

Online data supplement to *BJPsych* 150961 (doi: 10.1192/bjp.bp.114.150961): **The effect of flexible cognitive behavioral therapy and medical treatment, including antidepressants on PTSD and depression in traumatized refugees – a randomized controlled clinical trial.** Caecilie Boeck Buhmann, Merete Nordentoft, Morten Ekstroem, Jessica Carlsson, and Erik Lykke Mortensen

Table DS1: Description of patients at baseline

		All (N=217)	Medicine Therapy (N=55)	No therapy (N=62)	No Medicine Therapy (N=52)	No therapy (N=48)
		N (%)				
Sex						
	Man	128 (59)	29 (53)	35 (56)	30 (58)	34 (71)
Country*						
	Iraq	79 (36)	20 (36)	23 (37)	23 (44)	13 (27)
	Iran	27 (12)	9 (16)	5 (8)	8 (15)	5 (10)
	Lebanon	26 (12)	6 (11)	13 (21)	3 (6)	4 (8)
	Ex-Yugoslavia	35 (16)	5 (9)	7 (11)	8 (15)	15 (31)
	Afghanistan	21 (10)	9 (16)	6 (10)	6 (12)	0 (0)
	Other	29 (13)	6 (11)	8 (13)	4 (8)	11 (23)
Language						
	Reads and speaks 1 of 6 translation languages*	197 (92)	54 (98)	57 (92)	45 (90)	41 (85)
	Needs translation for treatment	118 (54)	31 (56)	35 (56)	25 (48)	27 (56)
Trauma history						
	Torture	92 (43)	20 (38)	25 (41)	22 (42)	25 (52)
	Refugee camp	60 (28)	13 (24)	23 (38)	11 (22)	13 (28)
	Danish asylum center	130 (63)	33 (62)	42 (71)	28 (57)	27 (59)
	Ex-combatant	51 (24)	13 (24)	8 (13)	16 (31)	14 (29)
Socioeconomic						
	Currently employed	17 (13)	2 (6)	4 (11)	8 (24)	3 (9)
	Never employed	39 (20)	11 (24)	15 (26)	9 (19)	4 (10)
	Education >12 years	63 (30)	21 (40)	16 (27)	14 (28)	12 (26)
	Married	113 (54)	27 (51)	34 (57)	27 (53)	25 (54)
	Living alone some or all of the time	74 (36)	17 (33)	19 (32)	22 (44)	16 (35)
	Muslim	160 (78)	38 (72)	46 (79)	42 (85)	34 (77)
Psychopathology (in addition to PTSD)						
	Depression according to ICD-10	204 (94)	52 (95)	59 (95)	49 (94)	44 (92)
	Personality Change after Catastrophic Events (F62.0)	59 (27)	17 (31)	15 (24)	12 (23)	15 (31)
	Psychotic during treatment	19 (9)	6 (11)	2 (3)	7 (13)	4 (8)
	Previous substance abuse	25 (12)	4 (7)	7 (11)	7 (13)	7 (15)
	Reports traumatic brain injury	55 (46)	13 (41)	19 (54)	12 (39)	11 (52)
	In treatment for somatic disorder	78 (36)	16 (29)	22 (35)	17 (33)	23 (48)
Previous psychiatric treatment						
	Previously in any psychiatric treatment	173 (80)	42 (76)	50 (81)	45 (87)	36 (75)
	Previously in psychiatric hospital treatment	30 (14)	8 (15)	9 (15)	9 (17)	4 (8)
	Previously treated with antidepressants	157 (73)	39 (72)	47 (77)	39 (76)	32 (67)
		Mean (sd)				
	Age	45 (9)	45 (10)	43 (9)	46 (8)	47 (8)
	Years since arrival in Denmark	14.7 (6.1)	13.8 (1)	15.0 (6)	15 (6)	15.0 (6)
	Years since symptoms started	14.7 (10)	15.1 (10)	17.3 (10)	12.5 (8)	13.1 (10)

*Significant difference between groups tested with Pearson's chi2 and linear regression p<0.05

