

### Supplementary Materials

Table S1

Standardized factor loadings and correlations of Rumination Reflection Questionnaire (RRQ) items across the United States and Singapore

Item no.	RRQ item	RRQ scales	
		RUM	REF
5	I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.	.87 (.86)	
7	Often I'm playing back over in my mind how I acted in a past situation.	.83 (.77)	
2	I always seem to be rehashing in my mind recent things I've said or done.	.87 (.76)	
4	Long after an argument or disagreement is over with, my thoughts keep going back to what happened.	.80 (.64)	
6R	I don't waste time rethinking things that are over and done with.	.47 (.40)	
8	I often find myself reevaluating something I've done.	.83 (.66)	
11	I often reflect on episodes in my life that I should no longer concern myself with.	.79 (.75)	
12	I spend a great deal of time thinking back over my embarrassing or disappointing moments.	.75 (.80)	
9R	I never ruminate or dwell on myself for very long.	.43 (.46)	
10R	It is easy for me to put unwanted thoughts out of my mind.	.51 (.40)	
3	Sometimes it is hard for me to shut off thoughts about myself.	.82 (.71)	
1	My attention is often focused on aspects of myself I wish I'd stop thinking about.	.79 (.68)	
15	I love exploring my "inner" self.		.73 (.77)
23	I often love to look at my life in philosophical ways.		.75 (.73)
22	I love to meditate on the nature and meaning of things.		.70 (.78)
17R	I don't really care for introspective or self-reflective thinking.		.73 (.64)
16	My attitudes and feelings about things fascinate me.		.73 (.72)
18	I love analyzing why I do things.		.71 (.78)
20R	I don't care much for self-analysis.		.65 (.57)
14R	I'm not really a meditative type of person.		.57 (.40)
13R	Philosophical or abstract thinking doesn't appeal to me that much.		.57 (.59)
24R	Contemplating myself isn't my idea of fun.		.67 (.59)

19	People often say I'm a "deep," introspective type of person.		.73 (.75)
21	I'm very self-inquisitive by nature.		.69 (.64)
	1	2	
1. RUM	–	(.10)	
2. REF	.07	–	

*Note.* R = reverse-coded items; RUM = rumination; REF = reflection; Values not in parentheses refer to the factor loadings of the United States sample, whereas values in parentheses are the factor loadings of the Singapore sample. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S2

Standardized factor loadings and correlations of Perseverative Cognitions Questionnaire (PCQ)

items across the United States and Singapore

Item no.	PCQ item	PCQ scales					
		LC	PF	EW	SC	DP	TD
44	It's hard for me to let a thought go once it enters my head.	.87 (.82)					
30	I find it difficult to dismiss a thought once it's entered my head.	.84 (.78)					
3	I am consumed by certain thoughts.	.86 (.81)					
16	I am surprised by how little control I have over certain thoughts.	.78 (.65)					
37	It's difficult for me to get things done when my mind starts to race.	.68 (.68)					
8	I repeatedly think about things to reduce the risk of danger.		.70 (.88)				
36	I repeatedly think about a task to avoid any problems that may arise.		.78 (.84)				
26	I repeatedly think about a problem ahead of time to prevent misfortune from occurring.		.72 (.74)				
9	I repeatedly think about things so I can be prepared in case something bad happens.		.87 (.80)				
24	I repeatedly think about things to figure out how to avoid or prevent bad things from happening.		.92 (.88)				
41	I repeatedly think about a current problem in order to avoid it.		.93 (.89)				
18	I explore all possible outcomes in my head in an effort to solve a problem.		.51 (.64)				

