Scale
55	CGI	Clinical Global Impression Scale

56	CGI-S	Clinical Global Impressions-Severity Illness Scale
57	ChFS	Chalder Fatigue Scale
58	CIRS	Cumulative Illness Rating Scale
59	CMAS-R	Manifest Anxiety Scale in Children-Revised
60	COPD	Chronic Obstructive Pulmonary Disease
61	COPDSS	Chronic Obstructive Pulmonary Disease Severity Score
62	COPM	Canadian Occupational Performance Measure
63	CORE-OM	Clinical Outcomes in Routine Evaluation Outcome Measure
64	Covid-19	Coronavirus Disease 2019
65	COWAT	Controlled Oral Word Association Test
66	CPET	Cardiopulmonary Exercise Testing
67	CPFQ	Cognitive and Physical Functioning Questionnaire
68	CPT	Continuous Performance Test
69	CR	Cardiac Rehabilitation
70	CRP	C-Reactive Protein
71	CSDD	Cornell Scale for Depression in Dementia
72	C-SSRS	Columbia-Suicide Severity Rating Scale
73	CVD	Cardiovascular Disease
74	DASS	Depression Anxiety Scale
75	DASS-A	Depression Anxiety Stress Scale-Anxiety
76	DBAS	Dysfunctional Beliefs and Attitudes about Sleep Scale
77	DBP	Diastolic Blood Pressure
78	DIKJ	Depression Inventory for Children and Adolescents
79	DQoL	Dementia Quality of Life Instrument
80	DSM	Diagnostic and Statistical Manual of Mental Disorders
81	DSSS	Depression Somatic Symptom Scale
82	DST-B	Digit Span Test-Backward
83	DST-F	Digit Span Test-Forward
84	EBBS	Exercise Benefits and Barriers Scale
85	ECG	Electrocardiogram
86	ECT	Electroconvulsive Therapy
87	EDSS	Expanded Disability Status Scale
88	EEG	Electroencephalographic
89	EORTC-FS	European Organization for Research and Treatment of Cancer-Functional Scale
90	EORTC-GS	European Organization for Research and Treatment of Cancer-Global Health Scale
91	EORTC-QLQ-C30	European Organisation for Research and Treatment of Cancer-Quality of Life Core Questionnaire
92	EORTC-QLQ-FA12	European Organization for Research and Treatment of Cancer-Quality of Life Questionnaire-Fatigue
93	EORTC-SS	European Organization for Research and Treatment of Cancer-Symptom Scale
94	EPDS	Edinburgh Postnatal Depression Scale
95	EPQ	Eysenck Personality Questionnaire
96	EQ VAS	European Quality of Life Visual Analogue Scale
97	EQ5D	European Quality of Life-5 Dimensions
98	ERN	Error-Related Negativity
99	ERP	Event-Related Brain Potential
100	ESRD	End-Stage Renal Disease
101	ESS	Epworth Sleepiness Scale
102	FAC	Functional Ambulation Category
103	FACT-C	Functional Assessment of Cancer Therapy-Colorectal Scale
104	FACT-G	Functional Assessment of Cancer Therapy-General Score
105	FAI	Frenchay Activities Index
106	FES-I	Short Fall Efficacy Scale-International
107	FEV1	Forced Expiratory Volume in the First Second
108	FEW-16	Fragebogen zur Erfassung körperlichen Wohlbefindens
109	FFA	Free Fatty Acid
110	FFMQ	Five Facet Mindfulness Questionnaire
111	FIF	Fatigue Identification Form

112	FIM	Functional Independence Measure
113	FIQ	Fibromyalgia Impact Questionnaire
114	FIRST	Ford Insomnia Response to Stress Test
115	FSS	Fatigue Severity Scale
116	FVC	Forced Vital Capacity
117	GABA	Gamma Aminobutyric Acid
118	GAD	General Anxiety Disorder
119	GADS	Generalised Anxiety Disorder Scale
120	GAF	Global Assessment of Functioning
121	GDS	Geriatric Depression Scale
122	GDS-K	Geriatric Depression Scale-Korea
123	GDS-SF	Geriatric Depression Scale-Short Form
124	GDS-VE	Yesavage Scale for Geriatric Depression in Spanish version
