Supplementary Table A. Associations between Baseline Symptom Severity, Self-stigma and Help-Seeking Intentions and Behaviours

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1 | Self-Stigma for PTSD | 1 |  |  |  |  |  |  |
| 2 | Self-Stigma for Help-Seeking | 0.60\*\*\* | 1 |  |  |  |  |  |
| 3 | Help-Seeking Intentions | -0.34\*\*\* | -0.49\*\*\* | 1 |  |  |  |  |
| 4 | Help-Seeking Behaviours | -0.11 | 0.09 | 0.23\* | 1 |  |  |  |
| 5 | Anxiety Symptoms | 0.54\*\*\* | 0.45\*\*\* | -0.31\*\* | -0.09 | 1 |  |  |
| 6 | Depression Symptoms | 0.34\*\*\* | 0.52\*\*\* | -0.45\*\*\* | -0.12 | 0.85\*\*\* | 1 |  |
| 7 | PTSD Symptoms | 0.55\*\*\* | 0.42\*\*\* | -0.30\*\* | -0.12 | 0.76\*\*\* | 0.81\*\*\* | 1 |

\**p*<.05, \*\**p*<.01, *\*\*\*p*<.001

Supplementary Table B. Results of Moderator Analyses Investigating Impact of PTSD Symptoms at Baseline on Intervention Efficacy

|  |  |  |
| --- | --- | --- |
|  | Pre- to post-intervention | Post-intervention to follow-up  |
|  | Est | SE | df | t | p | Est | SE | df | t | p |
| *Self-Stigma for PTSD* |
| Intercept | 37.03 | 1.20 | 102.69 | 30.84 | <.001 | 37.01 | 1.33 | 110.26 | 27.73 | <.001 |
| Time | -0.03 | 0.03 | 77.33 | -0.92 | 0.334 | -0.02 | 0.03 | 75.79 | -0.52 | 0.602 |
| Condition | -2.90 | 1.72 | 105.69 | -1.69 | 0.094 | -3.52 | 1.87 | 106.06 | -1.89 | 0.062 |
| Time x Condition | -0.01 | 0.04 | 78.48 | -0.07 | 0.947 | -0.03 | 0.04 | 75.94 | -0.59 | 0.555 |
| PTSD Symptoms | 0.31 | 0.09 | 117.09 | 3.45 | 0.001 | 0.31 | 0.09 | 109.36 | 3.27 | 0.001 |
| Time x PTSD Symptoms | -0.01 | 0.01 | 78.81 | -0.83 | 0.411 | 0.01 | 0.01 | 76.84 | 0.66 | 0.510 |
| Condition x PTSD Symptoms | -0.02 | 0.11 | 115.18 | -0.22 | 0.828 | -0.04 | 0.12 | 106.90 | -0.34 | 0.736 |
| Time x Condition x PTSD Symptoms | 0.01 | 0.01 | 79.73 | 0.78 | 0.439 | -0.01 | 0.01 | 76.80 | -0.21 | 0.834 |
|  |
| *Self-Stigma for Help-Seeking* |
| Intercept | 25.70 | 0.81 | 104.21 | 31.66 | <.001 | 25.65 | 0.84 | 113.38 | 30.36 | <.001 |
| Time | -0.01 | 0.02 | 76.71 | -0.16 | 0.872 | 0.05 | 0.02 | 76.36 | 2.32 | 0.023 |
| Condition | 0.57 | 1.62 | 107.39 | 0.49 | 0.627 | 0.59 | 1.17 | 108.91 | 0.51 | 0.614 |
| Time x Condition | 0.04 | 0.03 | 77.96 | 1.40 | 0.167 | -0.08 | 0.03 | 76.52 | -2.70 | 0.009 |
| PTSD Symptoms | 0.09 | 0.06 | 119.41 | 1.47 | 0.145 | 0.10 | 0.06 | 112.25 | 1.76 | 0.081 |
| Time x PTSD Symptoms | -0.01 | 0.01 | 78.29 | -1.93 | 0.057 | 0.01 | 0.01 | 77.48 | 0.88 | 0.383 |
| Condition x PTSD Symptoms | 0.01 | 0.08 | 117.36 | 0.13 | 0.895 | -0.02 | 0.08 | 109.67 | -0.30 | 0.762 |
| Time x Condition x PTSD Symptoms | 0.01 | 0.01 | 79.29 | 1.37 | 0.174 | <0.01 | 0.01 | 77.44 | -0.01 | 0.997 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |
| *Help-Seeking Intentions* |
| Intercept | 44.22 | 2.37 | 97.63 | 18.69 | <.001 | 42.81 | 2.24 | 100.69 | 19.09 | <.001 |
| Time | -0.04 | 0.05 | 75.19 | -0.85 | 0.398 | 0.09 | 0.05 | 74.05 | 1.72 | 0.089 |
| Condition | 1.22 | 3.39 | 100.93 | 0.36 | 0.720 | 2.83 | 3.15 | 98.10 | 0.90 | 0.371 |
| Time x Condition | 0.03 | 0.08 | 76.29 | 0.35 | 0.724 | -0.15 | 0.06 | 74.26 | -2.25 | 0.027 |
| PTSD Symptoms | -0.38 | 0.17 | 110.65 | -2.18 | 0.031 | -0.53 | 0.16 | 100.42 | -3.34 | 0.001 |
| Time x PTSD Symptoms | 0.01 | 0.01 | 76.46 | 0.47 | 0.643 | -0.01 | 0.01 | 74.84 | -0.90 | 0.371 |
| Condition x PTSD Symptoms | 0.01 | 0.22 | 109.22 | 0.04 | 0.968 | 0.12 | 0.20 | 98.73 | 0.61 | 0.544 |
| Time x Condition x PTSD Symptoms | -0.01 | 0.01 | 77.29 | -1.25 | 0.215 | 0.01 | 0.01 | 74.85 | 0.36 | 0.724 |

