**Appendix A**

If future researchers are interested in estimating required sample sizes for intervention trials based upon the effect sizes of changes in the subscales of the DERS then these results are presented below.

There were significant decreases in: Nonacceptance from a mean of 3.97 (*SD* = 0.95) to 3.22 (*SD* = 0.86), *t*(23) = -3.32, *p* = .003, Goals from a mean of 4.05 (*SD* = 0.88) to 3.47 (*SD* = 0.84), *t*(23) = -3.00, *p* = .007, and Strategies from a mean of 3.83 (*SD* = 0.66) to 3.19 (*SD* = 0.94), *t*(23) = -3.60, *p* = .002, with medium effect sizes, *d =* -0.68, -0.61, and -0.73, respectively. There was also a significant decrease in Impulse from baseline (*M* = 3.60, *SD* = 0.76) to six months of treatment (*M* = 2.95, *SD* = 0.85), *t*(23) = -4.03, *p* < .001, with a large effect size, *d =* -0.82. The significant decrease in Clarity from baseline (*M* = 3.58, *SD* = 0.68) to six months (*M* = 3.28, *SD* = 0.65), *t*(23) = -2.11, *p* = .05, of treatment was associated with a small effect size, *d* = -0.43. The decrease in Awareness was not significant.