Supplementary Table 1 Primary and secondary treatment outcomes across all assessment time points

| Outcome Measure and Time Point | Post-treatment Outcomes Estimated Means (95% CI), effect size | | | | | |  | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ImRs | | | EMDR | | | Time | | | Time by Treatment | | |
| *N* | Estimated Means (95% CI) | Effect sizea | N | Estimated Means (95% CI) | Effect sizea | *t*\* | df\* | *P*\* | *t*\*\* | df\*\* | *P*\*\* | |
| Primary Outcome | | | | | | | | | | | | |
| Interviewer Rated PTSD – CAPS | | | | | | | | | | | | |
| Wait-list | 40 | 40.39 (36.96–44.15) | 0.12 | 51 | 38.14 (34.87–41.70) | 0.08 | 1.13 | 2 | 0.38 | 0.36 | 96 | 0.72 | |
| Pre-treatment | 72 | 38.61 (35.65–41.82) |  | 80 | 37.03 (34.23–40.06) |  |  |  |  |  |  |  | |
| Post-treatment | 66 | 24.27 (20.52–28.71) | 1.21 | 68 | 21.41 (18.16–25.22) | 1.42 | −9.41 | 18 | <0.001 | 0.87 | 118 | 0.39 | |
| 8-week Follow-up | 60 | 19.91 (16.38–24.21) | 1.72 | 69 | 18.99 (15.75–22.89) | 1.73 | −10.79 | 28 | <0.001 | 0.05 | 132 | 0.96 | |
| 1-year Follow-up | 50 | 16.18 (12.91–20.29) | 2.26 | 56 | 17.96 (14.51–22.26) | 1.88 | −10.66 | 46 | <0.001 | −1.03 | 116 | 0.30 | |
| Secondary Outcomes | | | | | | | | | | | | |
| Self-Reported PTSD - IES-R (Index trauma) | | | | | | | | | | | | |
| Wait-list | 40 | 53.78 (50.24–57.57) | 0.22 | 52 | 52.42 (49.25–55.80) | 0.19 | 3.64 | 109 | <0.001 | 0.24 | 109 | 0.81 | |
| Pre-treatment | 73 | 49.99 (46.48–53.76) |  | 79 | 49.18 (45.87–52.72) |  |  |  |  |  |  |  | |
| Mid-treatment | 65 | 33.29 (27.64–40.11) | 1.20 | 63 | 22.71 (18.88–27.30) | 2.29 | −9.96 | 134 | <0.001 | 3.10 | 134 | <.01 | |
| Post-treatment | 67 | 22.96 (18.11–29.12) | 2.30 | 72 | 17.76 (14.09–22.38) | 3.02 | −11.69 | 140 | <0.001 | 1.57 | 140 | 0.12 | |
| 8-week Follow-up | 59 | 20.87 (16.23–26.84) | 2.59 | 68 | 18.78 (14.76–23.89) | 2.85 | −11.31 | 139 | <0.001 | 0.55 | 139 | 0.58 | |
| 1-year Follow-up | 49 | 18.77 (14.05–25.08) | 2.90 | 57 | 17.89 (13.60–23.54) | 2.99 | −10.70 | 118 | <0.001 | 0.17 | 118 | 0.87 | |
| Self-Reported PTSD - IES-R (All traumas) | | | | | | | | | | | | |
| Wait-list | 40 | 47.98 (43.74–52.64) | 0.06 | 52 | 46.07 (42.16–50.35) | 0.01 | 0.39 | 5 | 0.71 | 0.86 | 98 | 0.39 | |
| Pre-treatment | 72 | 46.66 (42.60–51.09) |  | 79 | 46.35 (42.45–50.59) |  |  |  |  |  |  |  | |
| Mid-treatment | 64 | 31.41 (26.48–37.26) | 0.85 | 63 | 28.66 (24.23–33.89) | 1.03 | −8.30 | 45 | <0.001 | 0.87 | 132 | 0.39 | |
