Online Appendix

Competencies of Cognitive Therapy Scale Self Report (CCTS-SR) Item Descriptions

CCTS-SR Items

1. Rather than letting a challenge overwhelm me, I imagined how to break the challenge down, develop a plan, and worked on it step-by-step.

2. At times when my mood was at its lowest, I stepped back and recognized that my self evaluations were probably overly negative.

3. I was aware of some specific patterns in negative thinking that have tended to affect the way I interpret new situations.

4. I made an effort to evaluate my negative thoughts by considering just the facts.

5. I examined evidence from my past or present to more carefully consider whether my negative thoughts are accurate or not.

6. When my negative thoughts and emotions really bothered me, I had a specific action plan of things I could do to cope.

7. When I had a negative emotional reaction, I noticed my negative thinking, and took time to evaluate my negative thoughts.

8. When I evaluated a situation as negative, I tried to think of how someone else would view the situation, and I used that to help me decide how to re-evaluate the situation myself.

9. I questioned my original negative thoughts and made an effort to develop alternative conclusions.

10. I recognized that negative feelings are related to negative thoughts I have about myself.

11. When I found myself upset about something, I took note of what I was thinking and worked to develop a more balanced view.

12. I recognized that beliefs I formed on the basis of past events and relationships may no longer be applicable in the same way today.

13. I have been recognizing that inaccurate, negative thoughts and judgments help to maintain my depression.

14. I have been aware of specific patterns in my negative thinking-beliefs that tend to fuel my negative emotions.

15. When I found myself worrying that something bad would happen, I reminded myself that the consequences might not be so terrible even if it did happen.

16. When I made an effort to correct my negative thinking, I was confident that my mood would get better.

17. When I was upset, I made an effort to engage in enjoyable activities that would be likely to improve my mood.

18. When I have felt down, I engaged in activities that were enjoyable or gave me a sense of accomplishment (to try to help my mood).

19. I have been confident that if I made an effort to be less pessimistic, my mood would improve.

20. I caught myself thinking negatively, recognized the negative bias, and re-evaluated the situation.

21. I often caught myself thinking in an irrational way and I actively worked to develop more rational views.

22. When I had a task that I might have had trouble undertaking, I made an effort to break the task up into smaller parts.

23. I took time to review specific thoughts I had during the most upsetting parts of my day.

24. When I blamed myself for something bad that happened, I took time to consider other factors that may have been involved.

25. I believed that working to more carefully evaluate my negative thoughts would probably help ease my depression.

26. I noticed specific automatic thoughts as they occurred.

27. Rather than avoiding a difficult decision, I weighed my options, developed a solution, and followed through with the decision I made.

28. When I got upset, I took time to step back from a situation and consider that my negative thoughts might be inaccurate.

29. When I had a tough interpersonal issue to address, I thought through how to be assertive in addressing the issue, tried to anticipate obstacles I might encounter, and initiated a conversation on the topic.

CCTS-SR 4-Factor, 3-Factor, and 2-Factor EFA Solution with Factor Loadings Using Data from an Online Panel

4-Factor Loadings					3-Factor Loadings				2-Factor Loadings		
Item	F1	F2	F3	F4	Item	F1	F2	F3	Item	F1	F2
1.	0.62				1.	0.76			1.	0.54	
2.	0.82				2.	0.79			2.	0.80	
3.	0.64				3.	0.57		0.37	3.	0.90	
4.	0.73				4.	0.83			4.	0.74	
5.	0.72				5.	0.78			5.	0.83	
6.	0.75				6.	0.74			6.	0.69	
7.	0.85				7.	0.88			7.	0.82	
8.	0.63				8.	0.66			8.	0.72	
9.	0.79				9.	0.79			9.	0.78	
10.	0.39			0.36	10.			0.46	10.	0.74	
11.	0.49				11.	0.61			11.	0.66	
12.	0.34				12.	0.36			12.	0.68	
13.				0.52	13.			0.67	13.	0.70	
14.				0.66	14.			0.83	14.	0.73	
15.			0.51		15.		0.49	0.35	15.	0.43	0.39
16.			0.51		16.		0.67		16.		0.62
17.			0.90		17.		0.88		17.		0.86
18.			0.86		18.		0.86		18.		0.83
19.			0.72		19.		0.66		19.		0.63
20.			0.72		20.	0.34	0.39		20.	0.52	0.34
21.		0.65			21.			0.55	21.	0.64	
22.		0.69			22.				22.	0.53	
23.		0.70			23.			0.41	23.	0.68	

CCTS-SR 4-Factor, 3-Factor, and 2-Factor EFA Solution with Factor Loadings Using Data from an Online Panel

4-Factor Loadings					3-Factor Loadings				2-Factor Loadings		
Item	F1	F2	F3	F4	**Item**	F1	F2	F3	**Item**	F1	F2
24.		0.47			**24.**	0.39		0.30	**24.**	0.69	
25.		0.49			**25.**			0.52	**25.**	0.73	
26.		0.57			**26.**			0.47	**26.**	0.69	
27.		0.65			**27.**	0.39	0.36		**27.**	0.48	0.33
28.	0.31	0.43			**28.**	0.47			**28.**	0.62	
29.		0.48			**29.**	0.43			**29.**	0.59	

[1]CCTS-SR item numbers correspond to item descriptions in table 1; F, Factor Model sub-factor, *< 0.3* Cutoff Applied