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27	I usually find it likely that things will turn out poorly.	.91 (.90)	
21	I usually expect the worst in ambiguous situations.	.86 (.82)	
43	I typically expect the worst to happen.	.91 (.84)	
17	I believe good things are not likely to happen to me.	.75 (.79)	
6	I become absorbed in trying to understand my thoughts, feelings, and actions.		.92 (.88)
34	I repeatedly think about my feelings to discover if they have some deeper meaning.		.80 (.74)
40	I repeatedly think about my thoughts, feelings, and actions to better understand myself.		.72 (.70)
12	I often think about my moods to figure out why I feel the way I feel.		.70 (.77)
23	I repeatedly think about things that are over and done with.		.89 (.83)
42	I frequently focus my attention on things that I can no longer do anything about.		.87 (.83)
20	I repeatedly play back past events in my mind.		.87 (.85)
19	I repeatedly question the things I've done.		.85 (.77)
33	I tend to replay in my mind how I acted in a past situation.		.86 (.80)
38	I often turn my mind to events in my past that I should no longer be concerned about.		.83 (.82)
32	Things that have happened to me unwillingly linger in my mind.		.87 (.91)
35	After a problem has long been resolved, my thoughts drift back to what happened.		.87 (.75)
7	I can't help but rehash past events in my mind.		.90 (.81)
1	After I do something I cannot stop wondering if I made a mistake.		.78 (.77)

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13	I often find myself repeatedly thinking about recent events, wishing they had gone better.	.83 (.77)	
31	I cannot get thoughts about recent occurrences out of my head.	.87 (.86)	
2	Situations that have happened often drift back into my mind.	.74 (.67)	
22	My attention is always focused on how I acted in past situations.	.82 (.76)	
25	My thoughts are shameful.		.83 (.74)
11	It is sometimes as if my thoughts are not my own.		.80 (.86)
45	I am a terrible person for having weird or gross thoughts.		.72 (.78)
5	I am a bad person for thinking the way I do.		.75 (.71)
39	I am losing control when I have bad thoughts.		.69 (.80)
15	My thoughts make me uncomfortable.		.95 (.88)
28	I believe that having a bad thought is the same as committing a bad act.		.41 (.55)
4	I feel appalled by some of my thoughts.		.77 (.74)
14	I am afraid of having inappropriate thoughts.		.70 (.63)
10	I can cause bad things to happen if I think about them happening.		.64 (.65)
29	Some of my thoughts leave me frozen in place.		.84 (.67)

	1	2	3	4	5	6
1. LC	–	(.43 <sup>***</sup> )	(.55 <sup>***</sup> )	(.52 <sup>***</sup> )	(.69 <sup>***</sup> )	(.67 <sup>***</sup> )
2. PF	.44 <sup>***</sup>	–	(.42 <sup>***</sup> )	(.47 <sup>***</sup> )	(.61 <sup>***</sup> )	(.17)
3. EW	.57 <sup>***</sup>	.47 <sup>***</sup>	–	(.38 <sup>***</sup> )	(.71 <sup>***</sup> )	(.53 <sup>***</sup> )
4. SC	.64 <sup>***</sup>	.53 <sup>***</sup>	.51 <sup>***</sup>	–	(.53 <sup>***</sup> )	(.35 <sup>***</sup> )
5. DP	.78 <sup>***</sup>	.51 <sup>***</sup>	.67 <sup>***</sup>	.72 <sup>***</sup>	–	(.48 <sup>***</sup> )
6. TD	.46 <sup>***</sup>	.11	.52 <sup>***</sup>	.40 <sup>***</sup>	.44 <sup>***</sup>	–

*Note.* LC = lack of controllability; PF = preparing for the future; EW = expecting the worst; SC = searching for causes and meanings; DP = dwelling on the past; TD = thoughts discrepant with the ideal self; Values not in parentheses refer to the factor loadings or correlations of the United

States sample, whereas values in parentheses are the factor loadings or correlations of the Singapore sample. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S3

Standardized factor loadings and correlations of Intolerance of Uncertainty Scale (IUS) items across the United States and Singapore

