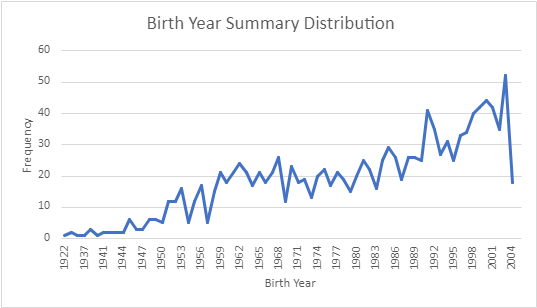
Demographic Data

1. ***year\_1***:Year of birth
   1. Fill-in-the-blank question, where participants self-reported the year they were born. Responses ranged from 1922 to 2004. There was one blank answer.
   2. Graphical frequency distribution of the responses:



1. ***gender\_1***: Gender

[1] - Male

n= 652

[2] - Female

n= 650

[3] - Other

n= 0

1. ***ses\_1***: What is the socio-economic status of your home?

[1] - lower-low

n= 311

[2] - low

n= 349

[3] - upper-low

n= 385

[4] - medium

n= 137

[5] - medium-high

n= 101

[6] - high

n= 18

[Blank] - No answer provided

n= 5

1. ***demographic\_1***: According to your culture, people, or physical features, you are or are recognized as:

[1] - Indigenous

n= 107

[2] - Gypsy

n= 4

[3] - Raizal from San Andres, Providencia and Santa Catalina Archipelago

n= 2

[4] - Palenquero from San Basilio

n= 0

[5] - Black, mulatto (Afro-descendant), Afro-Colombian

n= 346

[6] - None of the Above

n= 842

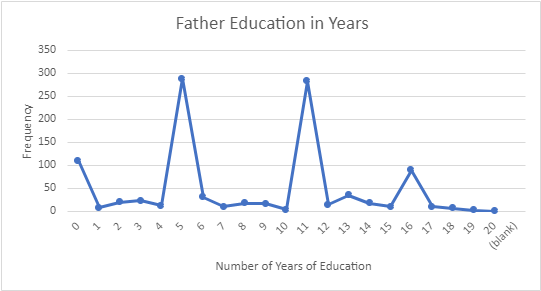
[Blank] - No answer provided

n= 5

1. Parental Education

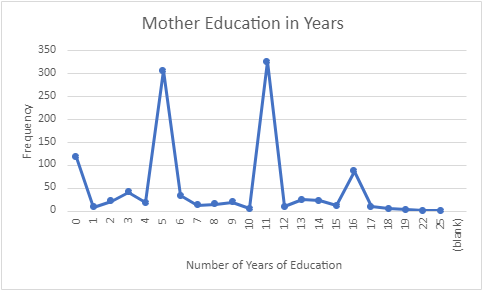
***father\_ed***: How many years of education did your parents receive? Father

* 1. Fill-in-the-blank question, where participants self-reported their father’s education in years. Responses ranged from 0 to 20 years. There were 282 blank answers.
  2. Graphical frequency distribution of the responses:



***mother\_ed***: How many years of education did your parents receive? Mother

* 1. Fill-in-the-blank question, where participants self-reported their mother’s education in years. Responses ranged from 0 to 25 years. There were 203 blank answers.
  2. Graphical frequency distribution of the responses:



**Subjective Well Being**

***swb\_X:*** Subjective Well Being

1. In general, how satisfied are you with all aspects of your life? With 0 being not satisfied, and 10 being totally satisfied.

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 11 | 2 | 7 | 5 | 16 | 73 | 68 | 166 | 302 | 148 | 508 |

*The following questions are about how you felt yesterday on a scale of 0 to 10. Zero means that you didn't experience these feelings “at no time” while 10 means that you experienced these feelings “all the time”.*

1. How happy did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 28 | 5 | 26 | 21 | 29 | 107 | 53 | 108 | 194 | 161 | 573 | 1 |

1. How much did you laugh yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 69 | 19 | 39 | 43 | 41 | 148 | 63 | 104 | 182 | 111 | 481 | 6 |

1. Did you learn new or exciting things yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 107 | 15 | 42 | 33 | 36 | 218 | 101 | 138 | 198 | 109 | 304 | 5 |

1. How much did you enjoy the activities you did yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 42 | 11 | 15 | 27 | 35 | 102 | 56 | 108 | 198 | 149 | 560 | 3 |

1. How worried did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 435 | 44 | 96 | 85 | 56 | 140 | 69 | 81 | 96 | 56 | 146 | 2 |

1. How depressed did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 721 | 55 | 89 | 74 | 37 | 94 | 42 | 40 | 53 | 31 | 67 | 3 |

1. How angry did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 762 | 68 | 88 | 69 | 45 | 75 | 29 | 29 | 37 | 31 | 72 | 1 |

1. How much stress did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 573 | 48 | 87 | 81 | 52 | 114 | 57 | 58 | 71 | 44 | 117 | 4 |

1. How lonely or unsupported did you feel yesterday?

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 782 | 53 | 67 | 52 | 34 | 85 | 33 | 43 | 61 | 20 | 73 | 3 |

