**Supplementary Table 1**

Quotations to illustrate the content of images, reported by theme.

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| Superordinate themeSubordinate theme | Illustrative quotations |
| 1. Adolescents’ descriptions of images
 | “I see myself getting hit by a car and getting knocked over or someone else being run over and people calling the ambulance.” “just when I go to sleep, I hear like a scream or like a crush or like a gasp, like someone could not breathe.” “I feel like, a sick taste at the back of my mouth and I can also smell like, a bad smell.” “That makes me all hot and sweaty all of a sudden which makes me more self-conscious of that in the present” “Sometimes I see my funeral. It is like I am outside my body and I see my own funeral. It is not clear. I can see hats, and heads and that sort of stuff.”“I see myself from the outside, like in a mirror. I see myself like full of fear, and like in a mirror, worried (…) I fear myself, I fear the mirror.”“Like, it kind of washes over my body I can feel it around me and it’s just indescribable really, it’s the most…it’s not even awful, it’s just pure emptiness.” |
| 1. Distraction from imagery

Covert OVeeeeeeeyyyyyyuy fghjfgjfd Overt | “I can try and focus my mind on something else.” “I can also try and think about the dress rehearsal … I also try and think about things that go well instead of things not going well.”“…. I just tried to think of something else. Think about not being sick. I think about different things, like happy thoughts….” “I’ll do the ABC’s backwards or something, anything to stop thinking about it.” “usually like I think like ‘no, it’s going to be ok, nothing will go wrong’, like I all the rehearsal has gone well there is no reason to worry.”“um, maybe I’ll look on my phone or something or watch a video or something like that, take my mind of it”.“I found something that I really like to do so I really like playing video games(ok) um so now whenever I play video games I don’t see them anymore …” “I try and read something ‘cause I like reading.”“I just sort of took a deep breath and imagined how like that, I imagine the path that the air was taking and it came in and out and I just sort of focused on that”.  |

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| 1. Controllability of images

Uncontrollable OVeeeeeeeyyyyyyuy fghjfgjfd Controllable | “it’s just making it worse. It’s like trying to tell someone to not think about a yellow car. That is basically, I cannot control it. The anxiety will spike, really.” “[I] always remember(s) like the bad side of it, I always remember that it’s going to be like bad and scary instead of its going to be fine.” “That’s why it overwhelms me so much and scares me - because I cannot control it.”“[I] focus my mind on something else [so that my images] kind of fade into the background or just fade away. Or maybe just stop me hearing things or seeing it.” “but like, I’d have to keep it positive... it can turn into a negative image, or situation quite quickly.” “I feel like if I clench my fists it will stop, it kind of brings me back to the sensation of that and I can’t see what’s in my mind anymore (…) I have been able to, sometimes, to kind of stop it.” |
| 1. Emotional responses

Online emotionEmotional intensityOffline emotion | “more like worried or anxious about the performance because I can see that it can go wrong and I am going to think that is going to happen because I have seen in my head.” “So I get really scared, I do not know how to deal with it and I feel quite frozen. I am very uncomfortable….” “yeah, it’s like I cannot control what I feel in that moment. It’s just panic. The only thing I feel in every part of my body. Like, every single cell in my body it’s just panic.” “I mean, I feel, obviously it’s a bit distressing, but at the same time, kind of, if I know different, kind of ways it might be able to go, I feel a bit more like, planned and reassured…. if I know what different ways the situation could go, a bit like, like putting it out in my head, then I feel like a bit more prepared.” “I’m not as scared of it as I was, ‘cause I kind of understand it.” “I think I am more used to it now, so I don’t get as annoyed as in the past when it was worse. The emotions were stronger back then.” “the emotions that I got the first time were a lot more intense like, because I have never seen this image before, like it never happened…. But (now) I just know that I am going to see it and what I am going to see. Whereas before I didn’t know what to expect.” “maybe in the beginning I wasn’t that irritated. Now I get more irritated…” “it’s always the same. Like the intensity changes depending if I had a particularly bad day. But it’s mainly just terror. It’s the same thing every time.” “a lot of the time it makes me feel angry about myself, like you know, for having them. It makes me angry with other people that they don’t have to have them. And it makes me angry with myself for having them.” “I’m frustrated…I don’t want to have them” “it made me feel isolated and having racing thoughts about moving school to a grammar school. I felt like I am alone, and nobody would help.” “I have learnt that it’s part of me and I can’t really change it, or I don’t know how to change, if there is a way of changing it. So, I just I just gave up, if it happens it happens and I have to live with it.”  |
| 1. Contextual factors

OriginsOVeeeeeeeyyyyyyuy fghjfgjfd TriggersImportant people | “The one crossing the road, I think it’s just like one time when I was little, I was in London and we were crossing the road. And I was kind of stepped out without looking and mum grabbed me back screaming. She was like ‘*Participant name*! You never cross the road without looking, you never do that!’ and she was really like really scared. But she really scared me because she was so scared. And I think that even from a young age that kind of set the fear in.”“Just, like, how stressed I am. Like, I am feeling particularly manic that day. Just like the general things that would affect mental health. Like, how I have been eating, how was work.” “It pops out of nowhere, but I think it comes frequently because school is a big part of my life and because I have a lot of anxiety and worry at school it can kind of come in with that.”“I get really scared when it happens (…) My friends noticed that I’m really scared on the road but I don’t really tell them why because I just think they’ll think I’m not really like, I’m quite weird, like it’s not really needed or that I’m putting it on or that I can control it. I won’t cross until there’s a green man but if I say to them ‘Oh no, it’s because I get this picture, cos I see something’ they will just think I am over-dramatic or just making it up.” “Yeah, but basically my dad it’s just invalidating me, which was delightful as for a 13-year-old (Laughs). It’s delightful to be told ‘You’re being stupid!’ like just ‘don’t think about it!’ and I am like ‘Oh brilliant, haven’t thought about this one, yet!’” “Yeah, so the first time when I first started like seeing myself going wrong that was the time, like a couple of years ago when I had like the teacher for dancing was really, really, really stressed and she got like putting the stress that was going to her on us and she would get really panicky and shouty before the shows and that is probably what cause it, when it first started my anxiety about going wrong.”  |