

The Rumination Questionnaire

1. I often think about how lonely I am.
 2. I often think: "If I can't stop thinking about this, then I can't keep doing what I'm doing."
 3. I often think about my feelings of fatigue and pain.
 4. I often think about "how difficult it is to focus."
 5. I often wonder what I did to cause this.
 6. I often think about how passive and unmotivated I am.
 7. I often analyze recent events to understand why I feel depressed.
 8. I often think I'm numb to other things.
 9. I often wonder why I'm so unhappy.
 10. I often wonder why I am always like this.
 11. I often think alone about why this happens.
 12. I often write down what I am thinking and analyze it.
 13. I often think about the current situation and hope it gets better.
 14. I often think that if this feeling persists, I won't be able to concentrate.
 15. I often wonder why I have these problems and others don't.
 16. I often wonder why I can't handle things better.
 17. I often wonder why I feel so sad.
 18. I often think about my shortcomings, failures, mistakes, and mistakes.
 19. I often think, "I don't have the energy to do anything."
 20. I often analyze my personality to understand why I feel depressed."
 21. I often go somewhere alone to think about my feelings.
 22. I often think about how angry I am with myself.
- Rating from 1 (strongly disagree) to 4 (strongly agree). The higher the score, the higher the level of rumination.

Self-Esteem scale

1. I feel like a valuable person, at least on the same level as other people.
 2. I feel that I have many good qualities.
 3. Ultimately, I tend to think of myself as a loser.
 4. I can get things done as well as most people can.
 5. I feel like I don't have much to be proud of.
 6. I have a positive attitude towards myself.
 7. Overall, I am satisfied with myself.
 8. I wish I could earn more respect for myself.
 9. I do often feel useless.
 10. I often think that I am worthless.
- The revised Chinese version of the scale adopts four-point scoring and includes a total of 10 questions. Questions 3, 5, 7, 9, and 10 are reverse-scored questions. The higher the total score of the test, the higher the subject's self-esteem level.

Rumination Questionnaire (diary survey version)

1. Today I thought about what I did to cause this.
2. Today I analyze recent events to understand why I feel depressed.
3. Today I thought about why I have these problems and others don't.

Self-Esteem Scale (diary survey version)

1. Today I feel that I have many good qualities.
2. Today I am satisfied with myself.
3. Today I think I am useless.