Table S1. 40-item CBRQ subscale descriptive statistics, internal consistency and stability

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Items included** | **No of items** | **Range** | **N** | **Mean (S.D.)** | **Internal consistency**  **(Cronbach’s** α) |
| Total (40 item) | All | 40 | 16-130 | 112 | 78.65 (20.43) | .91 |
| Fear avoidance | FA1, FA2R, FA3, FA12, FA14, FA17 | 6 | 4-24 | 117 | 15.17 (3.64) | .70 |
| Embarrassment avoidance | EA1, EA2, EA3, EA4, EA5, EA6 | 6 | 0-24 | 115 | 9.32 (5.66) | .88 |
| All-or-nothing behaviour | AL1, AL2, AL3, AL4, AL5 | 5 | 0-20 | 116 | 9.00 (4.77) | .84 |
| Damage beliefs | DB4, DB9R, DB10, DB15, DB16 | 5 | 2-19 | 119 | 10.38 (3.41) | .73 |
| Symptom focusing | SF1, SF2, SF3, SF5, SF9, SF12 | 6 | 1-24 | 119 | 12.27 (5.38) | .90 |
| Catastrophising | C1, C2, C4, C6 | 4 | 0-16 | 119 | 8.21 (3.43) | .78 |
| Avoidance/resting behaviour | L2, L3, L4, L7, L9, L10, L11, L13 | 8 | 0-28 | 112 | 14.64 (5.76) | .76 |

AL = All or nothing behaviour, C = Catastrophising Subscale, EA = Embarrassment Avoidance Subscale, FA= Fear Avoidance Subscale, DB= Damage Beliefs Subscale, L = Avoidance/Resting Behaviour, SF = Symptom Focusing Subscale; Items denoted with ‘R’ are reverse scored.

Table S2. 40-item CBRQ Reliability indices at item level

|  |  |  |  |
| --- | --- | --- | --- |
| CBRQ subscale (α) | Internal consistency | | |
| Items included | AID | ITC |
| Fear avoidance (.70) | FA1 | .60 | .62 | |
| FA2R | .70 | .30 | |
| FA3 | .64 | .51 | |
| FA12 | .63 | .55 | |
| FA14 | .75 | .12 | |
| FA17 | .63 | .54 | |
| Embarrassment avoidance (.88) | EA1 | .87 | .69 | |
| EA2 | .86 | .75 | |
| EA3 | .86 | .71 | |
| EA4 | .88 | .62 | |
| EA5 | .85 | .77 | |
| EA6 | .87 | .66 | |
| All-or-nothing behaviour (.84) | AL1 | .77 | .75 | |
| AL2 | .79 | .71 | |
| AL3 | .79 | .70 | |
| AL4 | .84 | .51 | |
| AL5 | .83 | .55 | |
| Damage beliefs (.73) | DB4 | .64 | .61 | |
| DB9R | **.**75 | .32 | |
| DB10 | .61 | .70 | |
| DB15 | .70 | .45 | |
| DB16 | .72 | .42 | |
| Symptom focusing (.90) | SF1 | .87 | .77 | |
| SF2 | .**89** | .63 | |
| SF3 | .87 | .80 | |
| SF5 | .86 | .85 | |
| SF9 | **.90** | .58 | |
| SF12 | **.88** | .69 | |
| Catastrophising (.78) | C1 | .71 | .61 | |
| C2 | .69 | .65 | |
| C4 | **.79** | .43 | |
| C6 | .68 | .66 | |
| Avoidance/resting behaviour (.76) | L2 | .73 | .46 | |
| L3 | .72 | .52 | |
| L4 | .72 | .54 | |
| L7 | .73 | .48 | |
| L9 | .73 | .49 | |
| L10 | .74 | .42 | |
| L11 | .74 | .44 | |
| L13 | .76 | .31 | |

AID = Alpha if item deleted, ITC = Item-total correlation

Table S3. Pearson’s correlation coefficient *r (p*) between CBRQ score and selected measures

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **CFQ** | **SSAS** | **SF36PFS** | **CDI** | **STAI-State** | **STAI-Trait** |
| **Total (40 items)** | 0.13 (.207) | 0.30 (.002) | -0.14 (.156) | 0.66 (< .001) | 0.57 (<.001) | 0.68 (<.001) |
| **Fear avoidance** | 0.18 (.059) | 0.32 (.001) | -0.43 (<.001) | 0.41 (<.001) | 0.28 (.004) | 0.35 (<.001) |
| **Embarrassment avoidance** | 0.06 (.529) | 0.24 (.011) | -0.05 (.631) | 0.49 (<.001) | 0.51 (<.001) | 0.56 (<.001) |
| **Symptom focusing** | 0.09 (.363) | 0.24 (.011) | -0.07 (.455) | 0.54 (<.001) | 0.49 (<.001) | 0.56 (<.001) |
| **Catastrophising** | 0.16 (.079) | 0.26 (.005) | -0.19 (.048) | 0.52 (<.001) | 0.51 (<.001) | 0.61 (<.001) |
| **Damage beliefs** | 0.14 (.134) | 0.25 (.007) | -0.05 (.617) | 0.44 (<.001) | 0.36 (<.001) | 0.46 (<.001) |
| **All-or-nothing** | 0.25 (.009) | 0.10 (.318) | -0.10 (.312) | 0.47 (<.001) | 0.21 (.036) | 0.42 (<.001) |
| **Avoidance/rest** | 0.09  (.330) | 0.31 (.001) | -0.18 (.073) | 0.23  (.024) | 0.25 (.014) | 0.22 (.027) |

CDI = Children’s Depression Inventory; CFQ = Chalder Fatigue Questionnaire; SF36PFS = Short-Form 36 Physical Functioning; SSAS = School and social adjustment scale; STAI = State-Trait Anxiety Inventory