**Supplementary Material 1: Full item pool tested in Phase 1**

Changes subsequently made to two items (no. 32 & 48) are shown after the arrow (🡪).

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| 1 | The world is trying to bring me down | 26 | I'm losing my mind |
| 2 | This might last forever | 27 | I'm not really "me" |
| 3 | This might be a dream | 28 | Here we go again |
| 4 | Everyone's going to notice this | 29 | I don't want this |
| 5 | I can't trust my own mind | 30 | I can't cope with this |
| 6 | Too much is happening right now | 31 | People are going to think I'm mad |
| 7 | Someone has done something to me | 32 | I'm so lonely 🡪 I am all alone |
| 8 | I don't care any more | 33 | I'm just tired |
| 9 | I'm pathetic | 34 | Reality has changed |
| 10 | I'm in a computer simulation | 35 | There's no point fighting this |
| 11 | I could get stuck like this | 36 | I am worthless |
| 12 | I just need to wait for it to pass | 37 | I don't look right to other people right now |
| 13 | People are going to judge me for this | 38 | I must be sick |
| 14 | This feeling is dangerous | 39 | I'm not in the same world as everyone else |
| 15 | This is too difficult | 40 | I can't do this any more |
| 16 | There's a hidden meaning in this feeling | 41 | This is because I am evil |
| 17 | This proves I am unloveable | 42 | I'm just getting confused |
| 18 | Something is terribly wrong | 43 | I must be special |
| 19 | This is because there is something wrong with me | 44 | Now I won't be able to do the things I wanted |
| 20 | I must be exhausted | 45 | It's not me in control right now |
| 21 | My life is in danger | 46 | People are going to think I'm being rude |
| 22 | This proves I am abnormal | 47 | This could spiral out of control |
| 23 | I want this to stop now | 48 | This must mean I'm not human 🡪 This must mean I’m an alien, ghost, or not human |
| 24 | I'm being stupid | 49 | It's ok - it's just one of those things |
| 25 | This shows I am weak | 50 | This is too much |

**Supplementary Material 2: Additional demographics and descriptive statistics**

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| **Table s1. Showing the demographic data and descriptive statistics for the clinical subgroup used in the regression analyses (n=1015)** |
| **Demographic** | **Mean (Standard Deviation)** | **Range** |
| **Age** | 41.44 (12.29) | 18 - 74 |
| **Demographic** |  | **n (% of group)** |
| **Gender** | *Female:**Male:**Other:* | 297 (29.26%)709 (69.85%)5 (0.49%) |
| **Ethnicity** | *White (any):* *Mixed / Multiple:**Asian (any):**Black (any):**Other:* | 681 (67.09%)43 (4.24%)96 (9.46%)172 (16.95%)17 (1.67%) |
| **Diagnosis** | *Schizophrenia**Schizoaffective**Delusional Disorder**Psychotic Disorder NOS\***First Episode Psychosis**Other Schizophrenia Spectrum Disorder* | 657 (64.73%)149 (14.68%)14 (1.38%)68 (6.70%)104 (10.25%)23 (2.27%) |
| **Measure** | **Group Mean (SD)** | **Range** | **Test for gender differences** |
| *Cognitive Appraisals of Dissociation in Psychosis* | 18.86 (13.22) | 0 - 52 | *Females*: 20.00 (13.86)*Males*: 18.36 (12.89)*t-test*: p=0.082 *non sig*. |
| *Černis Felt Sense of Anomaly scale* | 40.54 (30.39) | 0 - 140 | *Females*: 40.97 (31.42)*Males*: 40.25 (29.93)*t-test*: p=0.737 *non sig*. |
| *Revised Green Paranoid Thoughts Scale**(Persecution subscale)* | 14.06 (12.10) | 0 - 40  | *Females*: 14.00 (12.25)*Males*: 13.94 (11.98)*t-test*: p=0.947 *non sig*. |
| *Specific Psychotic Experiences Questionnaire (Hallucinations subscale)* | 17.11 (15.99) | 0 - 55 | *Females*: 18.27 (16.62)*Males*: 16.61 (15.65)*t-test*: p=0.143 *non sig*. |