Item no.	IUS item	IUS scales	
		SELF	UNFAIR
12	When it's time to act, uncertainty paralyzes me.	.79 (.73)	
14	When I am uncertain, I can't go forward.	.74 (.80)	
22	Being uncertain means that I lack confidence.	.72 (.62)	
15	When I am uncertain, I can't function very well.	.78 (.74)	
13	Being uncertain means that I am not first rate.	.78 (.71)	
1	Uncertainty stops me from having a strong opinion.	.44 (.52)	
16	Unlike me, others seem to know where they are going with their lives.	.62 (.48)	
17	Uncertainty makes me vulnerable, unhappy, or sad.	.83 (.79)	
2	Being uncertain means that a person is disorganized.	.51 (.52)	
20	The smallest doubt can stop me from acting.	.76 (.71)	
25	I must get away from all uncertain situations.	.77 (.69)	
9	Uncertainty keeps me from living a full life.	.79 (.75)	
24	Uncertainty keeps me from sleeping soundly.	.74 (.56)	
23	I think it's unfair that other people seem to be sure about their future.	.62 (.55)	
3	Uncertainty makes life intolerable.	.65 (.77)	
10	One should always look ahead so as to avoid surprises.		.65 (.52)
18	I always want to know what the future has in store for me.		.68 (.60)
5	My mind can't be relaxed if I don't know what will happen tomorrow.		.79 (.71)
19	I can't stand being taken by surprise.		.63 (.69)
21	I should be able to organize everything in advance.		.68 (.67)
8	It frustrates me not having all the information I need.		.70 (.73)
7	Unforeseen events upset me greatly.		.78 (.80)
11	A small unforeseen event can spoil everything even with the best planning.		.72 (.55)
4	It's unfair having no guarantees in life.		.67 (.66)
6	Uncertainty makes me uneasy, anxious, or stressed.		.80 (.81)
26	The ambiguities in life stress me.		.83 (.83)
27	I can't stand being undecided about my future.		.73 (.71)

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	1	2
1. SELF	–	(.89 <sup>***</sup> )
2. UNFAIR	.92 <sup>***</sup>	–

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*Note.* SELF = uncertainty has negative behavioral and self-referent implications; UNFAIR = uncertainty is unfair and spoils everything; Values not in parentheses refer to the factor loadings or correlations of the United States sample, whereas values in parentheses are the factor loadings or correlations of the Singapore sample. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S4

Standardized factor loadings and correlations of Anxiety Sensitivity Index–3 (ASI-3) across the US and Singapore

Item no.	ASI-3 item	ASI-3 Scales		
		PHY	COG	SOC
3	It scares me when my heart beats rapidly.	.82 (.78)		
4	When my stomach is upset, I worry that I might be seriously ill.	.70 (.65)		
7	When my chest feels tight, I get scared that I won't be able to breathe properly.	.78 (.79)		
8	When I feel pain in my chest, I worry that I'm going to have a heart attack.	.76 (.81)		
12	When I notice my heart skipping a beat, I worry that there is something seriously wrong with me.	.81 (.87)		
15	When my throat feels tight, I worry that I could choke to death.	.70 (.75)		
2	When I cannot keep my mind on a task, I worry that I might be going crazy.		.71 (.79)	
5	It scares me when I am unable to keep my mind on a task.		.71 (.78)	
10	When I feel "spacey" or spaced out I worry that I may be mentally ill.		.81 (.76)	
14	When my thoughts seem to speed up, I worry that I might be going crazy.		.85 (.80)	
16	When I have trouble thinking clearly, I worry that there is something wrong with me.		.82 (.78)	
18	When my mind goes blank, I worry there is something terribly wrong with me.		.74 (.78)	
1	It is important for me not to appear nervous.			.52 (.57)
6	When I tremble in the presence of others, I fear what people might think of me.			.67 (.84)
9	I worry that other people will notice my anxiety.			.81 (.81)
11	It scares me when I blush in front of people.			.65 (.62)
13	When I begin to sweat in a social situation, I fear people will think negatively of me.			.76 (.73)
17	I think it would be horrible for me to faint in public.			.60 (.64)

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	1	2	3
1. PHY	–	(.81 <sup>***</sup> )	(.66 <sup>***</sup> )
2. COG	.85 <sup>***</sup>	–	(.70 <sup>***</sup> )
3. SOC	.78 <sup>**</sup>	.83 <sup>***</sup>	–

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*Note.* PHY = physical concerns; COG = cognitive concerns; SOC = social concerns; Values not in parentheses refer to the factor loadings or correlations of the United States sample, whereas values in parentheses are the factor loadings or correlations of the Singapore sample. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S5

*Standardized factor loadings and correlations of Cognitive and Behavioral Processes*