Supplementary Table C. Results of Moderator Analyses Investigating Impact of Depression Symptoms at Baseline on Intervention Efficacy

|  |  |  |
| --- | --- | --- |
|  | Pre- to post-intervention | Post-intervention to follow-up  |
|  | Est | SE | df | t | p | Est | SE | df | t | p |
| *Self-Stigma for PTSD* |
| Intercept | 36.91 | 1.14 | 104.34 | 32.51 | <.001 | 23.64 | 4.07 | 110.00 | 5.81 | <.001 |
| Time | -0.02 | 0.03 | 77.41 | -0.87 | 0.388 | -0.10 | 0.10 | 76.04 | -0.97 | 0.335 |
| Condition | -2.62 | 1.63 | 107.80 | -1.61 | 0.111 | -6.22 | 5.41 | 106.54 | -1.15 | 0.253 |
| Time x Condition | -0.01 | 0.04 | 78.66 | -0.15 | 0.884 | 0.03 | 0.13 | 76.03 | 0.22 | 0.827 |
| Depression Symptoms | 5.93 | 1.58 | 112.86 | 3.76 | <.001 | 5.80 | 1.72 | 111.82 | 3.38 | 0.001 |
| Time x Depression Symptoms | -0.04 | 0.04 | 78.32 | -1.01 | 0.320 | 0.04 | 0.04 | 76.48 | 0.83 | 0.411 |
| Condition x Depression Symptoms | 1.46 | 2.13 | 111.81 | 0.68 | 0.496 | 1.32 | 2.29 | 106.86 | 0.58 | 0.565 |
| Time x Condition x Depression Symptoms | 0.06 | 0.05 | 78.90 | 1.10 | 0.273 | -0.02 | 0.05 | 76.35 | -0.43 | 0.669 |
|  |
| *Self-Stigma for Help-Seeking* |
| Intercept | 25.73 | 0.77 | 105.52 | 33.56 | <.001 | 25.61 | 0.82 | 115.17 | 31.22 | <.001 |
| Time | 0.01 | 0.02 | 76.37 | 0.13 | 0.891 | 0.05 | 0.02 | 76.22 | 2.26 | 0.027 |
| Condition | 0.62 | 1.10 | 109.19 | 0.56 | 0.577 | 0.71 | 1.15 | 110.36 | 0.62 | 0.539 |
| Time x Condition | 0.03 | 0.03 | 77.71 | 1.19 | 0.239 | -0.08 | 0.03 | 76.41 | -2.62 | 0.010 |
| Depression Symptoms | 2.22 | 1.07 | 114.55 | 2.08 | 0.040 | 2.23 | 1.10 | 113.44 | 2.02 | 0.046 |
| Time x Depression Symptoms | -0.07 | 0.03 | 77.33 | -2.26 | 0.027 | 0.03 | 0.03 | 76.83 | 1.10 | 0.277 |
| Condition x Depression Symptoms | 0.75 | 1.44 | 113.46 | 0.52 | 0.606 | 0.32 | 1.47 | 108.37 | 0.22 | 0.829 |
| Time x Condition x Depression Symptoms | 0.06 | 0.04 | 77.98 | 1.51 | 0.134 | -0.03 | 0.04 | 76.70 | -0.80 | 0.425 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |
| *Help-Seeking Intentions* |
| Intercept | 57.87 | 7.45 | 104.38 | 7.76 | <.001 | 43.12 | 2.20 | 100.44 | 19.57 | <.001 |
| Time | -0.22 | 0.18 | 75.42 | -1.19 | 0.239 | 0.09 | 0.05 | 73.59 | 1.78 | 0.079 |
| Condition | 9.84 | 10.03 | 104.33 | 0.98 | 0.329 | 2.25 | 3.10 | 97.75 | 0.73 | 0.469 |
| Time x Condition | 0.22 | 0.24 | 75.98 | 0.93 | 0.357 | -0.15 | 0.06 | 73.82 | -2.30 | 0.024 |
| Depression Symptoms | -5.91 | 3.15 | 106.43 | -1.88 | 0.063 | -8.47 | 25.97 | 99.61 | -2.85 | 0.005 |
| Time x Depression Symptoms | 0.07 | 0.08 | 75.78 | 0.96 | 0.34 | -0.09 | 0.06 | 74.01 | -1.41 | 0.162 |
| Condition x Depression Symptoms | -3.90 | 4.26 | 105.87 | -0.91 | 0.363 | -1.62 | 4.00 | 96.34 | -0.41 | 0.686 |
| Time x Condition x Depression Symptoms | -0.08 | 0.10 | 76.33 | -0.78 | 0.436 | 0.04 | 0.08 | 73.97 | 0.47 | 0.638 |

