

Data supplement to ter Heide et al. Eye movement desensitisation and reprocessing therapy *v.* stabilisation as usual for refugees: randomised controlled trial. *Br J Psychiatry* doi: 10.1192/bjp.bp.115.167775

Online supplement DS1

The research design did not include a randomised waitlist condition as we considered it unethical to randomly ask patients to refrain from having any psychiatric or psychotherapeutic interventions for a set period of time, and as we expected that such a request would increase refusal to participate. Instead, to control for time we chose to compare the effects of the two treatment conditions with a naturalistic waitlist condition consisting of patients who for various practical reasons did not participate in the main study (mainly because inclusion for the main study had already closed). Those patients were eligible for participation who (a) were refugees of at least 18 years old, (b) had a PTSD diagnosis, (c) had been waiting to start treatment for at least 11 weeks (i.e. equal to the time between T_1 and T_2 for the EMDR condition) and had not had any psychiatric or psychotherapeutic intervention during that time, (d) had completed a regular psycho-diagnostic assessment (consisting of the HTQ events and DSM-IV subscales and the HSCL-25) at intake and had granted permission to use this assessment for scientific purposes, and (e) did not meet the exclusion criteria for the main study. The files of patients who had been placed on the regular waitlist after intake were screened for these criteria by a research associate. Potential participants were contacted by telephone to ask if they were willing to complete an additional assessment before their first therapy session. Upon consent, the HTQ events and DSM-IV symptom subscales, as well as the HSCL-25 were administered before starting treatment. In total, 36 patients were enrolled in the waitlist condition. At the second assessment, significant differences in PTSD severity (EMDR $n=32$, mean 2.79, s.d.=0.54 *v.* waitlist, $n=36$, mean 3.17, s.d.=0.43, $P=0.002$) and in anxiety (EMDR $n=32$, mean 2.77, s.d.=0.69 *v.* waitlist, $n=36$, mean 3.16, s.d.=0.66, $P=0.021$) were found between EMDR and waitlist, with medium effect sizes (0.77, 95% CI 0.28–1.27, and 0.57, 95% CI 0.09–1.06, respectively, calculated in SPSS). In the LGM model, medium effect sizes (ESs) for PTSD severity were also found between EMDR and waitlist (ES=0.71), and stabilisation and waitlist (ES=0.54), but these did not reach statistical significance (see online Table DS4).

Table DS1 Demographic and clinical characteristics before treatment						
	EMDR		Analysis			
	therapy (n=36)	Stabilisation (n=36)	χ^2	t-test	d.f.	P
<i>Demographic characteristics</i>						
Age in years, mean (s.d.)	43.1(10.7)	39.8(11.9)		1.26	70	0.21
Female, n (%)	6(16.7)	14(38.9)	4.43		1	0.04
Education, n (%)			3.44		2	0.18
No education/primary school only	7(19.4)	13(36.1)				
Secondary school/vocational training	15(41.7)	15(41.7)				
University/academy	14(38.9)	8(22.2)				
Married, n (%)	21(58.3)	15(41.7)	2.00		1	0.16
Employment, n (%)			0.60		2	0.74
Unemployed/sickness leave	21(58.3)	24(66.7)				
Volunteer work/school	8(22.2)	7(19.4)				
Employed	7(19.4)	5(13.9)				
Country of origin, n (%)			2.78		5	0.73
Iraq	9(25.0)	8(22.2)				
Afghanistan	9(25.0)	6(16.7)				
Former Yugoslavia	3(8.3)	5(13.9)				
Other Middle Eastern countries	6(16.7)	4(11.1)				
African countries	8(22.2)	10(27.8)				
Other	1(2.8)	3(8.3)				
Refugee background, n (%)			1.74		5	0.88
Political activist	14(38.9)	16(44.4)				
Civilian victim of war/organised violence	10(27.8)	7(19.4)				
Veteran	3(8.3)	4(11.1)				
Child soldier	1(2.8)	2(5.6)				
Persecution for various reasons	2(5.6)	3(8.3)				
Combination of factors	6(16.7)	4(11.1)				
Refugee status, n (%)			0.85		1	0.36
Asylum seeker/illegal	5(13.9)	8(22.2)				
Temporary/permanent refugee status	31(86.1)	28(77.8)				
Years in the Netherlands, mean (s.d.)	10.0(5.3)	8.9(5.1)		0.88	69	0.38
<i>Clinical characteristics</i>						
Types of traumatic experiences (HTQ), mean (s.d.)	13.8(5.5)	13.7(5.6)		0.85	70	0.93
Years of having PTSD, mean (s.d.)	7.9(7.2)	8.0(6.5)		-0.41	59	0.97
Comorbid depression, n (%)	28(77.8)	28(77.8)	0.00		1	1.00
On psychotropic medication, n (%)	21(58.3)	21(58.3)	0.00		1	1.00
CAPS symptom severity, mean (s.d.)	74.7(18.0)	78.3(18.3)		-0.83	70	0.41
Use of interpreter during study treatment, n (%)	20(55.6)	20(55.6)	0.00		1	1.00
EMDR, eye movement desensitisation and reprocessing; PTSD, post-traumatic stress disorder;						
HTQ, Harvard Trauma Questionnaire						