125	GED	General Education Diploma
126	GHQ	General Health Questionnaire
127	GHS	Geriatric Handicap Scale
128	GLEQ	Godin Leisure-Time Exercise Questionnaire
129	GPAQ	Global Physical Activity Questionnaire
130	GSE/GSES	General Self-Efficacy Scale
131	GSI/SCL-90	Global Score Index of Symptom Checklist-90
132	GSRS	Group Session Rating Scale
133	HAART	Highly Active Anti-Retroviral Therapy
134	HAD-A	Hospital Anxiety and Depression Scale-Anxiety
135	HAD-C	Chinese version of the Hospital Anxiety and Depression Scale
136	HAD-D	Hospital Anxiety and Depression Scale-Depression
137	HADS	The Hospital Anxiety & Depression Scale
138	HAMA	Hamilton Anxiety Scale
139	HbA1c	Glycated Hemoglobin
140	HDL-C	High-Density Lipoprotein Cholesterol
141	HDRS/HRSD/HAMD	Hamilton Depression Rating Scale
142	HFpEF	Heart Failure with Preserved Ejection Fraction
143	HFrfEF	Heart Failure with Reduced Ejection Fraction
144	HIIT	High-Intensity Interval Training
145	HILV	High-Intensity Low Volume
146	HIV	Human Immunodeficiency Virus
147	HOMA-IR	Homeostatic Model of Assessment of Insulin Resistance
148	HR	Heart Rate
149	HRQL/HR-QoL	Health-Related Quality of Life
150	HRR	Heart Rate Reserve
151	HRV	Heart Rate Variability
152	hs-CRP	High-Sensitivity C-Reactive Protein
153	HWS	Holistic Well-being Scale
154	IADL	Instrumental Activities of Daily Living
155	ICD	International Classification of Diseases
156	IDAS	Inventory of Depression and Anxiety Symptoms
157	IDS-C	Clinician rated Inventory of Depressive Symptomatology
158	IDS-C30	Inventory of Depressive Symptomatology-Clinician Rated, 30-item
159	IDS-CR	Inventory of Depressive Symptomatology-Clinician Rated
160	IDS-SR30	Inventory for Depressive Symptomatology-Self-Report, 30-item
161	IGF-1	Insulin Growth Factor 1
162	IL-4/6	Interleukin-4/6
163	IMD	Index of Multiple Deprivation
164	IPAQ	International Physical Activity Questionnaire
165	IPAQ-SF	International Physical Activity Questionnaire-Short Form
166	IQR	Interquartile Range
167	ISI	Insomnia Severity Index

168	ISSB	Inventory of Socially Supportive Behaviors
169	K6	Kessler 6 Scale
170	KCCQ	Kansas City Cardiomyopathy Questionnaire
171	K-CWST-60	Korean-Color Word Stroop Test-60 Seconds
172	K-DSQ	Korean Dementia Screening Questionnaire
173	K-SADS-PL	The Schedule for Affective Disorders and Schizophrenia for School-Age Children-Present and Lifetime Version
174	LCAT	Stanford Leisure Time Activity Categorical Item
175	LDL	Low-Density Lipoprotein
176	LDL-C	Low-Density Lipoprotein Cholesterol
177	LFD	Low-Fat Diet
178	LLFDI	Late Life Function and Disability Instrument
179	LPP	Late Positive Potential
180	LTPA	Leisure-Time Physical Activity
181	LVEF	Left Ventricular Ejection Fraction
182	LY	Laughter Yoga
183	MADRS	Montgomery Asberg Depression Rating Scale
184	MCID	Minimal Clinically Important Difference
185	MCT	Moderate Continuous Aerobic Training
186	MDD	Major Depressive Disorder
187	MDE	Major Depressive Episode
188	MDS-UPDRS III	Movement Disorders Society United Parkinson's Disease Rating Scale, Part III
189	MEI	Motivation and Energy Inventory
190	MEQ	Morningness-Eveningness Questionnaire
191	MET	Metabolic Equivalent of Task
192	MetS	Metabolic Syndrome
193	METs	Metabolic Equivalents
194	MFI	Multidimensional Fatigue Inventory
195	MI	Myocardial Infarction
196	MIAET	Moderate-Intensity Aerobic Exercise Training
