Findings from this study indicated that all three appraisal variables (low self-efficacy, high symptom barriers, and high symptom distress) were significantly associated with the presence of symptom occurrence. Additionally, at least one mediated path was found between each appraisal variable and symptom occurrence for all of the outcome variables, except depression.

Self-efficacy was found to have a significant impact

efficacy was related to increased levels of anxiety and overall worse mental health, but high selfefficacy was related better quality of life. Symptom distress was also found to have a