

Supplementary Materials

Ecological Momentary Assessment (EMA) Method

For this study, both Alice and Bob downloaded the smartphone application Reallife Exp to their smartphones in order to complete the EMA questionnaires. This application notified them at random times within each of five time windows between 9:00 AM and 9:00 PM. After receiving the notification, each participant opened the application and rated each of the 20 items presented using a sliding bar scale from 0 to 10. Total response time for each notification was approximately two minutes.

The follow questions were presented to participants:

Please rate the extent to which you are experiencing the following, within the last 5 minutes:

1. Anxious/panicky
2. Increased heart rate/heart palpitations
3. Difficulty breathing/choking sensations
4. Dizzy/lightheaded
5. Sweating or chills
6. Feeling unreal or detached
7. Nausea/stomach symptoms

Please rate the extent to which you are experiencing the following thoughts/worries within the last 5 minutes, about:

8. Being unable to focus or losing your mind
9. Having a heart attack
10. Dying
11. Fainting
12. Choking
13. Being embarrassed or others noticing your anxiety

Please rate the extent to which you engaged in the following behaviors, within the last 5 minutes:

14. Avoided going somewhere because you might have a panic attack
15. Avoided doing an activity that normally increases physical sensations
16. Went somewhere that would trigger physical sensations
17. Engaged in activities that would trigger physical sensations
18. Did you leave somewhere because it was causing physical sensations?
19. Did you stop an activity because it was causing physical sensations?
20. Engage in any safety behaviors?

The following photos are screenshots of one of the prompts and questions administered to participants as part of the EMA survey.

