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| Items | Loadings | α |
| *Advisability of giving reassurance*  I should never offer my patients any reassurance  It is pointless to offer reassurance  I should ignore all requests for reassurance from my patients  Repeated reassurance seeking is always problematic\*  Giving reassurance usually forms part of effective psychological treatment^  Carefully planned reassurance can be helpful in treatment of anxiety disorders\*  Giving reassurance is particularly important when treating depressed individuals who seek it | -.766  -.704  -.513  -.483  .475  .473  .435 | .75 |
| *Linking reassurance and anxiety*  Providing reassurance may enhance anxiety  Giving reassurance typically increases the patient’s doubts  When patients are anxious they find it very difficult to resist seeking reassurance  Subtle reassurance seeking tends to occur undetected in the course of therapy  Providing reassurance increases the urge for further reassurance\*  If requests for reassurance are ignored they will eventually cease | .759  .687  .550  .497  .465  .435 | .68 |
| *Personal difficulties in dealing with reassurance*  When a patient asks me for reassurance about their fears, it can have the effect of making me feel anxious  When a patient asks me for reassurance about their fears, it can have the effect of increasing my own feelings of doubt  I feel frustrated when patients frequently seek reassurance from me  I feel confident in managing repeated requests for reassurance from my patients | .745  .728  .527  -.526 | .68 |
| *Struggling with not giving reassurance*  I find it very hard to resist giving my patients reassurance  I feel guilty if I withhold reassurance\*  Sometimes all I have left to offer my patients is repeated reassurance  By offering reassurance I show my clients that I care | .776  .615  .573  .566 | .73 |
| *Positive beliefs about reassurance*  Giving reassurance is always helpful  There are negative effects of offering reassurance  Providing reassurance is an appropriate treatment technique\*  I should always offer my patients reassurance when requested\* | .788  -.733  .514  .466 | .71 |
| *Eliminated items – factor i*  The reductions in anxiety that follow repeated reassurance are at best temporary  Repeated reassurance seeking has a damaging effect on interpersonal relationships  Requests for reassurance are attempts to reduce anxiety  *Eliminated items – factor ii*  Reassurance seeking is a common problem in clinically depressed people  Clinically depressed individuals typically don’t seek reassurance persistently  Responding to repeated requests for reassurance may enhance depression in depressed individuals\*  *Eliminated items – factor iii*  Patients often feel guilty when they seek reassurance repeatedly from other people  Patients are aware that repeatedly seeking reassurance can strain and drain other people  Reassurance seeking is a common problem in clinically anxious people  *Eliminated items - factor iv*  Giving reassurance typically decreases the patient’s doubts  Providing of reassurance can alleviate my client’s fears and doubts  *Eliminated items – factor v*  Repeated requests for reassurance are a form of ‘attention seeking’  Providing reassurance is an effective way to help my patients understand that they don’t need to be worried  *Eliminated items – factor vi*  Patients usually believe that reassurance seeking is helpful  Repeated provision of reassurance may contribute to the maintenance of emotional disorders  *Eliminated items – factor vii*  Reassurance seeking is only problematic in some anxiety disorders  *Eliminated items – factor viii*  When a patient is acutely anxious the only thing a family member can usefully do is to provide reassurance  Repeated reassurance seeking can be a problem because it can lead to alienation  *Eliminated items – factor ix*  I will upset my patients if I do not offer reassurance when requested to do so  *Items with lading <.20*  Patients who seek reassurance repeatedly from me do not trust me  It is very important to be precise in the reassurance I offer to my patients  Seeking reassurance reduces uncertainty for the patient | .641  .607  .497  .846  -.711  .507  .754  .739  .563  .613  .594  .712  .491  .735  .542  .789  .850  -.459  .738 |  |
| All items loaded onto a single factor unless marked with a \* (item loaded onto 2 factors) or ^ (item loaded onto 3 factors). |  |  |