

Supplementary Materials

Table S1: Factor analysis plan

Exploratory factor analysis – we used the generalised least squares common factor analysis method. First, data were assessed for suitability for exploratory factor analysis. We tested/assessed the following factor pre-requisites: i) normality using the Shapiro Wilk Test {critical value: $p > 0.05$ }, ii) the null hypothesis that the correlation matrix was different from a null matrix per Bartlett Test of Sphericity {critical value: $p < 0.05$ } and iii) data was adequately spread across all response options i.e. it exhibited adequate sampling adequacy per Kaiser-Meyer-Okin (KMO) measure {critical value: $KMO > 0.7$ } [38]. Using the Kaiser criterion, we retained factors with eigenvalues ≥ 1 were retained, and this was cross validated through inspecting the scree plot. Last. We applied oblique rotation (Promax method) to improve factors interpretability [38]. Given the conceptual differences, barriers and benefits were analysed separately.

Confirmatory factor analysis – we applied a non-recursive model constituted by the 12 items (manifest variables) on the SAS-SV and the hypothesised 3-factors (latent variables). We tested correlated and uncorrelated models, including the cross-validation of the exploratory factor analysis output. Outlined below are the criteria for goodness of fit:

Fit statistic	Index	Criterion for fit
Likelihood Ratio	Chi-squared Test (χ^2_{ms2})	$p > 0.05$
	c^2/df	< 2
Population error	Root mean squared error of approximation (RMSEA)-(90% CI)	≤ 0.05
Information criteria	Akaike's information criterion (AIC)	Accept the model with the lowest AIC value
	Bayesian information criterion (BIC)	Accept the model with the lowest BIC value

Baseline comparison	Comparative fit index (CFI)	CFI $\geq$ 0.90
	Tucker-Lewis index (LFI)	LT1 $\geq$ 0.90
Size of residuals	Standardised root mean squared residual (SRMR)	$\leq$ 0.06
	The coefficient of determination (SD)	The greater the SD, the more useful the model

Table S2: Correlations between study variables

	SAS Score	PHQ-4 Score	CAS Score	EQ-5D-5L Utility Score	EQ-5D VAS Score
SAS Score		-.0719; p=.162	.0586; p=.255	-.1866; p<.001	- .0377; p=.464
PHQ-4 Score	-.0719; p=.162		.1608	-.3387	-.2744
CAS Score	.0586	.1608		-.2718	-.1903
EQ-5D-5L Utility Score	-.1866	-.3387	-.2718		.3181
EQ-5D VAS Score	.0377	-.2744	-.1903	.3181	
	p=.464	p=.000	p=.000	p=.000	p= ---

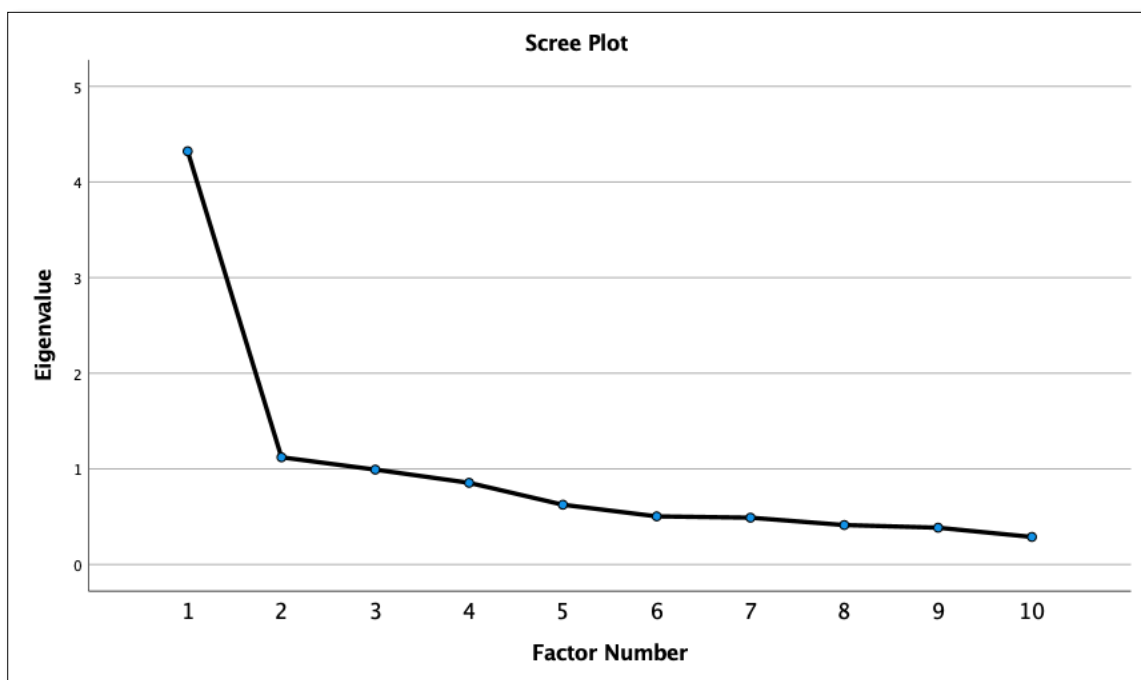
Table S3 : Supplementary exploratory factor analysis outputs