| Post-treatment | 67 | 24.11 (19.34–30.06) | 1.41 | 72 | 21.99 (17.76–27.22) | 1.60 | −10.24 | 84 | <0.001 | 0.65 | 137 | 0.52 | |
| 8-week Follow-up | 59 | 22.67 (18.03–28.51) | 1.55 | 68 | 21.09 (16.94–26.27) | 1.69 | −10.58 | 95 | <0.001 | 0.48 | 136 | 0.64 | |
| 1-year Follow-up | 48 | 19.59 (14.99–25.62) | 1.86 | 57 | 22.93 (17.84–29.48) | 1.51 | −9.45 | 98 | <0.001 | −1.01 | 121 | 0.31 | |
| Depression - BDI-II | | | | | | | | | | | | |
| Wait-list | 41 | 33.45 (30.64–36.53) | 0.18 | 51 | 32.82 (30.27–35.59) | 0.16 | 2.83 | 107 | <0.01 | 0.17 | 107 | 0.87 | |
| Pre-treatment | 73 | 30.97 (28.46–33.71) |  | 81 | 30.65 (28.28–33.23) |  |  |  |  |  |  |  | |
| Post-treatment | 67 | 20.42 (16.68–25.00) | 0.97 | 72 | 16.56 (13.61–20.15) | 1.44 | −8.31 | 139 | <0.001 | 1.60 | 139 | 0.11 | |
| 8-week Follow-up | 60 | 18.49 (15.01–22.79) | 1.20 | 68 | 16.59 (13.58–20.27) | 1.43 | −9.00 | 141 | <0.001 | 0.78 | 141 | 0.44 | |
| 1-year Follow-up | 48 | 16.96 (13.38–21.49) | 1.40 | 57 | 16.64 (13.30–20.81) | 1.42 | −8.11 | 129 | <0.001 | 0.06 | 129 | 0.95 | |
| Dissociation - DES-T | | | | | | | | | | | | |
| Wait-list | 41 | 12.40 (9.42–16.33) | 0.06 | 52 | 8.94 (6.90–11.57) | 0.01 | 1.32 | 113 | 0.19 | 0.99 | 113 | 0.32 | |
| Pre-treatment | 73 | 10.67 (7.90-14.40) |  | 79 | 8.75 (6.56-11.68) |  |  |  |  |  |  |  | |
| Mid-treatment | 69 | 11.35 (8.34-15.46) | 0.02 | 75 | 9.66 (7.19-12.99) | 0.04 | 1.26 | 144 | 0.21 | -0.29 | 144 | 0.78 | |
| Post-treatment | 67 | 6.09 (3.95-9.38) | 0.21 | 72 | 4.51 (2.97-6.85) | 0.25 | -5.59 | 139 | <0.001 | 0.47 | 139 | 0.64 | |
| 8-week Follow-up | 60 | 7.01 (4.42-11.12) | 0.16 | 68 | 3.81 (2.43-5.60) | 0.31 | -5.20 | 139 | <0.001 | 1.72 | 139 | 0.09 | |
| 1-year Follow-up | 49 | 4.59 (2.84-7.41) | 0.31 | 57 | 4.21 (2.68-6.63) | 0.27 | -5.34 | 128 | <0.001 | -0.38 | 128 | 0.70 | |
| Post-Traumatic Cognitions - PTCI | | | | | | | | | | | | |
| Wait-list | 40 | 108.97 (100.06-118.66) | 0.05 | 52 | 105.32 (96.95-114.42) | 0.02 | 0.76 | 100 | 0.45 | 0.37 | 100 | 0.71 | |
| Pre-treatment | 74 | 106.94 (98.47–116.14) |  | 81 | 104.64 (96.45–113.52) |  |  |  |  |  |  |  | |
| Mid-treatment | 68 | 92.10 (81.94–103.51) | 0.36 | 74 | 79.09 (70.60–88.60) | 0.68 | −7.17 | 141 | <0.001 | 2.18 | 141 | 0.03 | |
| Post-treatment | 66 | 70.42 (59.19–83.78) | 1.02 | 72 | 59.33 (50.15–70.20) | 1.38 | −9.46 | 141 | <0.001 | 1.44 | 141 | 0.15 | |
| 8-week Follow-up | 60 | 65.58 (54.89–78.79) | 1.19 | 68 | 59.86 (50.15–71.44) | 1.36 | −9.53 | 144 | <0.001 | 0.63 | 144 | 0.53 | |
