

Web-appendix 2: Description of interventions.

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| Cognitive behavioural therapy | <p>if cognitive and behavioural techniques were mixed in the treatment (e.g. cognitive behavioural therapy plus exposure, stress inoculation training plus prolonged exposure). Stress inoculation training is coded here.</p> <p>If a treatment contains elements of behavioural therapy (e.g. exposure) and combines it with another non-behavioural individual therapy treatment component. The treatment component must not equal one of the other treatment categories (including those named in the description of "other psychotherapy") except for CT. These kind of combinations (e.g. exposure combined with psychodynamic therapy) are categorized as "other psychotherapy"</p> |
| Cognitive therapy | if cognitive techniques were implemented without exposure which aims at habituation (e.g. cognitive restructuring, cognitive therapy) |
| EMDR | if patients received Eye Movement Desensitization and Reprocessing (EMDR), no matter if the stimulus was visual, auditory or tactile. Do not code EMDR if no eye movements were included. |
| Exposure therapy | if some form of exposure was implemented without any cognitive elements (e.g. exposure in vivo, in sensu, prolonged exposure). Do also code here if exposure is combined with psychoeducation. |
| Other psychological intervention | if psychodynamic, client-centred, gestalt or some other form of individual psychotherapy was administered. Supportive or nondirective counseling or some form of other control are NOT coded here |
| Supportive therapies | if psychotherapy placebos (attention control, minimal contact, active listening, common factor control, nonspecific control), or (supportive) counseling were provided. |
| Stress management | if some form of relaxation or biofeedback was used. Stress inoculation training (SIT) is not coded here. |
| Wait-list | if the patient were only assessed or if they received delayed treatment (e.g. after the post-assessment in the experimental group) |