Table DS2 shows unimputed outcomes as calculated by SPSS. We used pre- and post-treatment means, sample sizes and paired groups t-values calculated by SPSS to calculate effect-sizes within conditions, and means, standard deviations and sample sizes at follow-up calculated by SPSS to calculate effect-sizes between conditions. Effect-sizes and 95% confidence intervals were calculated using Comprehensive Meta-Analysis version 2 for Windows (Biostat, Englewood NJ; see <http://www.meta-analysis.com/index.php>).

Table DS3 shows the effects of gender and refugee status on treatment outcome for both conditions.

Table DS4 shows changes in symptom severity for the two treatment conditions and the non-randomised waitlist condition.

Table DS2									
Unimputed analyses of the effects of treatment on PTSD, anxiety, depression and quality of life for EMDR therapy and stabilisation									
Measure	Condition	T1		T2		T3		ES ^a T1-T3	ES ^a EMDR - stabilisation
		n	Mean (s.d.)	n	Mean (s.d.)	n	Mean (s.d.)	(95% CI)	(95% CI) at T3
<i>Primary outcomes</i>									
CAPS severity	EMDR therapy	36	74.69(18.01)	32	67.38(23.16)	32	69.94(25.07)	0.19(-0.16 to 0.54)	-0.02(-0.51 to 0.63)
	Stabilisation	36	78.25(18.34)	29	68.86(26.93)	31	69.55(25.05)	0.30 (-0.06 to 0.66)	
HTQ DSM-IV	EMDR therapy	36	3.05(0.49)	32	2.79(0.54)	31	2.86(0.58)	0.38(0.02 to 0.73)*	0.13(-0.36 to 0.63)
	Stabilisation	36	3.19(0.43)	30	2.98(0.62)	32	2.94(0.59)	0.39(0.03 to 0.75)*	
HTQ total	EMDR therapy	34	2.86(0.45)	32	2.63(0.57)	31	2.73(0.63)	0.20(-0.17 to 0.57)	0.04(-0.45 to 0.54)
	Stabilisation	34	2.90(0.51)	30	2.79(0.62)	32	2.76(0.62)	0.25(-0.11 to 0.61)	
<i>Secondary outcomes</i>									
HSCL anxiety	EMDR therapy	35	2.86(0.57)	32	2.77(0.69)	31	2.75(0.71)	0.02(-0.34 to 0.37)	0.10(-0.39 to 0.59)
	Stabilisation	36	3.04(0.66)	30	2.98(0.66)	32	2.89(0.69)	0.17(-0.18 to 0.52)	
HSCL depression	EMDR therapy	35	2.94(0.52)	32	2.79(0.61)	31	2.81(0.61)	0.30(-0.07 to 0.66)	-0.01(-0.50 to 0.49)
	Stabilisation	36	2.97(0.61)	30	2.80(0.66)	32	2.80(0.64)	0.26(-0.09 to 0.61)	
WHOQOL-BREF physical	EMDR therapy	36	2.35(0.60)	31	2.39(0.60)	31	2.34(0.58)	-0.10(-0.45 to 0.26)	-0.06(-0.55 to 0.44)
	Stabilisation	36	2.34(0.53)	29	2.36(0.72)	32	2.37(0.62)	0.03(-0.32 to 0.37)	
WHOQOL-BREF psychological	EMDR therapy	36	2.34(0.65)	31	2.34(0.71)	31	2.21(0.65)	-0.18(-0.53 to 0.18)	-0.17(-0.66 to 0.33)
	Stabilisation	36	2.35(0.70)	29	2.30(0.91)	32	2.33(0.77)	-0.01(-0.36 to 0.33)	
WHOQOL-BREF social relationships	EMDR therapy	36	2.71(0.80)	31	2.72(0.80)	31	2.49(0.86)	-0.32(-0.69 to 0.04)	0.04(-0.46 to 0.53)
	Stabilisation	36	2.55(0.98)	29	2.65(0.88)	32	2.46(0.87)	0.00(n.a.)	
WHOQOL-BREF environment	EMDR therapy	36	2.99(0.70)	31	2.81(0.60)	31	2.77(0.57)	-0.32(-0.68 to 0.04)	-0.06(-0.56 to 0.43)
	Stabilisation	35	2.65(0.66)	29	2.84(0.80)	32	2.81(0.65)	0.15(-0.21 to 0.50)	
EMDR, eye movement desensitisation and reprocessing; TAU, treatment as usual; CI, credibility interval; ES, effect size; CAPS, Clinician Administered PTSD Scale; HTQ, Harvard Trauma Questionnaire; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th edition; HSCL, Hopkins Symptom Checklist; WHOQOL, World Health Organization Quality of Life									
^a Cohen's d: 0.20 small, 0.50 medium, 0.80 large ³⁵									
*P<0.05, **P<0.01									