*Questionnaire (CBPQ) items across the United States and Singapore*

Item no.	CBPQ item	CBPQ scales	
		Factor A	Factor B
A1	How much have you focused on your internal experiences when feeling bad, rather than focusing on what is happening in your surroundings?	.56 (.45)	
A2	How much have you tried to mentally avoid or get rid of unpleasant internal experiences, rather than just noticing them and letting them pass?	.66 (.46)	
A3	How much have you tried to change or mentally control your internal experiences when feeling bad, rather than just noticing them and letting them pass?	.58 (.52)	
A4	How much have you gone over and over past experiences when feeling bad, rather than doing the things that are important to you?	.80 (.73)	
A5	How much have you worried about bad things that might happen in the future, rather than doing the things that are important to you?	.71 (.81)	
A6	How much have you judged yourself or your appearance to other people when feeling bad, rather than just noticing people around you?	.69 (.58)	
A7	How much have you let your internal experiences rather than what you see and hear in the moment, guide what you do?	.70 (.54)	
A8	How much have you analyzed past events for answers when feeling bad, rather than doing the things that are important to you?	.77 (.74)	
B1	How much have you looked for possible harm or threats in your surroundings when feeling bad, rather than just noticing things around you?		.53 (.47)
B2	How much have you looked for things in your surroundings to make you feel safe when feeling bad, rather than just noticing things around you?		.54 (.55)
B3	How much have you avoided dealing with an actual problem when feeling bad, rather than doing something to solve the problem?		.68 (.61)
B4	How much have you distracted yourself from feeling bad by doing an activity too often, rather than doing the things that are important to you?		.75 (.68)

B5	How much have you been inactive or avoided situations, activities or people when feeling bad rather than doing the things that are important to you?	.75 (.74)
B6	How much have you done something negative to stop yourself feeling bad, rather than just experienced feeling bad?	.21 (.051)
B7	How much have you used alcohol, drugs, food or an activity to reduce or prevent unpleasant internal experiences, rather than just “be with them”?	.59 (.40)

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	1	2
1. Factor A	–	(.66*)
2. Factor B	.83***	–

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*Note.* Values not in parentheses refer to the factor loadings or correlations of the United States sample, whereas values in parentheses are the factor loadings or correlations of the Singapore sample. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S6

*Standardized factor loadings and correlations of Rumination Reflection Questionnaire (RRQ) items across gender.*

Item no.	RRQ item	RRQ scales	
		RUM	REF
5	I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.	.86 (.87)	
7	Often I'm playing back over in my mind how I acted in a past situation.	.76 (.84)	
2	I always seem to be rehashing in my mind recent things I've said or done.	.80 (.86)	
4	Long after an argument or disagreement is over with, my thoughts keep going back to what happened.	.80 (.76)	
6R	I don't waste time rethinking things that are over and done with.	.46 (.54)	
8	I often find myself reevaluating something I've done.	.79 (.82)	
11	I often reflect on episodes in my life that I should no longer concern myself with.	.74 (.78)	
12	I spend a great deal of time thinking back over my embarrassing or disappointing moments.	.75 (.77)	
9R	I never ruminate or dwell on myself for very long.	.50 (.50)	
10R	It is easy for me to put unwanted thoughts out of my mind.	.48 (.53)	
3	Sometimes it is hard for me to shut off thoughts about myself.	.80 (.80)	
1	My attention is often focused on aspects of myself I wish I'd stop thinking about.	.77 (.77)	
15	I love exploring my "inner" self.		.79 (.73)
23	I often love to look at my life in philosophical ways.		.77 (.75)
22	I love to meditate on the nature and meaning of things.		.76 (.73)
17R	I don't really care for introspective or self-reflective thinking.		.86 (.67)
16	My attitudes and feelings about things fascinate me.		.72 (.75)
18	I love analyzing why I do things.		.76 (.76)
20R	I don't care much for self-analysis.		.66 (.63)
14R	I'm not really a meditative type of person.		.51 (.50)
13R	Philosophical or abstract thinking doesn't appeal to me that much.		.63 (.53)
24R	Contemplating myself isn't my idea of fun.		.74 (.63)
19	People often say I'm a "deep," introspective type of person.		.73 (.76)

