In sensitivity analyses, considering the substantial knee from 3 to 4 factors in the original 19-item scree plot (supplementary material), we instead extracted a 3-factor solution in the pre-treatment data and found that this resulted in almost identical factors except that the bodily preoccupation and checking and information- and reassurance-seeking factors were subsumed under the same “checking/reassurance” factor. We also made an attempt to extract a 5-factor solution, and found that this resulted in a distinct “health anxiety by proxy” factor, with a strong connection (0.68-0.69) to the only two items that concerned the preoccupation with relatives’ health. Ultimately, however, we decided to focus on the 4-factor solution because this reflected our a priori theoretical framework, did not lump the *bodily preoccupation and checking* and *information- and reassurance-seeking* factors that were in fact reasonably distinct (rs of 0.49-0.51), and each factor had at least 3 items to make it reasonably stable.

Table SD1

*Inter-factor correlations of the Health Anxiety Behavior Inventory*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Check/body** | **Info/reassure** | **Prevent/plan** | **Avoidance** |
| **Check/body** | - | 0.51 | 0.34 | 0.06 |
| **Info/reassure** | 0.49 |  | 0.18 | 0.18 |
| **Prevent/plan** | 0.29 | 0.17 | - | 0.27 |
| **Avoidance** | 0.12 | 0.18 | 0.25 | - |

*Note.* Correlations above the diagonal are derived from the original exploratory factor analysis based on the pre-treatment data. Correlations below the diagonal are derived from the confirmatory factor analysis based on the validation screening data. Check/body = bodily preoccupation and checking; Info/reassure = information- and reassurance-seeking; Prevent/plan = prevention and planning; Avoidance = overt avoidance.