

Supplementary Table 1: Reference data for Hospital Anxiety and Depression Scale (HADS) and Rosenberg Self-Esteem scoring

Tool	Description of population	Reference
Hospital Anxiety and Depression Scale (HADS)	<ul style="list-style-type: none"> • Non clinical • United Kingdom • Age 18-91 years old 	Crawford, J. R., Henry, J. D., Crombie, C., & Taylor, E. P. (2001). Normative data for the HADS from a large non-clinical sample. <i>The British Journal of Clinical Psychology / the British Psychological Society</i> , 40(Pt 4), 429–34.
	<ul style="list-style-type: none"> • Non clinical • United Kingdom • Sex disaggregated • Age 25-65 (5 year age groups) available • Data on 25-29 year olds used as these were youngest group available 	Breeman, S., Cotton, S., Fielding, S., & Jones, G. T. (2015). Normative data for the Hospital Anxiety and Depression Scale. <i>Quality of Life Research : An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation</i> , 24(2), 391–8.
Rosenberg Self-Esteem Scale	<ul style="list-style-type: none"> • Non clinical • Ireland • Age 10-17 years available • Data on 15-17 year olds used 	Nic Gabhainn, S., & Mullan, E. (2003). Self-esteem norms for Irish young people. <i>Psychological Reports</i> , 92(3 Pt 1), 829–30.