197	MICAE	Moderate-Intensity Continuous Aerobic Exercise
198	MICT	Moderate-to-Vigorous Intensity Continuous Training
199	MINI	Mini-International Neuropsychiatric Interview
200	MIS	Memory Index Score
201	MIT	Moderate-Intensity Training
202	MLHFQ	Minnesota Living with Heart Failure Questionnaire
203	MMQ-C	Multifactorial Memory Questionnaire-Contentment
204	MMSE	Mini-Mental State Examination
205	MMSE-K	Mini-Mental Status Examination-Korean Version
206	MMT	Muscle Manual Testing
207	MoCA	Montreal Cognitive Assessment
208	MOS	Medical Outcome Study
209	MPA	Moderate Physical Activity
210	MSPSS	Multidimensional Scale of Perceived Social Support
211	MSQOL-54	Multiple Sclerosis Quality of Life-54
212	MTQ	Mental Toughness Questionnaire
213	MVPA	Moderate-to-Vigorous Physical Activity
214	MVV	Maximum Voluntary Ventilation
215	NDI	Neck Disability Index
216	NPI-Q	Neuropsychiatric Inventory-Brief Questionnaire Form
217	NPRS	Numeric Pain Rating Scale
218	NRS	Numerical Rating Scale
219	NW	Nordic Walking
220	NYHA	New York Heart Association
221	OCD	Obsessive Compulsive Disorder
222	OHI	Oxford Happiness Inventory
223	OIPS	Occupational Impact of Pain Screening Tool

224	ORS	Outcome Rating Scale
225	PA	Physical Activity
226	PANAS	Positive and Negative Affect Scale
227	PARmed-X	Physical Activity Readiness Medical Examination
228	PAR-Q	Physical Activity Readiness Questionnaire
229	pBDNF	Plasma Brain Derived Neurotrophic Factor
230	PCI	Percutaneous Coronary Intervention
231	PCOS	Polycystic Ovary Syndrome
232	PDD	Persistent Depressive Disorder
233	PDQ	Parkinson's Disease Questionnaire
234	PHLMS	Philadelphia Mindfulness Scale
235	PHQ	Patient Health Questionnaire
236	PID-5	Personality Inventory for DSM-5
237	PLWH	People Living with HIV
238	POMS	Profile of Mood States
239	PRIME-MD	Primary Care Evaluation of Mental Disorders
240	PROMIS	Patient-Reported Outcomes Measurement Information System
241	PSD	Post-Stroke Depression
242	PSDQ	Physical Self Description Quationnaire.
243	PSLES	Presumptive Stressful Life Events Scale
244	PSPP	Physical Self-Perception Profile
245	PSQ	Perceived Stress Questionnaire
246	PSQI	Pittsburg Sleep Quality Index
247	PSS	Perceived Stress Scale
248	PSWQ	Penn State Worry Questionnaire
249	PTSD	Post-Traumatic Stress Disorder
250	PVEmax	Maximum Pulmonary Ventilation
251	PWI	Personal Well-being Index
252	QIDS-A	Quick Inventory of Depressive Symptomatology-Adolescent Version
253	QIDS-C	Quick Inventory of Depressive Symptomatology-Clinician-Rating
254	QIDS-SR16	Self-Rated 16-item Quick Inventory of Depressive Symptomatology
255	QLDS	Quality of Life in Depression Scale
256	QLESQ	Quality of Life Satisfaction and Enjoyment Questionnaire
257	QLESQ-GA	Quality of Life Enjoyment and Satisfaction Questionnaire, General Activities
258	QLESQ-SF	Quality of Life Satisfaction and Enjoyment Questionnaire-Short Form
259	QoL	Quality of Life
260	QOLS	Quality of Life Scale
261	QPSJ	Questionnaire de Perception de Soi pour Jeunes
262	RBC	Red Blood Cell
263	RCDS	Reynolds Child Depression Scale
264	RCT	Randomized Controlled Trial
265	REM	Rapid Eye Movement
266	RewP	Reward Positivity
267	RM	Repetition Maximum
268	RMDQ	Modified Roland Morris Disability Questionnaire
269	RMSSD	Root Mean Square of Successive Differences Between Normal Heartbeats