21	I'm very self-inquisitive by nature.		.70 (.70)
	1	2	
1. RUM	–	(.11)	
2. REF	.19	–	

*Note.* R = reverse-coded items; RUM = rumination; REF = reflection; Values not in parentheses refer to the factor loadings or correlations of males, whereas values in parentheses are the factor loadings or correlations of females. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S7

Standardized factor loadings and correlations of Perseverative Cognitions Questionnaire (PCQ)

items across gender

Item no.	PCQ item	PCQ scales					
		LC	PF	EW	SC	DP	DT
44	It's hard for me to let a thought go once it enters my head	.91 (.83)					
30	I find it difficult to dismiss a thought once it's entered my head	.82 (.82)					
3	I am consumed by certain thoughts	.83 (.86)					
16	I am surprised by how little control I have over certain thoughts	.76 (.78)					
37	It's difficult for me to get things done when my mind starts to race	.70 (.68)					
8	I repeatedly think about things to reduce the risk of danger		.84 (.75)				
36	I repeatedly think about a task to avoid any problems that may arise		.78 (.79)				
26	I repeatedly think about a problem ahead of time to prevent misfortune from occurring		.67 (.72)				
9	I repeatedly think about things so I can be prepared in case something bad happens		.88 (.86)				
24	I repeatedly think about things to figure out how to avoid or prevent bad things from happening		.91 (.92)				
41	I repeatedly think about a current problem in order to avoid it		.97 (.93)				

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18	I explore all possible outcomes in my head in an effort to solve a problem	.41 (.55)	
27	I usually find it likely that things will turn out poorly	.92 (.55)	
21	I usually expect the worst in ambiguous situations	.86 (.87)	
43	I typically expect the worst to happen	.97 (.86)	
17	I believe good things are not likely to happen to me	.78 (.78)	
6	I become absorbed in trying to understand my thoughts, feelings, and actions		.79 (.95)
34	I repeatedly think about my feelings to discover if they have some deeper meaning		.81 (.79)
40	I repeatedly think about my thoughts, feelings, and actions to better understand myself		.79 (.71)
12	I often think about my moods to figure out why I feel the way I feel		.77 (.72)
23	I repeatedly think about things that are over and done with		.81 (.88)
42	I frequently focus my attention on things that I can no longer do anything about		.81 (.86)
20	I repeatedly play back past events in my mind		.89 (.85)
19	I repeatedly question the things I've done		.79 (.86)
33	I tend to replay in my mind how I acted in a past situation		.90 (.83)
38	I often turn my mind to events in my past that I should no longer be concerned about		.83 (.82)
32	Things that have happened to me unwillingly linger in my mind		.92 (.89)

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35	After a problem has long been resolved, my thoughts drift back to what happened	.82 (.85)
7	I can't help but rehash past events in my mind	.85 (.88)
1	After I do something I cannot stop wondering if I made a mistake	.82 (.77)
13	I often find myself repeatedly thinking about recent events, wishing they had gone better	.83 (.80)
31	I cannot get thoughts about recent occurrences out of my head	.85 (.88)
2	Situations that have happened often drift back into my mind	.69 (.74)
22	My attention is always focused on how I acted in past situations	.79 (.83)
25	My thoughts are shameful	.79 (.82)
11	It is sometimes as if my thoughts are not my own	.88 (.82)
45	I am a terrible person for having weird or gross thoughts	.64 (.80)
5	I am a bad person for thinking the way I do	.65 (.80)
39	I am losing control when I have bad thoughts	.74 (.74)
15	My thoughts make me uncomfortable	.91 (.92)
28	I believe that having a bad thought is the same as committing a bad act	.53 (.52)
4	I feel appalled by some of my thoughts	.80 (.81)
14	I am afraid of having inappropriate thoughts	.65 (.75)
10	I can cause bad things to happen if I think about them happening	.72 (.67)
29	Some of my thoughts leave me frozen in place	.81 (.80)

