

Material S1. PTSD checklist for DSM-5 (PCL-5) survey. Below is a list of problems people sometimes have after a stressful experience. Please indicate how much you have been bothered by that problem in the past month.

Question	Not at all	A little	Moderately	Quite a bit	Extremely
1. Repeated, disturbing and unwanted memories of the stressful experience					
2. Repeated, disturbing dreams of the stressful experience					
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were reliving it)					
4. Feeling very upset when something reminded you of the stressful experience					
5. Having strong physical reactions when something reminded you of the stressful experience (heart pounding or sweating)					
6. Avoiding memories, thoughts, or feelings related to the stressful experience					
7. Avoiding external reminders of the stressful experience (people, places, objects, situations)					
8. Trouble remembering important parts of the stressful experience					
9. Having strong negative feelings about yourself, other people, or the world (for example: something is wrong with me or the world)					
10. Blaming yourself or someone else for the stressful experience or what happened after it					
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame					
12. Loss of interest in activities that you used to enjoy					
13. Feelings distant or cut off from other people					
14. Trouble experiencing positive feelings (for example: unable to be happy or loving for people close to you)					
15. Irritable behavior, angry outbursts or acting aggressively					
16. Taking too many risks or doing things that could cause you harm					
17. Being super-alert or watchful or on guard					
18. Feeling jumpy or easily startled					
19. Having difficulty concentrating					
20. Trouble falling or staying asleep					

Scoring is achieved by giving a value of 1 through 5 based on the column of each response: 1 = not at all, and 5 = extremely. PTSD, posttraumatic stress disorder