270	RNLI	Reintegration to Normal Living Index
271	RPE	Rating of Perceived Exertion
272	RRS	Ruminative Responses Scale
273	RSES	Rosenberg Self-Esteem Scale
274	SAD	Social Anxiety Disorder
275	SADQ	Stroke Aphasic Depression Questionnaire
276	SAI	State Anxiety Inventory
277	SAS	Self-rating Anxiety Scale
278	SASS	Social Adaptation Self-evaluation Scale
279	SAS-SR	Social Adjustment Scale-Self Report

280	sBDNF	Serum Brain Derived Neurotrophic Factor
281	SBP	Systolic Blood Pressure
282	SCID-5-RV	Structured Clinical Interview for DSM-5-Research Version
283	SCID-CV	Structured Clinical Interview for DSM, Clinician-Rated version
284	SCID-I	Structured Clinical Interview for DSM-IV Axis I Disorders
285	SCL-90-R	Symptom Check List-90-revised
286	SCS	Self-Compassion Scale
287	SDMT	Symbol Digit Modality Test
288	SDNN	Standard Deviation of Normal-to-Normal RR Intervals
289	SDS	Self-rating Depression Scale
290	SEES	Subjective Exercise Experiences Scale
291	SES	Self-Esteem Scale
292	SF-12 MCS	Mental Component Score of 12-Item Short Form Health Survey
293	SF-12 PCS	Physical Component Score of 12-Item Short Form Health Survey
294	SF-36	Short Form 36 Health Survey Questionnaire
295	SF-6D	Six-Dimensional Health State Short Form
296	SGDS-K	Korean version of the Short form of the Geriatric Depression Scale
297	SHAPS	Snaith Hamilton Pleasure Scale
298	SI	Insulin Sensitivity
299	SIT	Sprint Interval Training
300	SLQ	Stress Level Questionnaire
301	SNRI	Serotonin Norepinephrine Reuptake Inhibitor
302	SNSB-C	Seoul Neuropsychological Battery-Core
303	SOL	Sleep Onset Latency
304	SPSI-R	Social Problem-Solving Inventory-Revised
305	SSQ	Smoking Self-efficacy Questionnaire
306	SSRI	Selective Serotonin Reuptake Inhibitors
307	SST	Scrambled Sentences Test
308	ST	Sedentary Time
309	STAI	State-Trait Anxiety Inventory
310	StD	Subthreshold Depression
311	SVLT-E	Seoul Verbal Learning Test-Elderly version
312	SWLS	Satisfaction With Life Scale
313	SWS	Slow Wave Sleep
314	TAS	Toronto Alexithymia Scale
315	TCA	Tricyclic Antidepressants
316	TCQ	Tobacco Craving Questionnaire
317	TEPS	Temporal Experience of Pleasure Scale
318	TG	Triglyceride
319	TMT	Trail Making Test
320	TNF-alpha	Tumor Necrosis Factor alpha
321	TSST	Trier Social Stress Test
322	TST	Total Sleep Time
323	UOHI	University of Ottawa Heart Institute
324	UPDRS	Unified Parkinson's Disease Rating Scale
325	VAMS	Visual Analogue Mood Scale
326	VAS	Visual Analogue Scale
327	VAT	Ventilatory Anaerobic Threshold
328	VDS	Verbal Digit Span
329	VEGF	Vascular Endothelial Growth Factor
330	VLDL	Very Low-Density Lipoprotein
331	VLMT	Verbal Learning and Memory Test
332	VMT	Verbal Memory Test
333	VO2max	Maximum Oxygen Uptake
334	VO2peak	Peak Oxygen Consumption
335	VPA	Vigorous Physical Activity

336	VPT	Vibration Perception Threshold
337	VT	Ventilatory Threshold
338	WALC	Women's Activity and Lifestyle Study in Connecticut
339	WASO	Wake After Sleep Onset
340	WBC	White Blood Cell
341	WCE	Weight Control Exercise
342	WCST	Wisconsin Card Sorting Test
343	WDEQ	Wijma Delivery Expectancy Questionnaire
344	WFT	Word Fluency Test
345	WHO	World Health Organisation
346	WHOQOL	World Health Organization Quality of Life Scale
347	WHR	Waist-to-hip Ratio
348	WHtR	Waist-to-height Ratio
349	WSAS	Work and Social Adjustment Scale
350	ZSDS	Zung Self-Rating Depression Scale