**Health**

***PSS-10\_X***: Next, you will be asked questions about your emotional state. Please answer on a scale of 0 to 4, where 0 is never, 1 is 'almost never', 2 is 'sometimes', 3 is 'fairly often,' and 4 is 'very often', How often you experienced the following feelings during the last month

1. In the last month, how often have you been upset because of something that happened unexpectedly?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 457 | 293 | 298 | 152 | 105 | 1 |

1. In the last month, how often have you felt that you were unable to control the important things in your life?

| Response | 0 | 1 | 2 | 3 | 4 |
| --- | --- | --- | --- | --- | --- |
| # | 524 | 251 | 314 | 134 | 83 |

1. How often have you felt nervous and stressed?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 382 | 182 | 339 | 198 | 202 | 3 |

1. (Reverse-coded)How often have you felt confident about your ability to handle your personal problems?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 529 | 372 | 262 | 78 | 59 | 6 |

1. (Reverse-coded)How often have you felt that things were going your way?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 499 | 448 | 263 | 61 | 27 | 8 |

1. How often you experienced the following feelings during the last month: how often have you found that you could not cope with all the things that you had to do?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 388 | 329 | 340 | 172 | 71 | 6 |

1. (Reverse-coded)How often have you been able to control irritations in your life?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 409 | 426 | 320 | 83 | 59 | 9 |

1. (Reverse-coded)How often have you felt that you were on top of things?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 334 | 409 | 363 | 123 | 75 | 2 |

1. How often have you been angered because of things that happened that were outside of your control?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 351 | 260 | 332 | 226 | 136 | 1 |

1. How often have you felt difficulties were piling up so high that you could not overcome them?

| Response | 0 | 1 | 2 | 3 | 4 | Blank |
| --- | --- | --- | --- | --- | --- | --- |
| # | 507 | 250 | 316 | 153 | 78 | 2 |

***PSS-10\_Score/Severity***: Based on previous PSS-10\_X responses, individuals’ cumulative scores for perceived stress were calculated and then categorized for level of severity:

* 0–13: low stress
  + n= 673
* 14–26: moderate stress
  + n= 592
* 27–40: high perceived stress
  + n= 41
* Range: 0-38
* Modal Response: 12

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***GAD-7\_X***: Next, you will be asked questions about your emotional state. Please answer on a scale of 0 to 3, where 0 is 'Not at all', 1 is 'several days', 2 is 'more than half of the days', and 3 is 'Nearly every day'. Over the last two weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious, or on edge

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 664 | 307 | 183 | 151 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |

1. Not being able to stop or control worrying

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 806 | 249 | 149 | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |

1. Worrying too much about different things

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 687 | 299 | 178 | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |

1. Trouble relaxing

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 799 | 229 | 152 | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 |

1. Being so restless that it is hard to sit still

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 706 | 258 | 176 | 161 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 |

1. Becoming easily annoyed or irritable

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 711 | 285 | 158 | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |

1. Feeling afraid, as if something awful might happen

| Response | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Blank |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | 766 | 226 | 157 | 155 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |

***GAD-7\_Score/Severity:*** Based on previous gad7\_X responses, individuals’ cumulative scores for anxiety severity were calculated and then categorized for level of severity:

* 0–4: minimal anxiety
  + n= 739
* 5–9: mild anxiety
  + n= 279
* 10–14: moderate anxiety
  + n= 156
* 15–21: severe anxiety
  + n= 132
* Range: 0-21
* Modal Response: 0

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***PHQ-9\_X:*** Next, you will be asked questions about your emotional state. Please answer on a scale of 0 to 3, where 0 is 'Not at all', 1 is 'several days', 2 is 'more than half of the days', and 3 is 'Nearly every day'. Over the last two weeks, how often have you been bothered by the following problems?:

1. Little interest or pleasure in doing things

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 805 | 268 | 144 | 88 | 1 |

1. Feeling down, depressed, or hopeless

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 810 | 248 | 151 | 97 | 0 |

1. Trouble falling or staying asleep, or sleeping too much

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 700 | 218 | 182 | 202 | 4 |

1. Feeling tired or having little energy

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 540 | 341 | 244 | 177 | 4 |

1. Poor appetite or overeating

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 783 | 196 | 182 | 141 | 4 |

1. Feeling bad about yourself or that you are a failure or have let yourself or your family down

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 888 | 203 | 116 | 95 | 4 |

1. Trouble concentrating on things, such as reading the newspaper or watching television

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 825 | 215 | 162 | 100 | 4 |

1. Moving or speaking so slowly that other people could have noticed. Or the opposite being so figety or restless that you have been moving around a lot more than usual

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 952 | 176 | 104 | 72 | 2 |

1. Thoughts that you would be better off dead, or of hurting yourself

| Response | 0 | 1 | 2 | 3 | Blank |
| --- | --- | --- | --- | --- | --- |
| # | 1109 | 94 | 51 | 45 | 7 |

***phq9\_Score/phq9\_severity:*** Based on previous phq9\_XNUM responses, individuals’ cumulative scores for depression severity were calculated then categorized.

* 0: None
  + 263
* 1-4: Minimal depression
  + n= 456
* 5-9: Mild depression
  + n= 291
* 10-14: Moderate depression
  + n= 154
* 15-19: Moderately severe depression
  + n= 83
* 20-27: Severe depression
  + n= 59
* Range : 0-27
* Modal Response: 0