Supplementary Table D. Results of Moderator Analyses Investigating Impact of Anxiety Symptoms at Baseline on Intervention Efficacy

|  |  |  |
| --- | --- | --- |
|  | Pre- to post-intervention | Post-intervention to follow-up  |
|  | Est | SE | df | t | p | Est | SE | df | t | p |
| *Self-Stigma for PTSD* |
| Intercept | 39.89 | 1.25 | 99.81 | 29.57 | <.001 | 38.85 | 1.41 | 107.07 | 26.16 | <.001 |
| Time | -0.03 | 0.03 | 77.10 | -0.89 | 0.377 | -0.02 | 0.03 | 75.48 | -0.56 | 0.578 |
| Condition | -2.53 | 1.79 | 103.18 | -1.41 | 0.162 | -3.06 | 1.98 | 103.03 | -1.55 | 0.125 |
| Time x Condition | -0.01 | 0.04 | 78.32 | -0.23 | 0.815 | -0.03 | 0.04 | 75.63 | -0.60 | 0.549 |
| Anxiety Symptoms | 4.72 | 1.95 | 108.30 | 2.42 | 0.017 | 4.61 | 2.16 | 109.03 | 2.14 | 0.035 |
| Time x Anxiety Symptoms | -0.03 | 0.05 | 77.98 | -0.64 | 0.522 | -0.01 | 0.05 | 76.44 | -0.47 | 0.867 |
| Condition x Anxiety Symptoms | 2.18 | 2.70 | 108.51 | 0.81 | 0.422 | 2.43 | 2.93 | 103.79 | 0.83 | 0.409 |
| Time x Condition x Anxiety Symptoms | 0.02 | 0.07 | 78.48 | 0.32 | 0.752 | -0.01 | 0.07 | 76.18 | -0.16 | 0.877 |
|  |
| *Self-Stigma for Help-Seeking* |
| Intercept | 25.71 | 0.82 | 101.78 | 31.38 | <.001 | 25.54 | 0.86 | 112.03 | 29.74 | <.001 |
| Time | 0.01 | 0.02 | 76.75 | 0.14 | 0.893 | 0.05 | 0.02 | 76.35 | 2.37 | 0.020 |
| Condition | 0.61 | 1.18 | 105.42 | 0.52 | 0.606 | 0.76 | 1.20 | 107.51 | 0.63 | 0.532 |
| Time x Condition | 0.03 | 0.03 | 78.10 | 1.05 | 0.297 | -0.08 | 0.03 | 76.52 | -2.63 | 0.010 |
| Anxiety Symptoms | 0.71 | 1.28 | 110.90 | 0.55 | 0.583 | 0.082 | 1.32 | 113.93 | 0.63 | 0.533 |
| Time x Anxiety Symptoms | -0.08 | 0.03 | 77.71 | -2.39 | 0.019 | 0.03 | 0.03 | 77.42 | 0.88 | 0.382 |
| Condition x Anxiety Symptoms | 1.58 | 1.78 | 111.15 | 0.89 | 0.376 | 1.14 | 1.79 | 108.24 | 0.64 | 0.526 |
| Time x Condition x Anxiety Symptoms | 0.05 | 0.05 | 78.27 | 1.04 | 0.303 | -0.01 | 0.04 | 77.14 | -0.03 | 0.975 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |
| *Help-Seeking Intentions* |
| Intercept | 44.46 | 2.44 | 95.61 | 18.25 | <.001 | 43.40 | 2.37 | 96.40 | 18.33 | <.001 |
| Time | -0.05 | 0.05 | 75.33 | -0.92 | 0.360 | 0.08 | 0.05 | 73.67 | 1.57 | 0.121 |
| Condition | 0.82 | 3.50 | 99.07 | 0.23 | 0.815 | 1.96 | 3.34 | 94.04 | 0.59 | 0.560 |
| Time x Condition | 0.03 | 0.07 | 76.46 | 0.40 | 0.694 | -0.14 | 0.06 | 73.83 | -2.18 | 0.032 |
| Anxiety Symptoms | -2.81 | 3.79 | 103.19 | -0.74 | 0.460 | -5.41 | 3.62 | 98.14 | -1.50 | 0.138 |
| Time x Anxiety Symptoms | 0.12 | 0.09 | 76.11 | 1.33 | 0.187 | -0.20 | 0.07 | 74.33 | -2.73 | 0.008 |
| Condition x Anxiety Symptoms | -5.03 | 5.29 | 103.99 | -0.96 | 0.341 | -3.60 | 4.95 | 94.83 | -0.73 | 0.469 |
| Time x Condition x Anxiety Symptoms | -0.20 | 0.12 | 76.64 | -1.66 | 0.100 | 0.19 | 0.09 | 74.22 | 2.07 | 0.042 |

