**Appendix A**

**Power Analysis**

*A priori* power analyses were conducted using G\*Power 3.1 (Faul, Erdfelder, Buchner, & Lang, 2009). The most complex analysis of the current study was a 2 (condition) x 3 (time) ANOVA, repeated measures within-between interaction. In order to determine the appropriate sample size for the study, power was set to .80 and alpha was set to .05, to abide by statistical standards recommended by Tabachnik and Fidell (2007). The entered number of groups and measurements were 2 (SB or no SB) and 3 (baseline, anticipatory, speech), respectively. Researchers examining anticipatory and peak SUDS differences between SB groups have found large effect sizes (e.g., *η* 2 = .23-.55; Levy & Radomsky; Milosevic & Radomsky, 2013b). Effect sizes of SB condition x time interactions on behavioural approach tasks are small to moderate, however, as studies are often underpowered to see larger effects (e.g., *η* 2 = .07; Hood et al., 2010). No data is currently available on the impact of SB conditions on psychophysiological arousal or working memory. As such, the effect size was set to f = .10 (a small effect) in order to be conservative. The correlation among repeated measures was entered as *r* = .7, based on the assumption that SUDS and EDA scores should correlate strongly over time (Thyer et al., 1984). The estimated required sample size based on this information was 49 participants per group, for a total of 98 participants. Given that some data may be lost for a variety of reasons (e.g., significant noise in EDA data), a total of 110 participants were recruited.

**Appendix B**

*Correlation Matrix for all Baseline Measures*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| 1. SPIN | - | .66\*\* | .55\*\* | .45\*\* | .43\*\* | -.06 | -.17 |
| 2. SAFE |  | - | .46\*\* | .36\*\* | .43\*\* | -.10 | -.17 |
| 3. PRCS-12 |  |  | - | .47\*\* | .27\*\* | -.06 | -.09 |
| 4. SATI1 |  |  |  | - | .33\*\* | -.11 | -.07 |
| 5. SUDS1 |  |  |  |  | - | .02 | -.01 |
| 6. Ospan1 |  |  |  |  |  | - | -.01 |
| 7.EDA1 |  |  |  |  |  |  | - |

*Notes.* *N* = 111. SPIN = Social Phobia Inventory; SAFE = Subtle Avoidance Frequency Examination; PRCS-12 = Personal Report of Confidence as a Speaker – Short Form; SATI1 = Speech Anxiety Thoughts Inventory, First Administration; SUDS1 = Subjective Units of Distress Scale, First Administration; Ospan1 = Operation Span Partial Score, First Administration; EDA1 = Electrodermal Activity, Baseline Phase. \*\**p* < .01.

**Appendix C**

*Estimates of the Effects of Condition and Time on Cognitive, Subjective, and Psychophysiological Outcomes, While Controlling for Baseline Safety Behaviour Use (SAFE)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *F* | *df* | *p* | ηp2 |
| Working memory  Main effect condition | 1.65 | 1, 97 | .20 | .02 |
| Main effect time | .14 | 1, 97 | .71 | .00 |
| Interaction by time | .19 | 1, 97 | .66 | .00 |
| Disconfirmatory evidence  Main effect condition | .87 | 1, 91 | .36 | .01 |
| Main effect time | .43 | 1, 91 | .52 | .01 |
| Interaction by time | .79 | 1, 91 | .38 | .01 |
| Self-reported anxiety  Main effect condition | .03 | 1, 94 | .86 | .00 |
| Main effect time | 25.24 | 2, 188 | .00 | .21 |
| Interaction by time | 1.29 | 2, 188 | .28 | .01 |
| Psychophysiological arousal  Main effect condition | .11 | 1, 93 | .75 | .00 |
| Main effect time | 10.23 | 2, 186 | .00 | .10 |
| Interaction by time | 1.11 | 2, 186 | .33 | .01 |

*Note.* Statistics for significant effects are available in the main text.

Table 8

*Effects of Condition on Speech Outcomes, While Controlling for Baseline Safety Behaviour Use (SAFE)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *F* | *df* | *p* | ηp2 |
| Speech duration | .26 | 1,105 | .61 | .00 |
| Subjective speech performance | 2.71 | 1,93 | .10 | .03 |
| Objective speech performance | .49 | 1,82 | .49 | .01 |
| Tolerability | .23 | 1,95 | .63 | .00 |
| Distress | .30 | 1,95 | .58 | .00 |
| Willingness with SBs | 2.86 | 1,95 | .09 | .03 |

*Note.* Statistics for significant effects are available in the main text.