

Table S3.
 Summary Statistics and Results from Mixed-Model Analysis of Primary and Secondary Outcomes for Per Protocol Sample

Outcome	Time point	Descriptive statistics, <i>M (SD)</i>				Mixed-model analysis		
		<i>N</i>	PM+/CAU (<i>n</i> =103)	<i>N</i>	CAU (<i>n</i> =103)	Difference in Least Squares mean (95% CI)	<i>p</i> -value	Effect size ^b
Primary outcome								
HSCL-25 Total	Baseline	87	2.29 (0.67)	103	2.41 (0.61)			
	Overall effect ^a					-0.293 (-0.403, -0.182)	<0.0001	0.46
	Post-assessment	82	1.91 (0.61)	93	2.31 (0.66)			
HSCL-25 Depression	3-months follow-up	79	1.88 (0.62)	91	2.23 (0.63)	-0.327 (-0.458, -0.196)	<0.0001	0.51
	Baseline	87	2.40 (0.73)	103	2.52 (0.69)	-0.258 (-0.390, -0.125)	<0.0001	0.41
	Overall effect ^a					-0.312 (-0.434, -0.190)	<0.0001	0.46
HSCL-25 Anxiety	Post-assessment	82	1.96 (0.63)	93	2.37 (0.73)	-0.345 (-0.490, -0.200)	<0.0001	0.50
	3-months follow-up	79	1.91 (0.63)	92	2.28 (0.69)	0.278 (-0.425, -0.131)	0.0002	0.42
	Baseline	87	2.13 (0.67)	103	2.24 (0.61)			
	Overall effect ^a					-0.270 (-0.386, -0.153)	<0.0001	0.42
	Post-assessment	82	1.85 (0.66)	93	2.21 (0.64)	-0.305 (-0.444, -0.166)	<0.0001	0.47
	3-months follow-up	79	1.83 (0.64)	91	2.15 (0.64)	-0.234 (-0.374, -0.093)	0.001	0.36
Secondary outcomes								
PCL-5	Baseline	87	32.90 (18.40)	103	35.57 (15.96)			
	Overall effect ^a					-6.699 (-9.761, -3.639)	<0.0001	0.40
	Post-assessment	82	21.04 (17.56)	92	28.80 (16.54)	-6.778 (-10.438, -3.119)	<0.0001	0.40
WHODAS 2.0	3-months follow-up	79	19.76 (16.72)	92	28.22 (16.38)	-6.619 (-10.312, -2.929)	<0.0001	0.40
	Baseline	87	29.11 (8.27)	103	29.84 (7.38)			
	Overall effect ^a					-1.530 (-3.072, 0.0106)	0.05	0.19
PSYCHLOPS	Post-assessment	82	24.95 (8.60)	93	26.90 (7.90)	-1.652 (-3.509, 0.205)	0.08	0.20
	3-months follow-up	79	23.62 (8.30)	92	25.88 (7.38)	-1.406 (-3.285, 0.472)	0.14	0.18
	Baseline	87	15.17 (3.92)	103	15.72 (3.43)			
	Overall effect ^a					-1.740 (-2.723, -0.756)	<0.0001	0.35
	Post-assessment	82	11.55 (4.76)	92	13.86 (4.58)	-2.136 (-3.367, -0.904)	<0.0001	0.46
	3-months follow-up	80	10.51 (5.43)	91	12.25 (4.74)	-1.334 (-2.578, -0.089)	0.03	0.26

^a This is the overall effect of condition on average over the two follow-up assessments; ^b Effect sizes were calculated using the difference in least square means between the PM+/CAU and CAU group divided by the pooled *SD* at that assessment.