

**Table A.** Confirmatory Factor Analysis of the Italian Short Health Anxiety Inventory (SHAI).

| Items   | Factor Loadings |
|---|-----------------|
|   |                 |
| 1. I spend much of my time worrying about my health   | .559            |
| 2. I notice aches/pains more than most other people (of my age)                                       | .422            |
| 3. I am often aware of bodily sensations or changes   | .353            |
| 4. I try to resist thoughts of illness but am often unable to do so                                   | .434            |
| 5. I am often afraid that I have a serious illness  | .708            |
| 6. I frequently have images of myself being ill   | .603            |
| 7. I often have difficulty in taking my mind off thoughts about my health                             | .669            |
| 8. I am initially relieved but the worries always return later  | .584            |
| 9. If I hear about an illness I often think I have it myself  | .605            |
| 10. If I have a bodily sensation or change I always wonder what it means                              | .347            |
| 11. I usually feel at moderate risk for developing a serious illness                                  | .524            |
| 12. I often think I have a serious illness  | .697            |
| 13. If I notice an unexplained bodily sensation I often find it difficult to think about other things | .588            |
| 14. My family/friends would say I worry too much about my health                                      | .490            |
| 15. If I had a serious illness I would be almost completely unable to enjoy things in my life         | .350            |
| 16. If I developed a serious illness ... very small chance that ... medicine be able to cure me       | .337            |
| 17. A serious illness would ruin almost every aspect of my life                                       | .407            |
| 18. If I had a serious illness I would feel that I had lost quite a lot of my dignity                 | .372            |

**Table B.** Confirmatory Factor Analysis of the Italian Psychological Flexibility Dimension of the Multidimensional Psychological Flexibility Inventory (MPFI).

| Items  | Factor Loadings |                          |                 |          |        |                  |
|--|-----------------|--------------------------|-----------------|----------|--------|------------------|
|  | Acceptance      | Present Moment Awareness | Self as Context | Defusion | Values | Committed Action |
| 1. I was receptive to observing unpleasant thoughts and feelings...                  | .566            |                          |                 |          |        |                  |
| 2. I tried to make peace with my negative thoughts and feelings...                   | .655            |                          |                 |          |        |                  |
| 3. I made room to fully experience negative thoughts and emotions...                 | .855            |                          |                 |          |        |                  |
| 4. When I had an upsetting thought..., I tried to give it space...                   | .859            |                          |                 |          |        |                  |
| 5. I opened myself to all of my feelings...  | .731            |                          |                 |          |        |                  |
| 6. I was attentive and aware of my emotions  |                 | .806                     |                 |          |        |                  |
| 7. I was in tune with my thoughts and feelings...                                    |                 | .894                     |                 |          |        |                  |
| 8. I paid close attention to what I was thinking and feeling                         |                 | .898                     |                 |          |        |                  |
| 9. I was in touch with ... my thoughts and feelings                                  |                 | .892                     |                 |          |        |                  |
| 10. I strived to remain mindful and aware of my own thoughts...                      |                 | .813                     |                 |          |        |                  |
| 11. Even when I felt hurt ..., I tried to maintain broader perspective               |                 |                          | .767            |          |        |                  |
| 12. I carried myself through tough ... my life from a larger viewpoint               |                 |                          | .860            |          |        |                  |
| 13. I tried to keep perspective even when life knocked me down                       |                 |                          | .890            |          |        |                  |
| 14. When I was scared or afraid, I still tried to see the larger picture             |                 |                          | .904            |          |        |                  |
| 15. When something painful happened, I tried to take a balanced view...              |                 |                          | .839            |          |        |                  |
| 16. I was able to let negative feelings come and go...                               |                 |                          |                 | .881     |        |                  |
| 17. When I was upset, I was able to let those negative feelings pass through me...   |                 |                          |                 | .917     |        |                  |
| 18. When I was scared or afraid, I was able to gently experience those feelings...   |                 |                          |                 | .905     |        |                  |
| 19. I was able to step back and notice negative thoughts and feelings...             |                 |                          |                 | .548     |        |                  |
| 20. In tough situations, I was able to notice my thoughts and feelings...            |                 |                          |                 | .852     |        |                  |
| 21. I was very in-touch with what is important to me and my life                     |                 |                          |                 |          | .793   |                  |
| 22. I stuck to my deeper priorities in life  |                 |                          |                 |          | .881   |                  |
| 23. I tried to connect with what is truly important to me on a daily basis           |                 |                          |                 |          | .883   |                  |
| 24. ... I still tried to prioritize the things that were important to me             |                 |                          |                 |          | .862   |                  |
| 25. My deeper values consistently gave direction to my life                          |                 |                          |                 |          | .802   |                  |
| 26. ... I didn't quit working toward what is important                               |                 |                          |                 |          |        | .837             |
| 27. Even when times got tough, I was still able to take steps toward what I value... |                 |                          |                 |          |        | .897             |
| 28. ...stressful, I still worked toward things that were important...                |                 |                          |                 |          |        | .919             |
| 29. I didn't let set-backs... in taking action toward what I really want in life     |                 |                          |                 |          |        | .868             |
| 30. I didn't let my own fears... get in the way of taking action toward my goals     |                 |                          |                 |          |        | .804             |

**Table C.** Confirmatory Factor Analysis of the Italian COVID-19 Peritraumatic Distress Index (CPDI).

| Items   | Factor Loading |
|---|----------------|
| 1. Compared to usual, I feel more nervous and anxious   | .752           |
| 2. I feel insecure and bought a lot of masks, medications, sanitizer, gloves ...                | .392           |
| 3. I can't stop myself from imagining myself or my family being infected and feel terrified ... | .505           |
| 4. I feel empty and helpless no matter what I do  | .778           |
| 6. I feel helpless and angry about people around me, governors, and media                       | .365           |
| 7. I am losing faith in the people around me  | .473           |
| 12. I avoid watching COVID-19 news, since I am to scared to do so                               | .352           |
| 13. I am more irritable and have frequent conflicts with my family                              | .636           |
| 14. I feel tired and sometimes even exhausted   | .703           |
| 15. Due to feelings of anxiety, my reactions are becoming sluggish                              | .804           |
| 16. I find it hard to concentrate   | .725           |
| 17. I find it hard to make any decisions  | .726           |
| 18. During this COVID-19 period, I often feel dizzy or have back pain and chest distress        | .500           |
| 19. During this COVID-19 period, I often feel stomach pain, bloating, and other ...             | .526           |
| 20. I feel uncomfortable when communicating with others   | .540           |
| 21. Recently, I rarely talk to my family  | .398           |
| 22. I cannot sleep well. I always dream about myself or my family being infected by COVID-19    | .369           |
| 23. I lost my appetite  | .514           |
| 24. I have constipation or frequent urination   | .387           |