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	1	2	3	4	5	6
1. LC	–	(.485 <sup>***</sup> )	(.60 <sup>***</sup> )	(.63 <sup>***</sup> )	(.76 <sup>***</sup> )	(.56 <sup>***</sup> )
2. PF	.43 <sup>***</sup>	–	(.48 <sup>***</sup> )	(.49 <sup>***</sup> )	(.55 <sup>***</sup> )	(.19)
3. EW	.62 <sup>***</sup>	.52 <sup>***</sup>	–	(.48 <sup>***</sup> )	(.67 <sup>***</sup> )	(.58 <sup>***</sup> )
4. SC	.64 <sup>***</sup>	.74 <sup>***</sup>	.63 <sup>***</sup>	–	(.66 <sup>***</sup> )	(.43 <sup>***</sup> )
5. DP	.78 <sup>***</sup>	.55 <sup>***</sup>	.77 <sup>***</sup>	.74 <sup>***</sup>	–	(.46 <sup>***</sup> )
6. DT	.59 <sup>***</sup>	.20	.55 <sup>***</sup>	.49 <sup>***</sup>	.50 <sup>***</sup>	–

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*Note.* LC = lack of controllability; PF = preparing for the future; EW = expecting the worst; SC = searching for causes and meanings; DP = dwelling on the past; TD = thoughts discrepant with the ideal self; Values not in parentheses refer to the factor loadings or correlations of males, whereas values in parentheses are the factor loadings or correlations of females. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S8

Standardized factor loadings and correlations of Intolerance of Uncertainty Scale (IUS) items

across gender

Item no.	IUS item	IUS scales	
		SELF	UNFAIR
12	When it's time to act, uncertainty paralyzes me.	.78 (.79)	
14	When I am uncertain, I can't go forward.	.82 (.77)	
22	Being uncertain means that I lack confidence.	.755 (.69)	
15	When I am uncertain, I can't function very well.	.86 (.76)	
13	Being uncertain means that I am not first rate.	.82 (.76)	
1	Uncertainty stops me from having a strong opinion.	.58 (.47)	
16	Unlike me, others seem to know where they are going with their lives.	.50 (.65)	
17	Uncertainty makes me vulnerable, unhappy, or sad.	.82 (.83)	
2	Being uncertain means that a person is disorganized.	.56 (.52)	
20	The smallest doubt can stop me from acting.	.77 (.74)	
25	I must get away from all uncertain situations.	.82 (.75)	
9	Uncertainty keeps me from living a full life.	.81 (.77)	
24	Uncertainty keeps me from sleeping soundly.	.74 (.65)	
23	I think it's unfair that other people seem to be sure about their future.	.57 (.61)	
3	Uncertainty makes life intolerable.	.72 (.70)	
10	One should always look ahead so as to avoid surprises.		.53 (.69)
18	I always want to know what the future has in store for me.		.68 (.66)
5	My mind can't be relaxed if I don't know what will happen tomorrow.		.81 (.75)
19	I can't stand being taken by surprise.		.70 (.66)
21	I should be able to organize everything in advance.		.72 (.66)
8	It frustrates me not having all the information I need.		.79 (.67)
7	Unforeseen events upset me greatly.		.80 (.80)
11	A small unforeseen event can spoil everything even with the best planning.		.69 (.71)
4	It's unfair having no guarantees in life.		.78 (.64)
6	Uncertainty makes me uneasy, anxious, or stressed.		.78 (.77)
26	The ambiguities in life stress me.		.86 (.82)
27	I can't stand being undecided about my future.		.78 (.72)

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	1	2
1. SELF	–	(.92 <sup>***</sup> )
2. UNFAIR	.88 <sup>***</sup>	–

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*Note.* SELF = uncertainty has negative behavioral and self-referent implications; UNFAIR = uncertainty is unfair and spoils everything; Values not in parentheses refer to the factor loadings or correlations of males, whereas values in parentheses are the factor loadings or correlations of females. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S9

Standardized factor loadings and correlations of Anxiety Sensitivity Index–3 (ASI-3) across gender

