

**Table 1 CIAS subscale names, item numbers, communalities, and Cronbach's  $\alpha$ , means, SD and kurtosis for the 4-factor model.**

Subscale (Item nos.)	Communalities min-max	Cronbach's $\alpha$	Mean (SD)	Kurtosis
Fear (1-4, 7, 16-23)	0.45-0.83	0.96	2 (0.638)	-1.27
Help seeking (5, 6, 9, 10, 12-14, 26, 27)	0.62-0.79	0.95	2.04 (0.689)	-1.38
Symptom effects (24, 25, 33-35)	0.66-0.89	0.92	2.01 (0.641)	-0.88
Treatment experience (11, 15, 29-31)	0.56-0.7	0.85	2.02 (0.637)	-0.99

**Table 2 The final model factors' loadings, item-total correlations, Cronbach's  $\alpha$  if items deleted**

Questions	Factor loadings	Corrected item-total correlation	Cronbach's $\alpha$ if item deleted
<b>Fear</b>			
Q1: Do you worry about your health?	0.72	0.67	0.96
Q2: Are you worried that you might get really sick in the future?	0.89	0.87	0.95
Q3: Does the thought of being sick scare you?	0.66	0.62	0.96
Q4: If you have pain, do you worry that it may be caused by a bad sickness?	0.91	0.89	0.95
Q7: If pain lasts for a week or more, do you believe that you have a bad sickness?	0.82	0.78	0.95
Q16: If a doctor tells you what he/she found, do you soon begin to believe that you might have another sickness?	0.83	0.79	0.95
Q17: Are you afraid of news that reminds you of death?	0.83	0.80	0.95
Q18: Does the thought of dying scare you?	0.76	0.73	0.95
Q19: Are you afraid that you might die soon?	0.88	0.85	0.95
Q20: Are you afraid that you might have cancer?	0.74	0.71	0.96
Q21: Are you afraid that you have something wrong with your heart?	0.83	0.79	0.95
Q22: Are you afraid that you have another bad sickness?	0.77	0.73	0.95
Q23: When you read or hear about a sickness, do you think that you might have that sickness?	0.90	0.87	0.95
<b>Help seeking</b>			
Q5: If pain lasts for a week or more, do you tell your mom or dad?	0.79	0.73	0.95
Q6: If pain lasts for a week or more, do you ask your mom or dad if you can go to the doctor?	0.80	0.75	0.95
Q9: Do you try not to eat foods that may not be good for you (such as junk food)?	0.87	0.83	0.94
Q10: Do you check your body to find out if there is something wrong?	0.86	0.81	0.94
Q12: When you feel sick, do you tell your mom or dad?	0.85	0.81	0.94
Q13: When you feel sick, do you ask your mom or dad if you can go to the doctor?	0.87	0.83	0.94
Q14: Do you ask your mom or dad for medicine?	0.89	0.85	0.94
Q26: When you have a strange feeling in your body, do you tell your mom or dad?	0.85	0.81	0.94
Q27: When you have a strange feeling in your body, do you ask your mom or dad if you can go to the doctor?	0.82	0.77	0.95
<b>Symptoms effects</b>			
Q24: When you have a strange feeling in your body, do you find it hard to think about something else?	0.82	0.72	0.91
Q25: When you have a strange feeling in your body, do you worry about it?	0.88	0.81	0.89
Q33: Do strange feelings in your body stop you from going to school?	0.81	0.71	0.91
Q34: Do strange feelings in your body stop you from enjoying yourself ?	0.94	0.90	0.88
Q35: Do strange feelings in your body stop you from keeping your mind on what you are doing?	0.88	0.80	0.90
<b>Treatment experience</b>			
Q11: Do you believe that you are really sick, but the doctors do not know why?	0.84	0.71	0.81
Q15: When your doctor tells you that you are not sick, do you not believe him/her?	0.74	0.61	0.83
Q29: How many times have you seen your doctor in the last year?	0.78	0.64	0.83
Q30: How many doctors have you seen in the past year?	0.79	0.68	0.82
Q31: How often have you been treated (had to take medicine or had surgery) during the past year?	0.81	0.67	0.82