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| **Questionnaire** | **What is assessed** | **Time points (months)**a |
| Whiteley Index-7 (WI-7) | Health anxiety symptoms | Baseline, 1, 2, 3, 4, 10 |
| Health anxiety inventory, Short-form (SHAI) | Health anxiety and negative consequences, two components respectively | Baseline, 4, 10 |
| Symptom Checklist Scale (SCL-92) |  |  |
| Depression subscale (SCL-dep) | General depressive symptoms | Baseline, 4, 10 |
| Anxiety subscale (SCL-anx) | General anxiety symptoms | Baseline, 4, 10 |
| Somatization subscale (SCL-som) | Common physical symptoms e.g., headaches | Baseline, 4, 10 |
| WHO-five Well-being Index (WHO-5) | Quality of life and emotional functioning related to positive mood, vitality, and general interests. | Baseline, 1, 2, 3, 4, 10 |
| Acceptance and Action questionnaire (AAQ-II) | Psychological flexibility | Baseline, 2, 3, 4, 10 |
|  |  |  |
| Negative Effects Questionnaire (NEQ) | Negative incidents and effects of psychological treatment | 4 |

**Supplementary material: Questionnaires**

a 1=randomization. 2=four weeks into treatment. 3=eight weeks into treatment. 4=post-treatment. 10=six-month follow-up