Supplementary Table 4. Representative diary text excerpts with LLM-derived mood scores and self-rated mood scores

Participant	Diary text (translated)	LLM-derived mood score*	Self-rated mood score
1	Today I'm out for external training, and while part of me feels good about it, being in an unfamiliar place is also tiring and a bit irritating. Overall, I feel just so-so. I'll try to get through the day well.	5.5	5
2	It's really hard to get up, and my body feels heavy, and so does my mind. Because I haven't been active, my shoulders feel hunched, and I just don't feel like moving. My mood has been sinking, and my mind feels blank.	1.9	6
3	Today is my second day of vacation… or is it the second or third day? Isn't it Tuesday? Anyway, it's my second day off, and I feel incredibly happy. I had a meal in Osaka, and I don't want to go back to Korea. I've been feeling so good lately that I haven't had any stress or anything like that. I'm really enjoying myself.	10	4
4	There was a disagreement among colleagues, and it caused some communication problems. In the end, it didn't get resolved smoothly, so I was left feeling a bit upset.	2.8	10

*the original LLM score ranged from -5 to +5. For comparability with the 1–10 self-rated mood score, LLM scores were linearly rescaled to a 1–10 metric (-5 → 1, +5 → 10). LLM, large language model.