Figure S1. Self-rated physical health, mental health, and illness worry during follow-up according to mixed models with random intercept.\textsuperscript{a,b}

BDS = Bodily distress syndrome; PCS = Physical component summary; MCS = Mental component summary

\textsuperscript{a}Low scores on Whiteley-7 indicate less illness worry; high scores on PCS and MCS indicate better health

\textsuperscript{b}Adjusted for age, gender, chronic illness, major depressive episode, anxiety disorders, and intervention