CCTS-SR 4-Factor and 3-Factor Bi-factor Solution with Factor Loadings Using Data from an Online Panel

| **4-Factor Bi-factor Solution Loadings** | | | | | | **3-Factor Bi-factor Solution Loadings** | | | | |
Item	G	BF1	BF2	BF3	BF4	**Item**	G	BF1	BF2	BF3
1.	0.75					**1.**	0.75			
2.	0.78					**2.**	0.77			
3.	0.70					**3.**	0.70			
4.	0.79					**4.**	0.78			
5.	0.78					**5.**	0.77			
6.	0.76					**6.**	0.75			
7.	0.82					**7.**	0.82			
8.	0.70					**8.**	0.69			
9.	0.83					**9.**	0.82			
10.	0.61					**10.**	0.61			
11.	0.76					**11.**	0.76			
12.	0.71					**12.**	0.71			
13.	0.63		0.43			**13.**	0.63		0.43	
14.	0.66		0.59			**14.**	0.66		0.55	
15.	0.71					**15.**	0.71			
16.	0.70	0.44				**16.**	0.70	0.43		
17.	0.65	0.59				**17.**	0.65	0.59		
18.	0.64	0.56				**18.**	0.64	0.56		
19.	0.68	0.44				**19.**	0.68	0.45		
20.	0.77					**20.**	0.77			
21.	0.59					**21.**	0.60			
22.	0.68					**22.**	0.69			
23.	0.76					**23.**	0.76			

CCTS-SR 4-Factor and 3-Factor Bi-factor Solution with Factor Loadings Using Data from an Online Panel

4-Factor Bi-factor Solution Loadings   **3-Factor Bi-factor Solution Loadings**

Item	G	BF1	BF2	BF3	BF4	Item	G	BF1	BF2	BF3
24.	0.74					**24.**	0.74			
25.	0.74				0.33	**25.**	0.74			
26.	0.68					**26.**	0.68			
27.	0.74			-0.36		**27.**	0.75			
28.	0.76					**28.**	0.76			
29.	0.74					**29.**	0.74			

[1]CCTS-SR item numbers correspond to item descriptions in table 1; G, General factor; BF, Bi-Factor Model sub-factor, *< 0.3* Cutoff Applied

Associations between the CCTS-SR's general and specific factors and depression, emotional dysregulation, and cognitive reappraisal in a depressed subsample of an online panel (N=165)

Patient Scale	CCTS-G	CCTS-BA	CCTS-CC	PROMIS-D	DERS
PROMIS-D	0.06	-0.08	0.38**	-	
DERS	0.08	-0.10	0.38**	0.65**	-
ERQ-CR	0.55**	0.53**	-0.16	-0.06	-0.13

[1] CCTS-G, General factor from 2-factor bi-factor model; CCTS-BA, Behavioral Activation sub-factor from 2-factor bi-factor model; CCTS-CC, CBT Comprehension sub-factor from 2-factor bi-factor model; PROMIS-D, Emotional Distress Depression Short-form; ERQ-CR, Emotional Regulation Questionnaire Cognitive Reappraisal subscale; DERS, Difficulties in Emotion Regulation Scale

[2] *p < 0.01, **p < 0.001

Cronbach's Alpha, Alpha if Item Deleted, and Total Item Correlations of the Competencies of Cognitive Therapy Scale Self Report, and Subfactors, using an online panel

	CCTS-SR Full Scale		$\alpha = 0.97$
Item	α if Item Deleted	Total Item Correlation	Corrected Item Correlation*
1.	0.97	0.75	0.73
2.	0.97	0.77	0.75
3.	0.97	0.70	0.67
4.	0.97	0.77	0.75
5.	0.97	0.77	0.75
6.	0.97	0.76	0.74
7.	0.97	0.81	0.79
8.	0.97	0.70	0.67
9.	0.97	0.82	0.80
10.	0.97	0.63	0.60
11.	0.97	0.76	0.74
12.	0.97	0.73	0.71
13.	0.97	0.66	0.63
14.	0.97	0.69	0.67
15.	0.97	0.75	0.73
16.	0.97	0.75	0.73
17.	0.97	0.71	0.68
18.	0.97	0.70	0.67
19.	0.97	0.73	0.71
20.	0.97	0.80	0.78
21.	0.97	0.61	0.57
22.	0.97	0.69	0.68
23.	0.97	0.76	0.75

Cronbach's Alpha, Alpha if Item Deleted, and Total Item Correlations of the Competencies of Cognitive Therapy Scale Self Report, and Subfactors, using an online panel

CCTS-SR Full Scale			$\alpha = 0.97$
Item	Alpha if Item Deleted	Total Item Correlation	Corrected Item Correlation*
24.	0.97	0.74	0.72
25.	0.97	0.75	0.73
26.	0.97	0.69	0.66
27.	0.97	0.74	0.72
28.	0.97	0.76	0.74
29.	0.97	0.75	0.72
BA Subfactor			
Item	Alpha if Item Deleted	Total Item Correlation	Corrected Item Correlation*
16.	0.88	0.87	0.77
17.	0.86	0.90	0.82
18.	0.87	0.89	0.79
19.	0.89	0.86	0.76
CC Subfactor			
Item	Alpha if Item Deleted	Total Item Correlation	Corrected Item Correlation*
13.	0.72	0.92	0.68
14.	0.63	0.91	0.68

*Item correlation of specific item to remaining items within scale