| 1-year Follow-up | 47 | 57.69 (46.87–70.10) | 1.50 | 57 | 58.59 (48.16–71.28) | 1.41 | −9.09 | 124 | <0.001 | −0.28 | 124 | 0.78 | |
| Trauma-Related Shame - TRSI | | | | | | | | | | | | |
| Wait-list | 40 | 30.57 (26.19–35.68) | 0.04 | 50 | 28.79 (24.71–33.55) | 0.01 | 0.81 | 109 | 0.42 | 0.35 | 110 | 0.73 | |
| Pre-treatment | 74 | 29.63 (25.14–34.92) |  | 81 | 28.44 (24.19–33.42) |  |  |  |  |  |  |  | |
| Mid-treatment | 68 | 24.11 (19.59–29.68) | 0.25 | 74 | 17.69 (14.44–21.68) | 0.57 | −6.84 | 142 | <0.001 | 2.70 | 142 | <.01 | |
| Post-treatment | 66 | 14.79 (10.99–19.90) | 0.83 | 72 | 12.65 (9.48–16.87) | 0.97 | −8.91 | 142 | <0.001 | 0.68 | 142 | 0.50 | |
| 8-week Follow-up | 60 | 14.55 (10.81–19.58) | 0.85 | 68 | 12.05 (9.04–16.06) | 1.03 | −9.51 | 143 | <0.001 | 0.89 | 143 | 0.37 | |
| 1-year Follow-up | 48 | 12.32 (8.83–17.19) | 1.05 | 57 | 11.00 (8.00–15.12) | 1.14 | −8.80 | 134 | <0.001 | 0.35 | 134 | 0.73 | |
| Trauma-Related Guilt - TRGI | | | | | | | | | | | | |
| Wait-list | 40 | 24.29 (21.28–27.73) | 0.00 | 50 | 25.79 (22.71–29.29) | 0.04 | 0.44 | 110 | 0.66 | −0.53 | 110 | 0.60 | |
| Pre-treatment | 74 | 24.36 (21.51–27.58) |  | 81 | 24.97 (22.09–28.23) |  |  |  |  |  |  |  | |
| Mid-treatment | 68 | 21.11 (18.23–24.45) | 0.16 | 74 | 19.66 (17.05–22.67) | 0.27 | −4.26 | 141 | <0.001 | 1.07 | 141 | 0.29 | |
| Post-treatment | 66 | 18.02 (15.24–21.30) | 0.34 | 72 | 17.36 (14.75–20.44) | 0.42 | −6.31 | 130 | <0.001 | 0.59 | 130 | 0.56 | |
| 8-week Follow-up | 60 | 17.29 (14.50–20.62) | 0.39 | 68 | 15.96 (13.46–18.93) | 0.51 | −6.74 | 143 | <0.001 | 0.89 | 143 | 0.37 | |
| 1-year Follow-up | 48 | 15.55 (12.86–18.80) | 0.51 | 57 | 16.05 (13.41–19.21) | 0.50 | −7.11 | 110 | <0.001 | −0.06 | 110 | 0.95 | |
| Anger Expression and Control Composite Score- Anger | | | | | | | | | | | | |
| Wait-list | 41 | −2.03 (−5.69–1.63) | 0.09 | 51 | −7.61 (−11.05– −4.17) | 0.01 | 0.63 | 8 | 0.55 | 0.90 | 102 | 0.37 | |
| Pre-treatment | 73 | −3.45 (−7.14–0.24) |  | 80 | −7.39 (−10.92– −3.85) |  |  |  |  |  |  |  | |
| Mid-treatment | 68 | −7.19 (−10.84– −3.54) | 0.22 | 74 | −14.90 (−18.40– −11.40) | 0.45 | −6.85 | 9 | <0.001 | 2.42 | 131 | 0.02 | |
| Post-treatment | 66 | −13.59 (−17.54– −9.65) | 0.61 | 72 | −20.19 (−23.98– −16.41) | 0.77 | −10.01 | 28 | <0.001 | 1.19 | 138 | 0.24 | |
| 8-week Follow-up | 59 | −14.67 (−18.69– −10.65) | 0.67 | 68 | −19.65 (−23.45– −15.84) | 0.74 | −9.21 | 41 | <0.001 | 0.42 | 137 | 0.68 | |