Table DS2: Description of treatment

	All	Medicine		No Medicine	
	(N=217)	Therapy	No therapy	Therapy	No
		(N=55)	(N=62)	(N=52)	therapy
					(N=48)
	N (%)				
Adverse reactions					
Adverse reaction patients on sertraline	119 (55)	42 (79)	46 (74)	0 (0)	-
Adverse reaction on mianserin	110 (66)	36 (68)	46 (74)	0 (0)	-
No adverse reaction	42 (25)	9 (17)	13 (21)	0 (0)	-
Unknown adverse reaction or adverse event	22 (13)	7 (13)	13 (21)	0 (0)	-
Patients who stopped sertraline during trial	23 (11)	5 (9)	8 (13)	1 (2)	-
Patients who stopped mianserin during trial	26 (12)	7 (13)	12 (19)	0 (0)	-
Discomfort due to therapy	15 (7)	5 (9)	2 (3)	6 (12)	2 (4)
Psychopharmacology during the trial					
Other antidepressant treatment during trial (excl. trial medicine)	30 (14)	4 (7)	2 (3)	14 (27)	10 (21)
SSRI (excl. sertraline)	9 (4)	0 (0)	0 (0)	7 (13)	2 (4)
TCA (incl. in smaller doses for pain)	2 (2)	4 (7)	0 (0)	1 (2)	0 (0)
NaSSA (excl. mianserin)	13 (6)	0 (0)	1 (2)	5 (10)	7 (15)
SNRI	4 (2)	0 (0)	1 (2)	2 (4)	1 (2)
Benzodiazepines during trial	14 (7)	3 (6)	3 (5)	4 (8)	4 (9)
Antipsychotics during trial	14 (7)	4 (8)	2 (3)	2 (4)	6 (13)
Other antidepressants than trial medicine by end of trial	19 (9)	2 (4)	2 (3)	15 (29)	-
Antipsychotics by end of trial	14 (6)	6 (11)	1 (2)	3 (6)	-
Benzodiazepines by end of trial	6 (3)	1 (2)	1 (2)	3 (6)	-
Trial medicine					
sertraline	126 (58)	53 (96)	62 (100)	6 (12)	5 (11)
mianserin	120 (56)	51 (93)	58 (94)	6 (12)	5 (11)
105 (48)	44 (80)	57 (92)	2 (4)	2 (4)	
Psychotherapy					
Core CBT methods used at least 5 times	62 (58)	33 (61)	-	29 (56)	-
No CBT core methods have been used	11 (10)	6 (11)	-	5 (10)	-
ACT methods used	74 (70)	40 (74)	-	34 (65)	-
Mindfulness methods used	88 (83)	42 (78)	-	46 (88)	-
Cognitive methods used	95 (90)	48 (89)	-	47 (90)	-
Trauma-focused exposure used	20 (19)	11 (20)	-	9 (17)	-
CBT >= 10 times	30 (28)	14 (25)	-	16 (31)	-
Exposure >=3 times	8 (7)	4 (7)	-	4 (8)	-
ACT >= 10 times	10 (9)	2 (3)	-	8 (15)	-
Mindfulness >=10 times	8 (7)	4 (7)	-	4 (8)	-
TFCBT (CBT >=10 & exposure >=3)	5 (5)	2 (4)	-	3 (6)	-
Any of the above >=10 times	41 (38)	17 (31)	-	24 (46)	-
Patient evaluation of treatment					
Think their condition has improved due to treatment	100 (88)	25 (89)	30 (91)	22 (85)	-
Think their condition has worsened due to treatment	1 (1)	0 (0)	1 (3)	0 (0)	-
Think their condition has improved for other reasons than the treatment	13 (11)	3 (11)	2 (6)	4 (15)	-
Mean (sd)					
No. of sessions with doctor	-	9 (2)	9 (2)	-	-
No. of sessions with psychologist	-	11 (3)	-	13 (3)	-
No. of sessions in total	-	20 (4)	9 (2)	13 (3)	-
Duration of treatment (mo)	6.0 (1.3)	6.4 (1.1)	5.8 (1.1)	5.2 (1.1)	6.2 (0.6)
Mean time between medical appointments (I)	-	16 (8)	17 (7)	-	-
Mean time between medical appointments (II)	-	39 (14)	36 (19)	-	-
Mean time between therapy appointments	-	13 (5)	-	15 (5)	-
Sessions with doctor where social problems do not limit the flow of the session (%)	3 (7)	2 (7)	3 (6)	-	-

Mianserin at end of trial (mgs)	15.4 (12)	15.7 (13)	15.6 (11)	0 (0)	-
Sertraline at end of trial (mgs)	110.9 (68)	119.6 (66)	119.0 (66)	25 (43)	-
Max dose sertraline (mgs)	123.6 (58)	130.9 (56)	133.2 (55)	25 (39)	-
Max dose mianserin (mgs)	19.9 (11)	19.5 (10)	20.4 (10)	0 (0)	-
Mean dose of sertraline during trial (mgs)	91.5 (47)	93.3 (48)	95.2 (48)	0 (0)	-
Mean dose of mianserin during trial (mgs)	14.2 (7)	14.4 (7)	14.4 (8)	0 (0)	-