A. Simulated Data of Person 1 (Days 13–14)

Arousal
Perceived Threat
Escape Behavior
Arousal Schema
Escape Schema

Hours
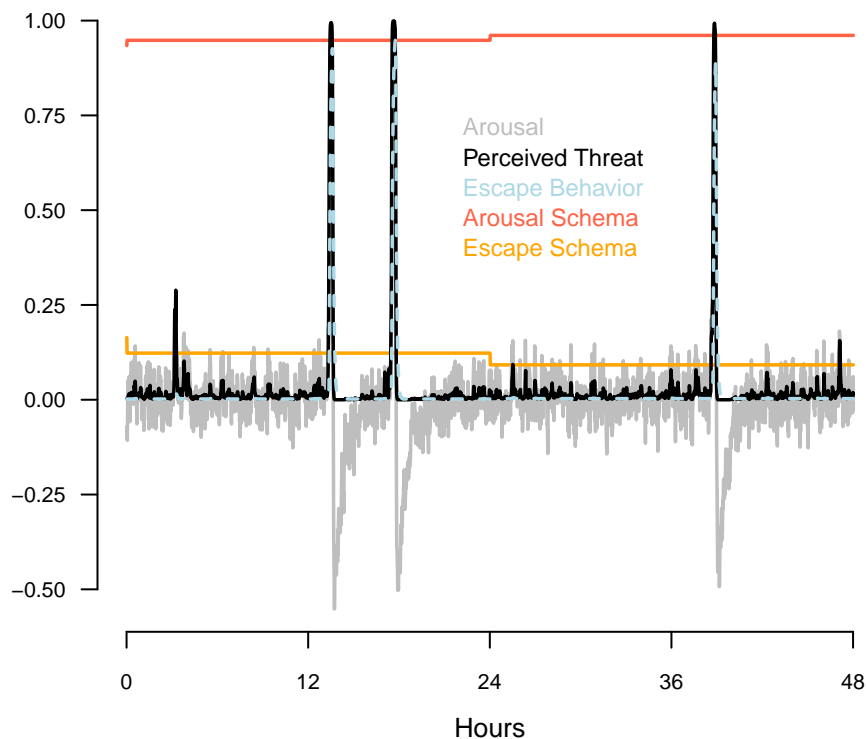
B. Intraindividual: VAR model of Person 1

0.72

A   Arousal

0.01

0.17

Perceived Threat   PT

0.96
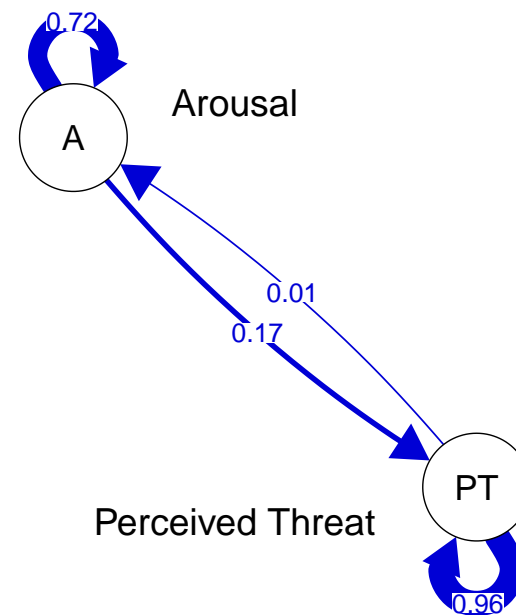
C. Interindividual: Symptom network

P

0.15   0.67

AvC   −0.09   D

0.3

0.59   0.26   −0.09

P = Panic
D = Distress
F = Fear
AvB = Avoid Behavior
AvC = Avoid Contexts

AvB   0.11   F
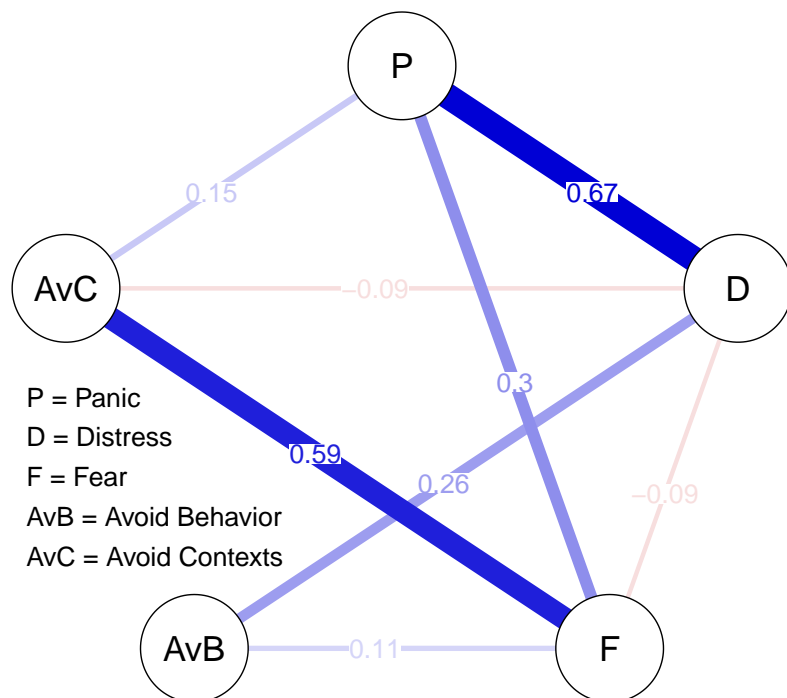
D. Combined: VAR parameter & Symptom Score

Symptom Sum Score

Perceived Threat$_t$ → Arousal$_t$