| 1-year Follow-up | 49 | −15.85 (−20.29– −11.41) | 0.74 | 57 | −20.56 (−24.74– −16.38) | 0.79 | −8.60 | 54 | <0.001 | 0.26 | 124 | 0.79 | |
| Symptom Checklist - Hostility | | | | | | | | | | | | |
| Wait-list | 41 | 7.00 (5.62–8.73) | 0.04 | 52 | 6.77 (5.48–8.37) | 0.02 | 0.30 | 106 | 0.77 | 0.65 | 106 | 0.52 | |
| Pre-treatment | 74 | 6.64 (5.41–8.14) |  | 81 | 6.91 (5.65–8.45) |  |  |  |  |  |  |  | |
| Mid-treatment | 68 | 6.33 (5.09–7.86) | 0.04 | 74 | 4.55 (3.66–5.66) | 0.35 | −4.28 | 143 | <0.001 | 3.40 | 143 | <.01 | |
| Post-treatment | 66 | 4.16 (3.16–5.47) | 0.39 | 72 | 3.47 (2.64–4.54) | 0.57 | −7.09 | 139 | <0.001 | 1.37 | 139 | 0.17 | |
| 8-week Follow-up | 60 | 3.81 (2.85–5.09) | 0.46 | 68 | 3.93 (2.97–5.20) | 0.47 | −6.33 | 134 | <0.001 | 0.05 | 134 | 0.96 | |
| 1-year Follow-up | 48 | 3.21 (2.35–4.38) | 0.60 | 57 | 3.26 (2.43–4.38) | 0.62 | −7.11 | 131 | <0.001 | 0.11 | 131 | 0.91 | |
| Single Item – Happiness | | | | | | | | | | | | |
| Wait-list | 41 | 3.04 (2.65–3.44) | 0.23 | 52 | 3.27 (2.90–3.63) | 0.14 | −1.88 | 21 | 0.07 | −0.53 | 107 | 0.60 | |
| Pre-treatment | 74 | 3.37 (3.05–3.69) |  | 80 | 3.46 (3.15–3.77) |  |  |  |  |  |  |  | |
| Post-treatment | 67 | 3.93 (3.60–4.27) | 0.41 | 72 | 4.31 (3.98–4.63) | 0.61 | 5.13 | 32 | <0.001 | −1.09 | 135 | 0.28 | |
| 8-week Follow-up | 60 | 4.33 (3.98–4.69) | 0.70 | 68 | 4.45 (4.11–4.80) | 0.72 | 6.62 | 39 | <0.001 | −0.10 | 144 | 0.92 | |
| 1-year Follow-up | 45 | 4.49 (4.05–4.92) | 0.81 | 57 | 4.37 (3.97–4.77) | 0.66 | 5.94 | 55 | <0.001 | 0.65 | 122 | 0.52 | |
| WHO Disability Assessment - WHODAS | | | | | | | | | | | | |
| Wait-list | 40 | 19.81 (17.49–22.44) | 0.06 | 50 | 18.55 (16.45–20.93) | 0.08 | 1.19 | 3 | 0.33 | −0.20 | 92 | 0.85 | |
| Pre-treatment | 70 | 19.06 (16.95–21.43) |  | 77 | 17.62 (15.74–19.74) |  |  |  |  |  |  |  | |
| Post-treatment | 65 | 14.12 (11.71–17.03) | 0.47 | 68 | 12.08 (10.07–14.51) | 0.59 | −6.03 | 21 | <0.001 | 0.73 | 126 | 0.47 | |
| 8-week Follow-up | 60 | 13.16 (10.70–16.19) | 0.58 | 69 | 11.98 (9.83–14.59) | 0.60 | −6.07 | 28 | <0.001 | 0.14 | 130 | 0.89 | |
| 1-year Follow-up | 49 | 11.08 (8.82–13.93) | 0.85 | 56 | 11.10 (8.94–13.79) | 0.72 | −6.95 | 36 | <0.001 | −0.57 | 119 | 0.57 | |
| Remoralisation - RQ | | | | | | | | | | | | |
| Wait-list | 40 | 1.32 (0.98–1.67) | 0.06 | 50 | 1.48 (1.13–1.83) | 0.04 | 0.18 | 17 | 0.86 | 0.19 | 91 | 0.85 | |
| Pre-treatment | 74 | 1.28 (0.94–1.61) |  | 81 | 1.45 (1.12–1.79) |  |  |  |  |  |  |  | |