Item no.	ASI-3 item	ASI-3 Scales		
		PHY	COG	SOC
3	It scares me when my heart beats rapidly.	.85 (.80)		
4	When my stomach is upset, I worry that I might be seriously ill.	.65 (.71)		
7	When my chest feels tight, I get scared that I won't be able to breathe properly.	.82 (.77)		
8	When I feel pain in my chest, I worry that I'm going to have a heart attack.	.78 (.78)		
12	When I notice my heart skipping a beat, I worry that there is something seriously wrong with me.	.88 (.82)		
15	When my throat feels tight, I worry that I could choke to death.	.67 (.73)		
2	When I cannot keep my mind on a task, I worry that I might be going crazy.		.77 (.73)	
5	It scares me when I am unable to keep my mind on a task.		.79 (.73)	
10	When I feel "spacey" or spaced out I worry that I may be mentally ill.		.82 (.79)	
14	When my thoughts seem to speed up, I worry that I might be going crazy.		.83 (.83)	
16	When I have trouble thinking clearly, I worry that there is something wrong with me.		.79 (.81)	
18	When my mind goes blank, I worry there is something terribly wrong with me.		.67 (.80)	
1	It is important for me not to appear nervous.			.59 (.53)
6	When I tremble in the presence of others, I fear what people might think of me.			.87 (.70)
9	I worry that other people will notice my anxiety.			.83 (.81)
11	It scares me when I blush in front of people.			.81 (.58)
13	When I begin to sweat in a social situation, I fear people will think negatively of me.			.71 (.77)
17	I think it would be horrible for me to faint in public.			.55 (.64)

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	1	2	3
1. PHY	–	(.85 <sup>***</sup> )	(.75 <sup>***</sup> )
2. COG	.82 <sup>***</sup>	–	(.78 <sup>***</sup> )
3. SOC	.70 <sup>***</sup>	.82 <sup>***</sup>	–

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*Note.* PHY = physical concerns; COG = cognitive concerns; SOC = social concerns.; Values not in parentheses refer to the factor loadings or correlations of the males, whereas values in parentheses are the factor loadings or correlations of females. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table S10

Standardized factor loadings and correlations of Cognitive and Behavioral Processes

Questionnaire (CBPQ) items across gender

Item no.	CBPQ item	CBPQ scales	
		Factor A	Factor B
A1	How much have you focused on your internal experiences when feeling bad, rather than focusing on what is happening in your surroundings?	.46 (.57)	
A2	How much have you tried to mentally avoid or get rid of unpleasant internal experiences, rather than just noticing them and letting them pass?	.60 (.60)	
A3	How much have you tried to change or mentally control your internal experiences when feeling bad, rather than just noticing them and letting them pass?	.64 (.53)	
A4	How much have you gone over and over past experiences when feeling bad, rather than doing the things that are important to you?	.80 (.77)	
A5	How much have you worried about bad things that might happen in the future, rather than doing the things that are important to you?	.66 (.75)	
A6	How much have you judged yourself or your appearance to other people when feeling bad, rather than just noticing people around you?	.68 (.65)	
A7	How much have you let your internal experiences rather than what you see and hear in the moment, guide what you do?	.57 (.71)	
A8	How much have you analyzed past events for answers when feeling bad, rather than doing the things that are important to you?	.78 (.76)	
B1	How much have you looked for possible harm or threats in your surroundings when feeling bad, rather than just noticing things around you?		.64 (.51)
B2	How much have you looked for things in your surroundings to make you feel safe when feeling bad, rather than just noticing things around you?		.53 (.54)
B3	How much have you avoided dealing with an actual problem when feeling bad, rather than doing something to solve the problem?		.66 (.67)
B4	How much have you distracted yourself from feeling bad by doing an activity too often, rather than doing the things that are important to you?		.66 (.74)

B5	How much have you been inactive or avoided situations, activities or people when feeling bad rather than doing the things that are important to you?	.74 (.75)
B6	How much have you done something negative to stop yourself feeling bad, rather than just experienced feeling bad?	.41 (.11)
B7	How much have you used alcohol, drugs, food or an activity to reduce or prevent unpleasant internal experiences, rather than just “be with them”?	.44 (.55)

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	1	2
1. Factor A	–	(.76 <sup>***</sup> )
2. Factor B	.91 <sup>**</sup>	–

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*Note.* Values not in parentheses refer to the factor loadings or correlation(s) of males, whereas values in parentheses are the factor loadings or correlation(s) of females. \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .