**Supplementary Material**

**Table S1**

Statistical data in BL, PT, and FU for the treatment group and control group

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Categories | Measures | Group | Baseline | Post-treatment | Follow-up |
| Mean | *SD* | Mean | *SD* | Mean | *SD* |
| Anxiety | BAI | Treatment group | 60.80 | 7.33 | 39.50 | 11.83 | 40.50 | 12.70 |
|  | Control group | 59.70 | 6.63 | 38.00 | 13.08 | 41.70 | 13.38 |
| negative automatic thoughts | ATQ | Treatment group | 98.60 | 30.49 | 67.00 | 20.14 | 67.80 | 18.53 |
|  | Control group | 112.70 | 17.91 | 81.50 | 17.70 | 82.60 | 13.26 |
| dysfunctional Attitudes | DAS | Treatment group | 175.10 | 27.67 | 123.10 | 6.85 | 122.10 | 6.67 |
|  | Control group | 188.60 | 20.46 | 130.40 | 6.56 | 130.80 | 6.57 |
| Three types of attentional bias | ABS | Treatment group | 2.78 | 1.11 | 1.76 | 0.62 | 1.81 | 0.65 |
|  | Control group | 2.72 | 1.05 | 2.07 | 0.78 | 2.15 | 0.79 |
| AAS | Treatment group | 3.07 | 1.32 | 1.79 | 0.66 | 1.83 | 0.61 |
|  | Control group | 3.03 | 1.38 | 2.48 | 1.27 | 2.63 | 1.23 |
| ADS | Treatment group | 2.90 | 0.99 | 1.89 | 0.82 | 1.88 | 083 |
|  | Control group | 2.75 | 1.36 | 2.25 | 1.12 | 2.26 | 1.18 |

*Note: BAI, Beck Anxiety Inventory; ATQ, Automatic Thought Questionnaire; DAS, Dysfunctional Attitudes Scale; ABS, Attentional bias scores; AAS, Attentional alertness scores; ADS, Attentional disengagement scores;*

**Table S2**

*MANOVA of mean BAI scores, ATQ scores and DAS scores*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *df* | Anxiety | Automatic thought  | Dysfunctional attitude |
| *MS* | *F* | *η2* | *MS* | *F* | *η2* | *MS* | *F* | *η2* |
| Group | 1 | 19.267 | 0.135 | 0.002 | 3139.267 | 7.570**\*** | 0.123 | 1460.267 | 3.338 | 0.059 |
| Time | 2 | 6700.633 | 23.428**\*\*** | 0.465 | 6380.217 | 15.384**\*\*** | 0.363 | 20369 | 47.264**\*\*** | 0.638 |
| Group×Time | 2 | 67.633 | 0.236 | 0.009 | 0.617 | 0.001 | 0.002 | 51.617 | 0.121 | 0.004 |

*Note:* \**p*< 0.05\*\**p*< 0.001.

**Table S3**

*MANOVA of attention bias, attention alertness and disengagement*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *df* | Attention bias | Attention alertness | Attention disengagement |
| *MS* | *F* | *η2* | *MS* | *F* | *η2* | *MS* | *F* | *η2* |
| Group | 1 | 0.536 | 0.736 | 0.013 | 3.519 | 2.839 | 0.050 | 0.551 | 0.499 | 0.009 |
| Time | 2 | 8.556 | 5.879**\*\*** | 0.179 | 5.038 | 4.064**\*** | 0.131 | 3.800 | 3.441**\*** | 0.113 |
| Group×Time | 2 | 0.473 | 0.325 | 0.012 | 1.042 | 0.840 | 0.030 | 0.451 | 0.408 | 0.015 |

*Note:\*p* < 0.05 \*\**p* < 0.001.