| Post-treatment | 66 | 1.82 (1.46–2.17) | 0.73 | 72 | 2.13 (1.78–2.48) | 0.92 | 2.82 | 17 | 0.01 | −1.28 | 135 | 0.20 | |
| 8-week Follow-up | 60 | 1.87 (1.52–2.23) | 0.81 | 68 | 2.12 (1.77–2.47) | 0.91 | 2.92 | 17 | <0.01 | −0.69 | 130 | 0.49 | |
| 1-year Follow-up | 48 | 1.98 (1.61–2.35) | 0.95 | 57 | 2.16 (1.79–2.53) | 0.96 | 3.22 | 18 | <0.01 | −0.07 | 116 | 0.94 | |
| Single Item (Index trauma) - GUILT | | | | | | | | | | | | |
| Wait-list | 40 | 2.38 (1.95–2.91) | 0.19 | 52 | 2.01 (1.65–2.44) | 0.09 | 2.55 | 12 | 0.03 | 1.26 | 106 | 0.21 | |
| Pre-treatment | 73 | 1.76 (1.44–2.16) |  | 79 | 1.74 (1.43–2.12) |  |  |  |  |  |  |  | |
| Mid-treatment | 65 | 1.05 (0.77–1.42) | 0.32 | 63 | 0.66 (0.46–0.94) | 0.60 | -6.15 | 47 | <0.001 | 2.09 | 135 | 0.04 | |
| Post-treatment | 66 | 0.65 (0.43-0.97) | 0.62 | 72 | 0.58 (0.39-0.87) | 0.68 | -7.20 | 75 | <0.001 | 0.34 | 138 | 0.73 | |
| 8-week Follow-up | 59 | 0.56 (0.35-0.90) | 0.72 | 68 | 0.47 (0.29-0.76) | 0.81 | -7.24 | 99 | <0.001 | 0.50 | 132 | 0.62 | |
| 1-year Follow-up | 49 | 0.40 (0.23-0.70) | 0.92 | 57 | 0.65 (0.42-1.00) | 0.62 | -7.07 | 98 | <0.001 | -1.47 | 122 | 0.15 | |
| Single Item (All traumas) - GUILT | | | | | | | | | | | | |
| Wait-list | 40 | 2.06 (1.66-2.55) | 0.15 | 52 | 1.81 (1.46-2.24) | 0.00 | 1.31 | 6 | 0.24 | 1.65 | 91 | 0.10 | |
| Pre-treatment | 72 | 1.67 (1.37-2.02) |  | 79 | 1.82 (1.52-2.18) |  |  |  |  |  |  |  | |
| Mid-treatment | 64 | 1.07 (0.81-1.42) | 0.32 | 63 | 1.12 (0.85–1.47) | 0.36 | −4.82 | 18 | <0.001 | 0.26 | 131 | 0.79 | |
| Post-treatment | 66 | 0.65 (0.44–0.95) | 0.69 | 72 | 0.77 (0.55–1.08) | 0.63 | −7.06 | 45 | <0.001 | −0.33 | 134 | 0.74 | |
| 8-week Follow-up | 59 | 0.62 (0.40–0.94) | 0.73 | 68 | 0.71 (0.48–1.03) | 0.69 | −6.87 | 56 | <0.001 | −0.18 | 131 | 0.86 | |
| 1-year Follow-up | 48 | 0.54 (0.33–0.88) | 0.82 | 57 | 0.79 (0.54–1.15) | 0.61 | −6.28 | 66 | <0.001 | −0.94 | 117 | 0.35 | |
| Single Item (Index trauma) - SHAME | | | | | | | | | | | | |
| Wait-list | 40 | 2.63 (2.19–3.15) | 0.09 | 52 | 2.54 (2.13–3.03) | 0.10 | 2.05 | 103 | 0.04 | −0.07 | 105 | 0.95 | |
| Pre-treatment | 73 | 2.37 (2.00–2.82) |  | 79 | 2.28 (1.92–2.71) |  |  |  |  |  |  |  | |
| Mid-treatment | 65 | 1.30 (1.00–1.70) | 0.55 | 63 | 0.79 (0.57–1.08) | 0.98 | −9.27 | 140 | <0.001 | 2.60 | 140 | 0.01 | |
| Post-treatment | 66 | 0.88 (0.61–1.27) | 0.91 | 72 | 0.49 (0.31–0.77) | 1.41 | −9.39 | 139 | <0.001 | 2.03 | 139 | 0.04 | |
| 8-week Follow-up | 59 | 0.82 (0.56–1.20) | 0.98 | 68 | 0.73 (0.50–1.07) | 1.05 | −8.79 | 130 | <0.001 | 0.30 | 130 | 0.76 | |
| 1-year Follow-up | 49 | 0.64 (0.41–1.00) | 1.20 | 57 | 0.56 (0.36–0.87) | 1.30 | −9.01 | 119 | <0.001 | 0.35 | 119 | 0.73 | |
| Single Item (All traumas) - SHAME | | | | | | | | | | | | |
| Wait-list | 40 | 1.99 (1.60–2.49) | 0.01 | 52 | 1.95 (1.58–2.42) | 0.02 | 0.05 | 12 | 0.96 | −0.30 | 97 | 0.77 | |
| Pre-treatment | 72 | 2.02 (1.67–2.44) |  | 79 | 1.91 (1.58–2.30) |  |  |  |  |  |  |  | |
| Mid-treatment | 63 | 1.31 (1.01–1.71) | 0.39 | 63 | 1.20 (0.92–1.57) | 0.42 | −4.36 | 20 | <0.001 | 0.23 | 312 | 0.82 | |
| Post-treatment | 66 | 0.88 (0.62–1.25) | 0.74 | 72 | 0.80 (0.56–1.14) | 0.78 | −6.64 | 42 | <0.001 | 0.19 | 133 | 0.85 | |
| 8-week Follow-up | 59 | 0.79 (0.54–1.15) | 0.84 | 68 | 0.77 (0.53–1.11) | 0.81 | −6.78 | 48 | <0.001 | −0.14 | 131 | 0.89 | |
| 1-year Follow-up | 48 | 0.68 (0.45–1.04) | 0.98 | 57 | 0.71 (0.48–1.05) | 0.89 | −6.76 | 66 | <0.001 | −0.35 | 124 | 0.73 | |
| Single Item (Index trauma) - ANGER | | | | | | | | | | | | |
| Wait-list | 40 | 2.66 (2.31–3.06) | 0.01 | 52 | 2.71 (2.37–3.10) | 0.01 | 0.15 | 6 | 0.89 | 0.00 | 108 | 1.00 | |
| Pre-treatment | 73 | 2.64 (2.34–2.97) |  | 79 | 2.69 (2.39–3.02) |  |  |  |  |  |  |  | |
| Mid-treatment | 65 | 1.80 (1.47–2.19) | 0.45 | 63 | 1.25 (0.99–1.58) | 0.90 | −7.34 | 34 | <0.001 | 2.56 | 133 | 0.01 | |
| Post-treatment | 66 | 1.29 (1.00–1.67) | 0.84 | 72 | 0.99 (0.74–1.31) | 1.18 | −8.78 | 68 | <0.001 | 1.54 | 138 | 0.13 | |
| 8-week Follow-up | 59 | 1.30 (1.00–1.69) | 0.83 | 68 | 1.14 (0.87–1.48) | 1.02 | −8.13 | 69 | <0.001 | 0.84 | 133 | 0.41 | |
| 1-year Follow-up | 49 | 1.10 (0.80–1.51) | 1.03 | 57 | 1.09 (0.81–1.48) | 1.06 | −8.12 | 77 | <0.001 | 0.11 | 120 | 0.91 | |
| Single Item (All traumas) - ANGER | | | | | | | | | | | | |
| Wait-list | 40 | 2.39 (1.92–2.98) | 0.04 | 52 | 2.65 (2.17–3.23) | 0.07 | 0.20 | 574 | 0.84 | −0.84 | 585 | 0.40 | |
| Pre-treatment | 72 | 2.49 (2.07-3.00) |  | 79 | 2.48 (2.06–2.98) |  |  |  |  |  |  |  | |
| Mid-treatment | 64 | 1.88 (1.53–2.31) | 0.29 | 63 | 1.54 (1.24–1.93) | 0.48 | −6.22 | 531 | <0.001 | 1.56 | 532 | 0.12 | |
| Post-treatment | 66 | 1.27 (1.00–1.61) | 0.68 | 72 | 1.15 (0.90–1.46) | 0.78 | −9.37 | 461 | <0.001 | 0.63 | 461 | 0.53 | |
| 8-week Follow-up | 59 | 1.29 (1.01–1.65) | 0.67 | 68 | 1.27 (1.00–1.61) | 0.68 | −7.98 | 406 | <0.001 | 0.06 | 407 | 0.95 | |
| 1-year Follow-up | 48 | 1.12 (0.84–1.48) | 0.81 | 57 | 1.11 (0.85–1.45) | 0.81 | −8.19 | 456 | <0.001 | 0.01 | 457 | 0.99 | |
