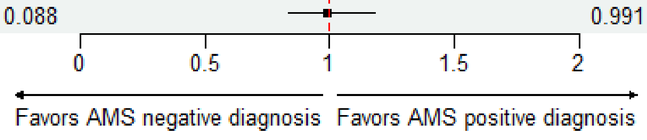
Fig. 1.1 Regression analysis PSY

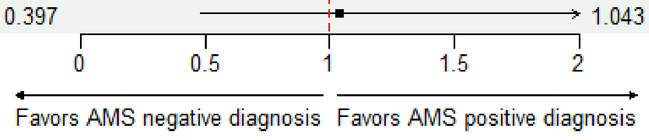
Variable	log odds	S.E.	OR (95% CI)	Wald X²	df	p-value
male vs. female	0.245	0.646	1.277 (0.360 to 4.529)	0.143	1	0.705
age	-0.024	0.018	0.976 (0.942 to 1.012)	1.735	1	0.188
Insomnia Severity Index	0.126	0.053	1.134 (1.023 to 1.257)	5.705	1	0.017
Sum of Zung Self-Rating Anxiety Scale	0.209	0.061	1.232 (1.093 to 1.390)	11.580	1	<0.001
Generalized Anxiety Disorder 7 questionnaire	-0.039	0.078	0.962 (0.826 to 1.120)	0.247	1	0.619
PANAS-Positive	-0.019	0.072	0.981 (0.852 to 1.131)	0.067	1	0.796
PANAS-Negative	-0.009	0.088	0.991 (0.835 to 1.177)	0.010	1	0.922



Correct Classification: 76.0%

Fig. 1.2 Regression analysis CO

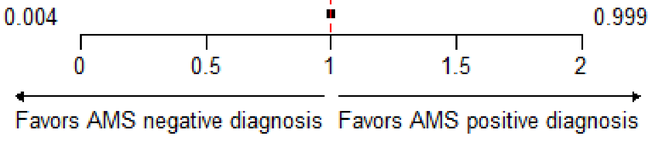
Variable	log odds	S.E.	OR (95% CI)	Wald X²	df	p-value
male vs. female	-1.459	1.331	0.232 (0.017 to 3.158)	1.201	1	0.273
age	-0.019	0.030	0.982 (0.926 to 1.041)	0.384	1	0.535
Insomnia Severity Index	0.097	0.150	1.102 (0.821 to 1.478)	0.415	1	0.519
Sum of Zung Self-Rating Anxiety Scale	0.430	0.196	1.538 (1.047 to 2.258)	4.821	1	0.028
Generalized Anxiety Disorder 7 questionnaire	0.379	0.230	1.461 (0.931 to 2.293)	2.723	1	0.099
PANAS-Positive	0.105	0.187	1.110 (0.770 to 1.600)	0.315	1	0.575
PANAS-Negative	0.042	0.397	1.043 (0.479 to 2.270)	0.011	1	0.916



Correct Classification: 91.8%

Fig. 1.3 Regression analysis Nepal

Variable	log odds	S.E.	OR (95% CI)	Wald X²	df	p-value
male vs. female	-0.134	0.544	0.875 (0.301 to 2.540)	0.061	1	0.806
age	-0.038	0.026	0.962 (0.915 to 1.012)	2.212	1	0.137
Insomnia Severity Index	0.101	0.048	1.106 (1.006 to 1.216)	4.366	1	0.037
Sum of Zung Self-Rating Anxiety Scale	0.056	0.057	1.058 (0.946 to 1.183)	0.982	1	0.322
Generalized Anxiety Disorder 7 questionnaire	-0.057	0.082	0.944 (0.804 to 1.109)	0.490	1	0.484
PANAS-Positive	-0.083	0.057	0.921 (0.823 to 1.029)	2.111	1	0.146
PANAS-Negative	0.385	0.160	1.469 (1.075 to 2.009)	5.819	1	0.016
Mean Altitude per Day (meter)	-0.001	0.004	0.999 (0.991 to 1.006)	0.145	1	0.703



Correct Classification: 80.0%