

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

Subscale (Item nos.)	Communalities min-max	Cronbach's α	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