

SUPPLEMENT 1. Details of the therapeutic laughter program

Section	Content
Intro (10 mins)	<p>Ice breaking Introducing oneself to other participants</p> <p>Introduction of the program Introduction on the schedule of laughter therapy session Brief information on the positive effect of the laughter</p>
Main body (40 mins)	<p>Warming up Relaxation of body muscles Relaxation of facial muscles used in laughing</p> <p>Laughing in rhythm with clapping Health-claps; Clap to stimulate the reflex points on the palm by using the fingers, the palms and the back of the hands</p> <p>Laughing for a long time Laugh loudly together for 5 seconds, 10 seconds, and 15 seconds</p> <p>Laughing with the whole body Clap hands while laughing Clap hands and stomp feet while laughing Clap hands, stomp feet, and shake head while laughing Clap hands, stomp feet, and shake the whole body while laughing</p> <p>Laughing in various ways Snow White laugh; Pretend of the palm as a mirror and laugh -‘Mirror, mirror, on the wall, who is the prettiest of them all?’/ ‘That would be me, HAHAHA’ -while looking into the palm Cell phone laugh; Pretend to receive a call while walking on the street and laugh by oneself Lion laugh; Laugh while imitating lions’ actions and facial expressions Celeb laugh; Imitate laughs that are specific to certain celebrities</p> <p>Laughing together with dance routines Dance along to the music, and begin laughing in various ways (HAHAHA, HOHOHO, HIHIHI)</p>
Wrap up (10 mins)	<p>Calm people’s minds by playing a relaxing music or reading out a good writing (poem). Share what one felt by participating in laughing therapy</p>

SUPPLEMENT2. Numerical rating scale for anxiety, depression and stress levels

- Please indicate the number 0(lowest) to 10(highest) that best describe how much depression you have been in today.

0	1	2	3	4	5	6	7	8	9	10
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No depression

Worst depression
imaginable

- Please indicate the number 0(lowest) to 10(highest) that best describe how much anxiety you have been in today.

0	1	2	3	4	5	6	7	8	9	10
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No anxiety

Worst anxiety
imaginable

- Please indicate the number 0(lowest) to 10(highest) that best describe how much stress you have been in today.

0	1	2	3	4	5	6	7	8	9	10
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No stress

Worst stress
imaginable