**Online supplement C. Schematic overview of the differing and corresponding elements in the two treatments.**

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|  | **NNBT** | **STreSS** |
| **Number of participants** | n=43 | n=41 |
| **Environment** | The therapy garden Nacadia® – outdoors | At clinics – indoors |
| **Therapists and other staff** | 2 therapists and 1 gardener | 1 therapist |
| **Length of treatment** | 10 weeks | 10 weeks |
| **Treatment content** | 96 hours, including:   * 79 hours in the garden * 10x1/2 hours of individual therapeutic conversations * 4x3 hours of group transition conversations | 20 hours, including:   * 16 hours of individual therapeutic conversations * 4x1 hours of individual transition conversations |
| **Treatment setup** | Groups of max. 8 and min. 4 participants | Individual |