Supplemental Table 2: Hierarchical multiple linear regression with Anxiety and Depression as outcomes; Physical Function, Age, Gender, Metacognitive Belief Factors and Self-Efficacy as predictors. (No variables were transformed.)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Anxiety | | | |  | Depression | | | |
|  |  |  |  | *β* | *t* | Sig. |  |  | *β* | *t* | Sig. |
| Step 1 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.47 | -5.97 | 0.000 |  |  | -0.50 | -6.43 | 0.000 |
|  | Age |  |  | 0.12 | 1.45 | 0.148 |  |  | 0.13 | 1.53 | 0.128 |
|  | Gender |  |  | 0.12 | 1.43 | 0.155 |  |  | -0.01 | -0.18 | 0.860 |
|  | *R2* |  | 0.31 |  |  |  |  | 0.30 |  |  |  |
|  | *F* change |  | 18.71 |  |  | 0.000 |  | 18.10 |  |  | 0.000 |
| Step 2 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.27 | -4.53 | 0.000 |  |  | -0.43 | -5.64 | 0.000 |
|  | Age |  |  | 0.04 | 0.63 | 0.528 |  |  | 0.15 | 1.89 | 0.061 |
|  | Gender |  |  | 0.03 | 0.57 | 0.567 |  |  | -0.01 | -0.18 | 0.859 |
|  | Positive Meta-Worry |  |  | 0.00 | -0.07 | 0.944 |  |  | -0.16 | -1.96 | 0.052 |
|  | Negative Meta-Worry |  |  | 0.41 | 4.47 | 0.000 |  |  | -0.04 | -0.36 | 0.717 |
|  | Cognitive Monitoring |  |  | 0.06 | 0.78 | 0.436 |  |  | -0.11 | -1.10 | 0.274 |
|  | SPR |  |  | 0.22 | 2.56 | 0.012 |  |  | 0.48 | 4.30 | 0.000 |
|  | *R2* |  | 0.65 |  |  |  |  | 0.43 |  |  |  |
|  | *F* change |  | 28.64 |  |  | 0.000 |  | 6.62 |  |  | 0.000 |
| Step 3 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.14 | -2.68 | 0.008 |  |  | -0.23 | -3.88 | 0.000 |
|  | Age |  |  | 0.04 | 0.70 | 0.485 |  |  | 0.14 | 2.53 | 0.013 |
|  | Gender |  |  | 0.02 | 0.47 | 0.636 |  |  | -0.03 | -0.55 | 0.582 |
|  | Positive Meta-Worry |  |  | 0.07 | 1.23 | 0.222 |  |  | -0.05 | -0.81 | 0.418 |
|  | Negative Meta-Worry |  |  | 0.29 | 3.72 | 0.000 |  |  | -0.23 | -2.68 | 0.008 |
|  | Cognitive Monitoring |  |  | 0.07 | 1.03 | 0.306 |  |  | -0.10 | -1.40 | 0.165 |
|  | SPR |  |  | 0.12 | 1.56 | 0.122 |  |  | 0.31 | 3.75 | 0.000 |
|  | Self-Efficacy |  |  | -0.43 | -7.45 | 0.000 |  |  | -0.67 | -10.53 | 0.000 |
|  | *R2* |  | 0.76 |  |  |  |  | 0.70 |  |  |  |
|  | *F* change |  | 55.57 |  |  | 0.000 |  | 110.93 |  |  | 0.000 |

*Note: N = 129-147. SPR = Superstition, Punishment & Responsibility.*

Supplemental Table 3: Hierarchical multiple linear regression with Anxiety and Depression as outcomes; Physical Function, Age, Gender, Self-Efficacy, and Metacognitive Belief Factors as predictors. (No variables were transformed.)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Anxiety | | | |  | Depression | | | |
|  |  |  |  | *β* | *t* | Sig. |  |  | *β* | *t* | Sig. |
| Step 1 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.47 | -5.97 | 0.000 |  |  | -0.50 | -6.43 | 0.000 |
|  | Age |  |  | 0.12 | 1.45 | 0.148 |  |  | 0.13 | 1.53 | 0.128 |
|  | Gender |  |  | 0.12 | 1.43 | 0.155 |  |  | -0.01 | -0.18 | 0.860 |
|  | *R2* |  | 0.31 |  |  |  |  | 0.30 |  |  |  |
|  | *F* change |  | 18.71 |  |  | 0.000 |  | 18.10 |  |  | 0.000 |
| Step 2 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.20 | -3.06 | 0.003 |  |  | -0.21 | -3.52 | 0.001 |
|  | Age |  |  | 0.10 | 1.68 | 0.096 |  |  | 0.11 | 1.88 | 0.062 |
|  | Gender |  |  | 0.07 | 1.09 | 0.279 |  |  | -0.07 | -1.19 | 0.238 |
|  | Self-Efficacy |  |  | -0.62 | -9.88 | 0.000 |  |  | -0.67 | -11.37 | 0.000 |
|  | *R2* |  | 0.61 |  |  |  |  | 0.66 |  |  |  |
|  | *F* change |  | 97.65 |  |  | 0.000 |  | 129.28 |  |  | 0.000 |
| Step 3 | |  |  |  |  |  |  |  |  |  |  |
|  | Physical Function |  |  | -0.14 | -2.68 | 0.008 |  |  | -0.23 | -3.88 | 0.000 |
|  | Age |  |  | 0.04 | 0.70 | 0.485 |  |  | 0.14 | 2.53 | 0.013 |
|  | Gender |  |  | 0.02 | 0.47 | 0.636 |  |  | -0.03 | -0.55 | 0.582 |
|  | Self-Efficacy |  |  | -0.43 | -7.45 | 0.000 |  |  | -0.67 | -10.53 | 0.000 |
|  | Positive Meta-Worry |  |  | 0.07 | 1.23 | 0.222 |  |  | -0.05 | -0.81 | 0.418 |
|  | Negative Meta-Worry |  |  | 0.29 | 3.72 | 0.000 |  |  | -0.23 | -2.68 | 0.008 |
|  | Cognitive Monitoring |  |  | 0.07 | 1.03 | 0.306 |  |  | -0.10 | -1.40 | 0.165 |
|  | SPR |  |  | 0.12 | 1.56 | 0.122 |  |  | 0.31 | 3.75 | 0.000 |
|  | *R2* |  | 0.76 |  |  |  |  | 0.70 |  |  |  |
|  | *F* change |  | 17.80 |  |  | 0.000 |  | 4.45 |  |  | 0.002 |

*Note: N = 129-147. SPR = Superstition, Punishment & Responsibility.*