



Depressive Symptoms

- D1: selfworth_and_confidence
- D2: drive_and_motivation
- D3: sleep_quality
- D4: relationships_with_others
- D5: emotional_resilience
- D6: energy_levels
- D7: focus_and_concentration
- D8: appetite_regulation
- D9: outlook_and_optimism
- D10: restless_and_hyperactivity
- D11: fear_and_anxiety
- D12: avoidance_and_withdrawal
- D13: anger_and_irritability
- D14: suicidal_thoughts_or_intentions
- D15: physical_pain
- D16: guilt_and_blame
- D17: sadness_distress_hopelessness
- D18: physical_health_issues

Covariates

- C1: employment: 0=unemployed, 1=employed
- C2: relationship status: 0=single, 1=relationship
- C3: seeking mental health treatment: 0=no, 1=yes
- C4: medical diagnosis: 0=no, 1=yes
- C5: childhood trauma: 0=no, 1=yes
- C6: exercise frequency
- C7: frequency of socializing
- C8: age
- C9: educational attainment