Supplementary Table E. Results of Moderator Analyses Investigating Impact of PTSD, Depression and Anxiety Symptoms at Baseline on Number of New Sources of Help Accessed in Previous Two Weeks

|  |  |  |
| --- | --- | --- |
|  | Post-intervention | Follow-up |
|  | B | SE | 95% CI | χ2 | p | B | SE | 95% CI |  | p |
| *PTSD Symptoms* |  |  |  |  |  |  |  |  |  |  |
| Intercept | -0.39 | 0.19 | [-0.76,-0.01] | 4.10 | 0.043 | -0.40 | 0.19 | [-0.77, -0.39] | 4.68 | 0.031 |
| Condition | -0.17 | 0.29 | [-0.74, 0.40] | 0.35 | 0.552 | -0.35 | 0.28 | [-0.91, 0.20] | 1.55 | 0.213 |
| PTSD Symptoms | -0.01 | 0.01 | [-0.02, 0.02] | 0.04 | 0.839 | -0.01 | 0.01 | [-0.03, 0.01] | 0.72 | 0.397 |
| Condition x PTSD Symptoms | -0.02 | 0.02 | [-0.06, 0.02] | 1.27 | 0.260 | 0.02 | 0.02 | [-0.02, 0.05] | 0.80 | 0.372 |
| *Depression Symptoms* |  |  |  |  |  |  |  |  |  |  |
| Intercept | -0.38 | 0.19 | [-0.75, -0.01] | 4.07 | 0.044 | -0.38 | 0.18 | [-0.74, -0.03] | 4.42 | 0.036 |
| Condition | -0.15 | 0.28 | [-0.71, 0.41] | 0.27 | 0.606 | -0.37 | 0.28 | [-0.93, 0.18] | 1.76 | 0.185 |
| Depression Symptoms | 0.01 | 0.23 | [-0.44, 0.45] | 0.01 | 0.977 | -0.07 | 0.23 | [-0.52, 0.39] | 0.08 | 0.779 |
| Condition x Depression Symptoms | -0.58 | 0.40 | [-1.37, 0.20] | 2.12 | 0.145 | -0.26 | 0.39 | [-1.02, 0.50] | 0.45 | 0.504 |
| *Anxiety Symptoms* |  |  |  |  |  |  |  |  |  |  |
| Intercept | -0.38 | 0.19 | [-0.76, -0.01] | 3.95 | 0.047 | -0.40 | 0.19 | [-0.77, -0.03] | 4.56 | 0.033 |
| Condition | -0.10 | 0.28 | [-0.65, 0.45] | 0.13 | 0.720 | -0.37 | 0.28 | [-0.92, 0.19] | 1.65 | 0.199 |
| Anxiety Symptoms | 0.01 | 0.28 | [-0.53, 0.55] | 0.01 | 0.171 | -0.14 | 0.27 | [-0.67, 0.40] | 0.26 | 0.609 |
| Condition x Anxiety Symptoms | -0.16 | 0.43 | [-1.01, 0.69] | 0.13 | 0.171 | -0.13 | 0.43 | [-0.98, 0.72] | 0.09 | 0.769 |