**Supplemental Materials 1: Four-times-daily survey.**

Data were taken from 40 individuals with generalized

anxiety disorder (GAD), major depressive disorder (MDD), or comorbid GAD and MDD, who

answered questions about 21 descriptors of mood and anxiety symptomatology four times a day

over a period of approximately 30 days.

Responses were provided on a visual analog slider from 0 (none at all) to 100 (as much as possible). Item order was randomized to discourage stereotyped responding.

**To what degree have you:**

1. Felt down or depressed

2. Felt hopeless

3. Felt angry

4. Experienced loss of interest or pleasure

5. Felt frightened or afraid

6. Felt worthless or guilty

7. Felt worried

8. Felt restless

9. Felt irritable

10. Had difficulty concentrating

11. Experienced muscle tension

12. Felt fatigued

13. Felt positive

14. Felt content

15. Felt enthusiastic

16. Felt energetic

17. Avoided activities

18. Avoided people

19. Procrastinated

20. Sought reassurance

21. Dwelled on the past