



|                                   | Depression | Generalized Anxiety | Social Anxiety | Academic Distress | Eating Concerns | Hostility | Alcohol Use | Distress Index | SI | THO |
|-----------------------------------|------------|---------------------|----------------|-------------------|-----------------|-----------|-------------|----------------|----|-----|
| 1) <b>Baseline:</b><br>8/9/2018   | 99         | 81                  | 89             | 61                | 96              | 94        | 58          | 98             | 3  | 1   |
| 2) 8/18/2018                      | 47         | 50                  | 74             | 69                | 87              | 88        | 89          | 65             | 1  | 3   |
| 3) 8/25/2018                      | 58         | 81                  | 54             | 82                | 94              | 77        | 89          | 77             | 1  | 0   |
| 4) 9/2/2018                       | 32         | 85                  | 48             | 88                | 73              | 61        | 94          | 63             | 1  | 0   |
| 5) 9/8/2018                       | 14         | 81                  | 28             | 76                | 49              | 39        | 86          | 43             | 0  | 0   |
| 6) 9/16/2018                      | 6          | 50                  | 35             | 46                | 49              | 39        | 78          | 18             | 0  | 0   |
| 7) 9/22/2018                      | 6          | 50                  | 41             | 54                | 38              | 21        | 72          | 18             | 0  | 0   |
| 8) 9/30/2018                      | 14         | 38                  | 28             | 54                | 38              | 21        | 72          | 19             | 0  | 0   |
| 9) 10/6/2018                      | 27         | 50                  | 61             | 46                | 67              | 21        | 89          | 26             | 0  | 0   |
| 10) 10/13/2018                    | 18         | 23                  | 61             | 54                | 67              | 21        | 65          | 18             | 0  | 0   |
| 11) 10/21/2018                    | 14         | 19                  | 54             | 46                | 38              | 21        | 58          | 12             | 0  | 0   |
| 12) 10/29/2018                    | 14         | 11                  | 35             | 32                | 38              | 39        | 48          | 8              | 0  | 0   |
| 13) 11/6/2018                     | 14         | 19                  | 54             | 25                | 38              | 39        | 72 *        | 11             | 0  | 0   |
| 14) 11/13/2018                    | 32         | 50                  | 54             | 19                | 38              | 21        | 78          | 21             | 0  | 0   |
| 15) <b>Current:</b><br>11/20/2018 | 32 ↓       | 50                  | 41 ↓           | 25                | 38 ↓            | 21 ↓      | 72          | 24 ↓           | 0  | 0   |

| Depression          |   |          |
|---------------------|---|----------|
| 4                   | I don't enjoy being around people as much as I used to        | 2        |
| 5                   | I feel isolated and alone                                     | 1        |
| 11                  | I feel worthless  | 1        |
| 12                  | I feel hopeless   | 1        |
| 21                  | I feel sad all the time                                       | 1        |
| <b>25</b>           | <b>I have thoughts of ending my life (SI)</b>                 | <b>0</b> |
| Generalized Anxiety |   |          |
| 2                   | My heart races for no good reason                             | 2        |
| 7                   | I am anxious that I might have a panic attack while in public | 2        |
| 9                   | I have sleep difficulties                                     | 1        |
| 10                  | My thoughts are racing  | 2        |
| 15                  | I have spells of terror or panic                              | 2        |
| 17                  | I feel tense  | 2        |
| Social Anxiety      |   |          |
| 1                   | I am shy around others  | 2        |
| 19                  | I make friends easily **                                      | 2        |
| 22                  | I am concerned that other people do not like me               | 2        |
| 24                  | I feel uncomfortable around people I don't know               | 1        |
| 26                  | I feel self-conscious around others                           | 1        |
| Academic Distress   |   |          |
| 8                   | I feel confident that I can succeed academically **           | 2        |

| Academic Distress (continued) |  |          |
|-------------------------------|--|----------|
| 28                            | I am not able to concentrate as well as usual              | 1        |
| 30                            | It's hard to stay motivated for my classes                 | 1        |
| 33                            | I am unable to keep up with my assignments                 | 0        |
| Eating Concerns               |  |          |
| 3                             | I feel out of control when I eat                           | 0        |
| 6                             | I think about food more than I would like to               | 0        |
| 13                            | I eat too much   | 0        |
| Hostility                     |  |          |
| 18                            | I have difficulty controlling my temper                    | 0        |
| 20                            | I sometimes feel like breaking or smashing things          | 0        |
| 23                            | I get angry easily   | 0        |
| <b>29</b>                     | <b>I am afraid I may lose control and act violently</b>    | <b>0</b> |
| 32                            | I frequently get into arguments                            | 0        |
| <b>34</b>                     | <b>I have thoughts of hurting others (THO)</b>             | <b>0</b> |
| Alcohol Use                   |  |          |
| 14                            | I drink alcohol frequently                                 | 1        |
| 16                            | When I drink alcohol I can't remember what happened        | 1        |
| 27                            | I drink more than I should                                 | 1        |
| 31                            | I have done something I have regretted because of drinking | 0        |