Table SC1

*Initial factor solution with all factor loadings from exploratory factor analysis of 19 candidate items using the pre-treatment data, and four factors extracted*

| **Item (abbreviated)** | | **Factor** | | | | | | | | **Uniqueness** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **1** | | **2** | | **3** | | **4** | |  | |
| 1. Seeks information about illness |  | **0.4613** |  | -0.25206 |  | 0.1607 |  | 0.00244 |  | 0.708 |  |
| 2. Asks for medical advice |  | 0.0860 |  | -0.07756 |  | 0.0849 |  | **0.83021** |  | 0.210 |  |
| 3. Avoids media |  | -0.0778 |  | **0.89080** |  | 0.0247 |  | -0.06205 |  | 0.248 |  |
| 4. Avoids conversations |  | -0.0318 |  | **0.83750** |  | -0.0894 |  | 0.02971 |  | 0.332 |  |
| 5. Checks symptoms repeatedly |  | **0.8017** |  | -0.00782 |  | -0.1468 |  | 0.02569 |  | 0.436 |  |
| 7. Tries to find cause of symptoms |  | **0.8463** |  | -0.18277 |  | -0.0387 |  | -0.04337 |  | 0.394 |  |
| 8. Worries about future disease |  | 0.2852 |  | 0.15347 |  | 0.1284 |  | 0.07731 |  | 0.765 |  |
| 9. Tells other about symptoms |  | 0.0449 |  | -0.11798 |  | -0.0551 |  | **0.77782** |  | 0.412 |  |
| 10. Checks body for reassurance |  | **0.4870** |  | 0.19933 |  | -0.0405 |  | 0.09052 |  | 0.629 |  |
| 11. Avoids triggering situations |  | -0.0937 |  | **0.79758** |  | 0.1537 |  | -0.06459 |  | 0.339 |  |
| 12. Seeks promptly if new symptom |  | **0.5917** |  | -0.11281 |  | 0.0283 |  | -0.03234 |  | 0.676 |  |
| 13. Plans for illness |  | 0.2819 |  | 0.10071 |  | 0.1325 |  | -0.07399 |  | 0.859 |  |
| 14. Careful about food and drink |  | -0.0440 |  | 0.00178 |  | **0.6711** |  | -0.06581 |  | 0.593 |  |
| 15. Seeks reassurance if feels pain |  | **0.4334** |  | 0.17588 |  | -0.1472 |  | 0.14190 |  | 0.708 |  |
| 16. Checks on family’s health |  | -0.1869 |  | 0.00344 |  | **0.5801** |  | 0.18267 |  | 0.685 |  |
| 17. Reads health advice |  | 0.0255 |  | -0.01030 |  | **0.7341** |  | -0.10662 |  | 0.478 |  |
| 18. Asks others for reassurance |  | -0.0614 |  | 0.07912 |  | 0.0390 |  | **0.80441** |  | 0.347 |  |
| 19. Tries to convince others to seek |  | 0.0626 |  | -0.01758 |  | 0.3897 |  | 0.08463 |  | 0.794 |  |
| 20. Makes plans to prevent disease |  | 0.1257 |  | 0.09359 |  | **0.6659** |  | -0.08022 |  | 0.443 |  |

*Note.* Principal axis factoring with a promax rotation.