S1 Table 1. Confirmatory analysis of single factor distress scale composed of GAD-7

and PHQ-8

	Wave 1 Est. (SE)	Wave 2 Est. (SE)	Wave 3 Est. (SE)
GAD 1	0.806 (0.018)	0.786 (0.019)	0.813 (0.019)
GAD 2	0.782 (0.019)	0.788 (0.020)	0.772 (0.020)
GAD 3	0.740 (0.016)	0.776 (0.017)	0.726 (0.016)
GAD 4	0.806 (0.016)	0.814 (0.016)	0.801 (0.016)
GAD 5	0.751 (0.016)	0.728 (0.016)	0.707 (0.016)
GAD 6	0.792 (0.016)	0.783 (0.017)	0.798 (0.016)
GAD 7	0.830 (0.016)	0.835 (0.016)	0.825 (0.016)
PHQ 1	0.701 (0.017)	0.735 (0.017)	0.705 (0.016)
PHQ 2	0.854 (0.017)	0.862 (0.017)	0.856 (0.018)
PHQ 3	0.705 (0.016)	0.699 (0.016)	0.702 (0.016)
PHQ 4	0.720 (0.021)	0.749 (0.019)	0.732 (0.020)
PHQ 5	0.713 (0.015)	0.717 (0.015)	0.713 (0.015)
PHQ 6	0.780 (0.015)	0.781 (0.015)	0.787 (0.016)
PHQ 7	0.776 (0.016)	0.808 (0.017)	0.777 (0.016)
PHQ 8	0.641 (0.015)	0.646 (0.016)	0.620 (0.016)
CFI	0.997	0.998	0.997
RMSEA	0.035	0.031	0.033
95%CI RMSEA	[0.029, 0.042]	[0.025, 0.038]	[0.026, 0.039]
SRMR	0.041	0.039	0.040

Note. Estimation was based on Diagonally Weighted Least Squares; All estimates were significant at p<.001; GAD = Generalized Anxiety Disorder Scale; PHQ = Patient Health Questionnaire; CFI = comparative fit index; RMSEA = root mean squared error of approximation; SRMR = standardized mean squared residual.