

Supplementary Table 1: EMA Pilot Data Pearson's Correlations

	Worried		Happiness		Anxiety		Restlessness		Fatigue		Lack of Concentration		Irritability		Loneliness	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
How worried were you?			-.432*	0.045	.473*	0.026	0.382	0.080	0.197	0.379	0.180	0.422	.458*	0.032	0.054	0.811
How happy vs. sad were you?	-.432*	0.045			-.696**	0.000	-.614**	0.002	-.525*	0.012	-.663**	0.001	-.633**	0.002	-.559**	0.007
How relaxed vs. anxious were you?	.473*	0.026	-.696**	0.000			.849**	0.000	.435*	0.043	.629**	0.002	.760**	0.000	0.360	0.100
How fidgety or restless were you?	0.382	0.080	-.614**	0.002	.849**	0.000			0.149	0.508	0.397	0.068	.609**	0.003	.468*	0.028
How fatigued/tired were you?	0.197	0.379	-.525*	0.012	.435*	0.043	0.149	0.508			.677**	0.001	.516*	0.014	0.372	0.088
How were you able to concentrate/focus?	0.180	0.422	-.663**	0.001	.629**	0.002	0.397	0.068	.677**	0.001			.654**	0.001	0.363	0.097
How irritable were you?	.458*	0.032	-.633**	0.002	.760**	0.000	.609**	0.003	.516*	0.014	.654**	0.001			0.421	0.051
How lonely were you?	0.054	0.811	-.559**	0.007	0.360	0.100	.468*	0.028	0.372	0.088	0.363	0.097	0.421	0.051		

\* Correlation is significant at the 0.05 level (2-tailed).

\*\* Correlation is significant at the 0.01 level (2-tailed).

**Worried:** Positively correlated with anxiety and irritability; negatively correlated with happiness

**Happiness:** Negatively correlated with worry, anxiety, restlessness, fatigue, concentration, irritability, and loneliness

**Anxiety:** Positively correlated with worry, restlessness, fatigue, lack of concentration, and irritability; negatively correlated with happiness

**Restlessness:** Positively correlated with anxiety, irritability and loneliness; negatively correlated with happiness

**Fatigue:** Positively correlated with anxiety, lack of concentration, and irritability; negatively correlated with happiness

**Lack of concentration:** Positively correlated with anxiety, fatigue, and irritability; negatively correlated with happiness

**Irritability:** Positively with correlated worry, anxiety, restlessness, fatigue, and lack of concentration; negatively correlated with happiness

**Loneliness:** Positively correlated with restlessness; negatively correlated with happiness