

Table SI. Psychometric tools

Positive and Negative Affect Schedule (PANAS)

The PANAS was created by Watson et al to detect positive and negative affect states in clinical and normal populations, both for adolescents and adults. It has been validated in the Spanish population.

The PANAS is composed of 20 items relating to mood or affective states, scored on a scale from 1 (very slightly or not at all) to 5 (extremely). Positive states include the attitudes: interested, optimistic, strong, enthusiastic, proud, alert, inspired, determined, attentive and active; negative states include upset, annoyed, guilty, frightened, hostile, irritable, nervous, embarrassed, scared, jittery. The positive and negative affective states are calculated separately by adding the scores of the responses to the corresponding 10 items. A higher score indicates a more positive or more negative mood.

Perceived desirability: Socially Desirable Response Set Five-Item Survey (SDRS-5)

The SDRS-5 is a 5-question survey developed to evaluate a respondent's tendency to give socially desirable responses. This is based on the concept that self-report measures of attitudes, behaviour, and feelings are biased, and validity is compromised when respondents answer questions in such a way as to represent themselves favourably. For each question, only the most extreme response counts as 1, while all other answers are counted as zero. The results on a scale of 0 to 5 are then linearly transformed to a scale of 0 to 100, with a higher score indicating more socially desirable answers.
