**Supplemental Digital Content 3** *Standardized Unadjusted Coefficients of the Latent Factors on Self-Care Maintenance and Confidence*

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| **Latent Factor** | **Self-Care Maintenance** | **Self-Care Confidence** | **Covariance between Self-Care Maintenance and Confidence** |
| Sleep Characteristics | **-0.183 (0.079), p=.0201** | -0.146 (0.080), p=.0676 | **0.235 (0.069), p=.0007** |
| Mood | -0.139 (0.076), p=.0671 | **-0.259 (0.072), p=.0003** | **0.254 (0.066), p=.0001** |
| Somatic Symptoms | -0.067 (0.074), p=.3696 | **-0.243 (0.071), p=.0007** | **0.268 (0.066), p<.0001** |