|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Screening for** | **Tests**  | **Cut-off**  | **Interpretation** | **Baseline**  | **Follow-up**  |
| **Scores (N; %)** | **Scores (N; %)** |
|  |  | 0 | No risk | 17 | 35.4 | 19 | 39.6 |
|  |  | 1 to 7 | Low risk | 24 | 50.0 | 23 | 47.9 |
| Alcohol use | AUDIT1 | 8 to 15 | Risk/ hazardous | 6 | 12.5 | 4 | 8.3 |
|  |  | 16 to 19 | High risk/ harmful | 1 | 2.1 | 1 | 2.1 |
|   |   | ≥20 | Almost certainly alcohol dependent | 0 | 0 | 1 | 2.1 |
| Somatic symptoms | PHQ-152 | ≥10 |  | 5 | 10.4 | 0 | 0 |
| Anxiety disorder | GAD-73 | ≥10 | Moderate and above ‡ | 4 | 8.3 | 2 | 4.2 |
| Depression | PHQ-94 | ≥10 |  | 7 | 14.6 | 3 | 6.3 |
| Post-traumatic stress disorder | PTSD5 | ≥30 | Symptoms of PTSD | 24 | 50.0 | 12 | 25.0 |
|  |  | <65 | Low resilience | 2 | 4.2 | 3 | 6.3 |
| Resilience scale | RS-146 | 65 to 80 | Moderate resilience | 17 | 35.4 | 17 | 35.4 |
|   |   | ≥81 | High resilience | 29 | 60.4 | 28 | 58.3 |

AUDIT1= Alcohol use disorders identification test

PHQ-152= Patient health questionnaire-15

GAD3= Generalized anxiety disorder-7

PHQ-94= Patient Health quationnaire-9

PTSD5= Post-traumatic stress disorder

RS-146= Resilience scale-14

‡ = This applies for all three screening tools. The cut-offs for mild, **moderate** and severe conditions are 5, **10**, and 15, respectively.

**Table S1:** Mental health screening at baseline and one-year follow-up (N=48)