

APPENDIX 2

Ecological Momentary Assessments (EMA) of exhaustion, tension, and mood

The customized PsyMate app will be used to capture EMA of exhaustion, tension, and mood of inpatients for up to 8 weeks. EMA ratings will be securely stored on a server provided by PsyMate ([PsyMate™ – Insight into daily life](#)) and adheres to the General Data Protection Regulation Rules. Participants will download the customized app on their smartphone and respond on a 5-point Likert scale, ranging from 1 (*not at all*) to 5 (*completely*), how tired, mentally exhausted and tense they feel at the moment. The item “How tired do you feel at the moment?” is an adaptation of an item derived from the Multidimensional Mood Questionnaire (1). The two items “How mentally exhausted do you feel at the moment?” and “How tense do you feel at the moment?” are adapted from the German version (2) of the Perceived Stress Questionnaire (3). Similar items have been used in previous EMA studies (4, 5). Additionally, participants will be asked to rate their current mood on a 5-point symbolic scale, which demonstrated high usability (6). 5-point Likert scales demonstrated to be the most common used respond versions according to a review on momentary assessments of mood symptoms (7).

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