

**Supplementary Table 1.** Factor analysis of self-reported emotional symptoms

Variables	Value
Self-reported depressive and anxiety symptoms	
BDI-II	0.8700
ASI-3 Cognitive	0.8252
BAI	0.8025
APPQ Social	0.7624
ASI-3 Social	0.7541
LSAS	0.7441
OCIR	0.7433
PSWQ	0.7279
ASI-3 Physical	0.7196
APPQ Intero	0.7079
APPQ Agora	0.7000
BHS	0.6019
Self-reported hypomania	
MDQ1	0.7330
HCL32	0.7214

BDI-II: Beck Depression Inventory II, ASI3: Anxiety Sensitivity Index-3, ASI-3 physical: ASI-3 physical concerns subscale, ASI-3 social: ASI-3 social concerns subscale, ASI-3 cognitive: ASI-3 cognitive concerns subscale, BAI: Beck's Anxiety Inventory, APPQ: Albany Panic and Phobia Questionnaire, APPQ agora: APPQ agoraphobia subscale, APPQ social: APPQ social phobia subscale, APPQ intero: APPQ interoceptive fear subscale, LSAS: Liebowitz Social Anxiety Scale, OCIR: Obsessive Compulsive Inventory-Revised, PSWQ: Penn State Worry Questionnaire, BHS: Beck Hopelessness Scale, MDQ: Mood Disorder Questionnaire, HCL32: Hypomania Symptom Checklist-32