Data were factorable, exhibited adequate sampling adequacy, were different from the identity matrix and were reasonably correlated (See S3a Table). The Scree plot (See S3b Figure) and the Kaiser Extraction (See S3c Table). Further, the pattern and structure matrices cross-validate the two-factor solution – See S3d Table).

Table S3a: SAS-SV correlations

SAS1	SAS2	SAS3	SAS4	SAS5	SAS6	SAS7	SAS8	SAS9	SAS10
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SAS1	1.000	.510	.147	.132	.452	.412	.345	.225	.407	.284
SAS2	.510	1.000	.467	.107	.470	.484	.441	.359	.242	.315
SAS3	.147	.467	1.000	.009	.421	.397	.388	.276	.181	.344
SAS4	.132	.107	.009	1.000	.219	.213	.072	.123	.207	.032
SAS5	.452	.470	.421	.219	1.000	.591	.503	.467	.336	.434
SAS6	.412	.484	.397	.213	.591	1.000	.488	.530	.406	.506
SAS7	.345	.441	.388	.072	.503	.488	1.000	.490	.297	.525
SAS8	.225	.359	.276	.123	.467	.530	.490	1.000	.415	.578
SAS9	.407	.242	.181	.207	.336	.406	.297	.415	1.000	.419
SAS10	.284	.315	.344	.032	.434	.506	.525	.578	.419	1.000



S3b Scree plot

Table S3c: Kaiser Extraction Method

Total Variance Explained	
Initial Eigenvalues	Rotation Sums of Squared Loadings ^a

Factor	Total	% of Variance	Cumulative %	Total
1	4.322	43.224	43.224	3.406
2	1.122	11.218	54.442	3.258
3	.993	9.929	64.371	
4	.855	8.550	72.920	
5	.626	6.258	79.178	
6	.504	5.041	84.219	
7	.490	4.902	89.122	
8	.413	4.134	93.255	
9	.385	3.855	97.110	
10	.289	2.890	100.000	

Extraction Method: Maximum Likelihood.

a. When factors are correlated, sums of squared loadings cannot be added to obtain a total variance.

Table S3d: SAS-SV factor analysis pattern and structural matrices

Pattern Matrix			Structure Matrix		
Item	Factor 1	Factor 2	Item	Factor 1	Factor 2
SAS10	.860		SAS10	.769	.476
SAS8	.816		SAS8	.756	.490
SAS7	.490	.249	SAS6	.708	.697
SAS9	.445		SAS7	.665	.594
SAS6	.432	.393	SAS9	.524	.426
SAS2		.810	SAS2	.482	.748
SAS1		.696	SAS5	.641	.711
SAS5	.278	.515	SAS1	.400	.632
SAS3	.167	.394	SAS3	.445	.512
SAS4		.208	SAS4	.151	.211

Extraction Method: Maximum Likelihood. Rotation Method: Promax with Kaiser Normalization.

Table S3e: SAS-SV Internal consistency

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item– Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
SAS1	29.62	80.799	.495	.430	.829
SAS2	30.03	79.988	.589	.470	.820
SAS3	30.49	84.611	.442	.349	.833
SAS4	28.93	90.403	.179	.105	.859
SAS5	29.82	77.834	.684	.497	.810
SAS6	29.69	77.980	.708	.516	.809
SAS7	29.87	78.873	.614	.431	.817
SAS8	29.63	79.928	.594	.474	.819
SAS9	28.81	84.253	.498	.332	.828
SAS10	30.11	80.342	.589	.471	.820