**Online supplement D. Complete Case analysis: Multiple comparisons between time steps.**

The complete case analysis (from which participants with MOD were excluded) showed significant effects of the treatments over time, F(4,144)=12.02, p<0.001, overall partial η2=0.45. There was no significant difference between treatments at any time points, F(1,36)=0.36, p>0.05, overall partial η2=0.02. Thus, the overall results from the full case analysis corresponded to the results of the LOCF analysis to a large extent. There was only one minor mismatch: According to the post-hoc test there was a significant difference in PGWBI-score between the start of the treatment and the end of the treatment for the NNBT treatment (mean difference 14.83), (p˂0.005), but not for the STreSS treatment (mean difference =14.13), (p=0.055). This difference in outcome between the two treatments is likely a result of the limited number of respondents providing data at all points in time for the STreSS treatment (n=17). There was no significant difference between the end of treatment and every subsequent time step for neither the NNBT nor the STreSS.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Control group (time step i)** | **Comparison group (time step j)** | **Mean Difference (j-i)** | **Std. Error** | **Sig.** | **95% Confidence Interval** |
| Lower Bound | Upper Bound |
| **NNBT** | Start | End | 14,83 | 4,54 | 0,003 | 4,92 |  |
| 1-sided >Control | Start | Month 3 | 17,54 | 4,54 | 0,000 | 7,62 |  |
|  | Start | Month 6 | 16,25 | 4,54 | 0,001 | 6,33 |  |
|  | Start | Month 12 | 17,96 | 4,54 | 0,000 | 8,04 |  |
| **NNBT** | End | Month 3 | 2,71 | 4,67 | 0,889 | -8,44 | 13,86 |
| 2-sided ≠Control | End | Month 6 | 1,42 | 4,67 | 0,981 | -9,73 | 12,57 |
|  | End | Month 12 | 3,13 | 4,67 | 0,843 | -8,02 | 14,27 |
|  |  |  |  |  |  |  |  |
| **STreSS** | Start | End | 14,13 | 6,57 | **0,055** | 0,30 |  |
| 1-sided >Control | Start | Month 3 | 19,25 | 6,57 | 0,008 | 4,82 |  |
|  | Start | Month 6 | 22,63 | 6,57 | 0,002 | 8,20 |  |
|  | Start | Month 12 | 20,88 | 6,57 | 0,004 | 6,45 |  |
| **STreSS** | End | Month 3 | 5,13 | 6,91 | 0,800 | -11,53 | 21,78 |
| 1-sided ≠Control | End | Month 6 | 8,50 | 6,91 | 0,472 | -8,16 | 25,16 |
|  | End | Month 12 | 6,75 | 6,91 | 0,643 | -9,91 | 23,41 |