Table 1

*Content of the PTSD iCBT course*

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| **Lesson** | **Skills** | **Supplementary resources** |
| 1 | Psychoeducation on PTSD diagnosis and treatment | Managing mood, sleep; information for family and friends |
| 2 | Psychoeducation about how avoidance maintains PTSD, fight-flight-freeze response, CBT model of PTSD; controlled breathing; grounding. | Progressive muscle relaxation; structured problem solving |
| 3 | Cognitive therapy components: link between thoughts and feelings, thought monitoring; psychoeducation for written exposure and practice of writing trauma narrative | Labelling emotions |
| 4 | Psychoeducation and practice on reading the trauma narrative; thought challenging | Identifying and challenging thoughts in key themes (e.g., safety, trust) |
| 5 | Behavioural experiments; situational exposure; continued writing and review of the trauma narrative | Assertive communication, extra information for family and friends; attention shifting |
| 6 | Key skills review; relapse prevention | None |