Table DS3								
Effects of gender and refugee status on treatment outcome for EMDR and stabilisation								
			beta	SE	CI		R^2 ^a	95% CI 0 to
	Measure	Condition			lower 2.5%	upper 2.5%		
Gender	CAPS total	EMDR therapy	3.36	6.95	-10.08	17.27	0.05	0.38
		Stabilisation	-1.94	4.33	-10.43	6.49	0.03	0.28
	HTQ DSM-IV	EMDR therapy	-0.06	0.17	-0.40	0.27	0.04	0.32
		Stabilisation	-0.03	0.10	-0.23	0.17	0.03	0.23
Refugee status	CAPS total	EMDR therapy	0.17	6.31	-12.19	12.67	0.03	0.28
		Stabilisation	7.98	5.05	-1.74	17.98	0.14	0.55
	HTQ DSM-IV	EMDR therapy	0.13	0.15	-0.17	0.42	0.06	0.38
		Stabilisation	0.19	0.12	-0.05	0.42	0.14	0.51
	HTQ total	EMDR therapy	0.11	0.16	-0.20	0.42	0.04	0.23
		Stabilisation	0.19	0.13	-0.06	0.44	0.11	0.43
EMDR, eye movement desensitisation and reprocessing; SE, standard error; CI, credibility interval;								
CAPS, Clinician Administered PTSD Scale; HTQ, Harvard Trauma Questionnaire;								
DSM-IV, Diagnostic and Statistical Manual for Mental Disorders, 4th edition								
^a 0.02 small, 0.13 medium, 0.26 large ³⁵								
*P<0.05, **P<0.01								

Table DS4 Intent-to-treat analyses of change in symptom severity for EMDR therapy, stabilisation and non-randomised waitlist						
Measure	Condition	Intercept	Slope	CI		ES ^a
				lower 2.5%	upper 2.5%	
<i>Primary outcomes</i>						
HTQ DSM-IV	EMDR therapy	3.05	-0.26*	-0.46	-0.06	EMDR - stabilisation 0.17
	Stabilisation	3.19	-0.21*	-0.41	-0.01	EMDR - waitlist 0.71
	Waitlist	3.20	-0.03	-0.18	0.12	Stabilisation - waitlist 0.54
<i>Secondary outcomes</i>						
HSCL anxiety	EMDR therapy	2.86	-0.08	-0.28	0.13	EMDR - stabilisation 0.05
	Stabilisation	3.04	-0.06	-0.36	0.24	EMDR - waitlist 0.40
	Waitlist	3.09	0.08	-0.14	0.28	Stabilisation - waitlist 0.35
HSCL depression	EMDR therapy	2.94	-0.15	-0.38	0.07	EMDR - stabilisation 0.00
	Stabilisation	2.97	-0.15	-0.38	0.09	EMDR - waitlist 0.23
	Waitlist	2.99	-0.06	-0.24	0.13	Stabilisation - waitlist 0.23
EMDR, eye movement desensitisation and reprocessing; HTQ, Harvard Trauma Questionnaire;						
DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th edition; HSCL, Hopkins Symptom Checklist;						
ES, effect size						
^a Cohen's d: 0.20 small, 0.50 medium, 0.80 large ³⁵						
*P<0.05, **P<0.01						