| Single Item (Index trauma) - DISGUST | | | | | | | | | | | | |
| Wait-list | 40 | 2.54 (2.11–3.04) | 0.01 | 52 | 2.52 (2.11–3.00) | 0.04 | 0.42 | 106 | 0.67 | −0.26 | 106 | 0.80 | |
| Pre-treatment | 73 | 2.52 (2.12–2.98) |  | 79 | 2.44 (2.06–2.88) |  |  |  |  |  |  |  | |
| Mid-treatment | 65 | 1.40 (1.06–1.85) | 0.67 | 63 | 0.83 (0.60–1.16) | 1.23 | −8.41 | 141 | <0.001 | 2.49 | 141 | 0.01 | |
| Post-treatment | 67 | 0.99 (0.70–1.42) | 1.06 | 72 | 0.64 (0.43–0.96) | 1.53 | −8.90 | 140 | <0.001 | 1.59 | 140 | 0.11 | |
| 8-week Follow-up | 59 | 0.91 (0.62–1.33) | 1.17 | 68 | 0.89 (0.61–1.29) | 1.15 | −8.26 | 135 | <0.001 | −0.05 | 135 | 0.96 | |
| 1-year Follow-up | 49 | 1.03 (0.71–1.49) | 1.02 | 57 | 0.82 (0.56–1.20) | 1.24 | −8.14 | 121 | <0.001 | 0.80 | 121 | 0.43 | |
| Single Item (All traumas) - DISGUST | | | | | | | | | | | | |
| Wait-list | 40 | 2.21 (1.83–2.67) | 0.08 | 52 | 1.98 (1.65–2.39) | 0.00 | 0.63 | 3 | 0.57 | 0.71 | 100 | 0.48 | |
| Pre-treatment | 72 | 2.04 (1.71–2.44) |  | 79 | 1.98 (1.66–2.35) |  |  |  |  |  |  |  | |
| Mid-treatment | 64 | 1.32 (1.01–1.72) | 0.43 | 63 | 1.00 (0.75–1.35) | 0.66 | −5.69 | 23 | <0.001 | 1.29 | 133 | 0.20 | |
| Post-treatment | 67 | 0.88 (0.62–1.24) | 0.82 | 72 | 0.86 (0.61–1.21) | 0.81 | −7.12 | 40 | <0.001 | −0.06 | 138 | 0.96 | |
| 8-week Follow-up | 59 | 0.90 (0.63–1.30) | 0.80 | 68 | 0.80 (0.56–1.16) | 0.87 | −6.74 | 49 | <0.001 | 0.33 | 134 | 0.74 | |
| 1-year Follow-up | 48 | 0.83 (0.56–1.22) | 0.88 | 57 | 0.84 (0.58–.20) | 0.83 | −6.81 | 50 | <0.001 | −0.20 | 127 | 0.84 | |

Abbreviations: ImRs, imagery rescripting; EMDR, eye movement desensitisation and reprocessing; CAPS-5, Clinician Administered PTSD Scale for DSM-5; IES-R, Impact of Events Scale – Revised; Index trauma, trauma occurring before 16 years of age; All traumas, all other traumas; BDI-II, Beck Depression Inventory II, DES-T, Dissociative Experiences Scale-Taxon; PTCI, Post-Traumatic Cognitions Inventory; TRSI, Trauma-Related Shame Inventory; TRGI, Trauma- Related Guilt Inventory; Anger, Anger Expression and Control Composite Score; Hostility, Symptom Checklist 90 Revised Hostility subscale; Happiness, Happiness single item; WHODAS, World Health Organisation Disability Assessment Schedule; RQ, Remoralization Questionnaire.

a. Effect size calculated for treatment condition in comparison to pre-treatment.

b. Change from baseline (main time effect).

c. Difference between treatments in change from baseline.