

**SUPPLEMENTARY MATERIALS**

**Table A. Description of the study variables for the sample involved in the longitudinal analyses (N=169).**

	<b>T1</b>	<b>T2</b>	<b>T3</b>	<b>T4</b>
	<b>M (SD)</b>	<b>M (SD)</b>	<b>M (SD)</b>	<b>M (SD)</b>
GAD-7	5.95 (4.26)	6.42 (4.44)	6.30 (4.86)	5.54 (4.97)
PHQ-9	6.96 (2.58)	7.56 (5.24)	7.29 (5.40)	5.94 (5.54)
BRCS	14.22 (1.31)	13.91 (2.49)	14.21 (2.64)	14.54 (2.21)
MPSS	5.03 (4.91)	4.93 (1.22)	5.11 (1.16)	5.07 (1.24)

**Table B. Eigenvalues and % of variance of the PCA conducted on the 13 ad-hoc items (N=169).**

<b>Initial Eigen values</b>			<b>Extraction sum of squared loading</b>			<b>Rotation sums of squared loadings</b>
<b>Total</b>	<b>% of variance</b>	<b>Cumulative %</b>	<b>Total</b>	<b>% of variance</b>	<b>Cumulative %</b>	<b>Total</b>
1	4.736	36.429	36.429	4.736	36.429	36.429
2	2.033	15.635	52.065	2.033	15.635	52.065
3	1.120	8.612	60.677	1.120	8.612	60.677
4	1.112	8.553	69.229	1.112	8.553	69.229
5	0.692	5.326	74.555			
6	0.620	4.771	79.326			
7	0.552	4.243	83.568			
8	0.502	3.860	87.429			
9	0.410	3.156	90.584			
10	0.384	2.956	93.540			
11	0.363	2.793	96.333			
12	0.291	2.239	98.573			
13	0.186	1.427	100.000			