Table S1. Mean, SD, effect size, and percent of improvements (PI) of clients A to D in symptoms severity

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Symptoms severity |  | Client A | Client B | Client C | Client D |
| SAD | Mean(baseline) | 37.25 | 42.20 | 52.25 | 66.60 |
|  | Mean(intervention) | 27.88 | 35.66 | 35.44 | 31.77 |
|  | Mean(follow-up) | 14.33 | 23.33 | 13.33 | - |
|  | Effect size | 2.10 | 1.43 | 1.58 | 2.98 |
|  | PI | 25.15 | 15.49 | 32.17 | 52.29 |
| Worry | Mean(baseline) | 48 | 63.80 | 54.25 | 77.20 |
|  | Mean(intervention) | 41.77 | 52.66 | 41.44 | 37.88 |
|  | Mean(follow-up) | 30.33 | 37.33 | 28.33 | - |
|  | Effect size | 1.57 | 1.90 | 1.80 | 2.93 |
|  | PI | 12.97 | 17.46 | 23.61 | 50.93 |
| Rumination | Mean(baseline) | 58 | 62.60 | 60.50 | 75.40 |
|  | Mean(intervention) | 51.22 | 58.11 | 48.55 | 42.33 |
|  | Mean(follow-up) | 37.33 | 43.33 | 22.66 | - |
|  | Effect size | 1.38 | 0.68 | 1.11 | 3.94 |
|  | PI | 11.68 | 7.17 | 19.75 | 43.85 |

Table S2. Mean, SD, effect size, and percent of improvements (PI) of clients A to D in emotion regulation strategies

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Emotion regulation strategies |  | Client A | Client B | Client C | Client D |
| Attentional control | Mean(baseline) | 42.75 | 30 | 41 | 34.20 |
|  | Mean(intervention) | 45.44 | 37.22 | 42.22 | 46.44 |
|  | Mean(follow-up) | 58 | 49 | 49.66 | - |
|  | Effect size | 0.85 | 2.68 | 0.29 | 3.09 |
|  | PI | 6.29 | 24.06 | 2.97 | 35.78 |
| Acceptance | Mean(baseline) | 20.50 | 14.20 | 15.75 | 18.40 |
|  | Mean(intervention) | 23.11 | 20 | 20.55 | 24.33 |
|  | Mean(follow-up) | 28 | 22 | 26.33 | - |
|  | Effect size | 0.96 | 2.26 | 1.54 | 0.86 |
|  | PI | 12.73 | 40.84 | 30.47 | 32.22 |
| Decentering | Mean(baseline) | 36.75 | 28.40 | 29.50 | 18.20 |
|  | Mean(intervention) | 40.11 | 40 | 37.44 | 43.22 |
|  | Mean(follow-up) | 48.33 | 44.33 | 44.66 | - |
|  | Effect size | 1.98 | 3.11 | 1.60 | 3.74 |
|  | PI | 9.14 | 40.84 | 26.91 | 137.47 |
| Reframing | Mean(baseline) | 27 | 31.60 | 22.50 | 11.80 |
|  | Mean(intervention) | 32 | 31.66 | 30.55 | 28.77 |
|  | Mean(follow-up) | 41.66 | 36 | 36 | - |
|  | Effect size | 1.28 | 0.01 | 2.00 | 2.86 |
|  | PI | 18.51 | 0.18 | 35.77 | 143.81 |

Table S3. Mean, SD, effect size, and percent of improvements (PI) of clients A to D in safety motivation and negative emotionality

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Client A | Client B | Client C | Client D |
| Safety motivation | Mean(baseline) | 17.75 | 20.40 | 21.75 | 21.20 |
|  | Mean(intervention) | 15.44 | 17.55 | 13.55 | 8.22 |
|  | Mean(follow-up) | 8.33 | 10 | 2.66 | - |
|  | Effect size | 0.92 | 1.35 | 1.35 | 2.22 |
|  | PI | 13.01 | 13.97 | 37.70 | 61.22 |
| Negative emotionality | Mean(baseline) | 36 | 47.60 | 35.50 | 56.80 |
|  | Mean(intervention) | 33.44 | 42.11 | 35.33 | 28 |
|  | Mean(follow-up) | 22.33 | 34 | 24 | - |
|  | Effect size | 0.74 | 1.82 | 0.05 | 4.88 |
|  | PI | 7.11 | 11.53 | 0.47 | 50.70 |

Table S4. Mean, SD, effect size, and percent of improvements (PI) of clients A to D in quality of life aspects and work and social adjustment (WASA)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Emotion regulation strategies |  | Client A | Client B | Client C | Client D |
| Somatic | Mean(baseline) | 26.25 | 17.60 | 18.25 | 13.80 |
|  | Mean(intervention) | 27.22 | 17.33 | 21.77 | 24.44 |
|  | Mean(follow-up) | 26.33 | 20.33 | 27.33 | - |
|  | Effect size | 1.31 | 0 | 1.04 | 2.42 |
|  | PI | 3.69 | 0 | 19.28 | 77.10 |
| Psychological | Mean(baseline) | 17.50 | 14.20 | 11.75 | 8.20 |
|  | Mean(intervention) | 18.88 | 16.22 | 18.55 | 20.33 |
|  | Mean(follow-up) | 21 | 19.66 | 25.66 | - |
|  | Effect size | 2.35 | 1.07 | 2.12 | 2.46 |
|  | PI | 7.88 | 14.22 | 57.87 | 147.92 |
| Social | Mean(baseline) | 8.75 | 9.60 | 4.50 | 3.40 |
|  | Mean(intervention) | 9.44 | 9.88 | 7.55 | 7.33 |
|  | Mean(follow-up) | 9.66 | 11.33 | 11.33 | - |
|  | Effect size | 1.35 | 0.27 | 1.55 | 1.96 |
|  | PI | 7.88 | 2.91 | 67.77 | 115.58 |
| WASA | Mean(baseline) | 18.75 | 29 | 37 | 36.20 |
|  | Mean(intervention) | 15.66 | 19.22 | 24.33 | 13.66 |
|  | Mean(follow-up) | 6 | 10 | 3 | - |
|  | Effect size | 0.93 | 1.89 | 1.59 | 3.48 |
|  | PI | 16.48 | 33.72 | 34.24 | 62.26 |

Table S5. Assessor ratings of participant’s SAD, worry, Rumination (1=the least to 10= the most), and global functioning (0= the worst to 100=the best) of participants

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Symptom severity |  | Participant A | Participant B | Participant C | Participant D |
| Social Anxiety | Baseline (M) | 5.5 | 7 | 8 | 10 |
|  | Phase 1 | 4 | 6 | 5 | 4 |
|  | Phase 2 | 2 | 5 | 5 | 8 |
|  | Phase 3 | 1.5 | 4 | 3.5 | 4 |
|  | Phase 4 | 1.5 | 3 | 3.5 | 2.5 |
|  | Follow-up 1 | 1.5 | 3 | 2 | - |
|  | Follow-up 2 | 1.5 | 3 | 2 | - |
|  | Follow-up 3 | 1.5 | 3.5 | 2 | - |
| Worry | Baseline (M) | 6 | 6 | 7 | 10 |
|  | Phase 1 | 4.5 | 6 | 8 | 4 |
|  | Phase 2 | 3 | 5 | 4.5 | 9 |
|  | Phase 3 | 2 | 4 | 3 | 2 |
|  | Phase 4 | 2 | 3 | 2 | 2 |
|  | Follow-up 1 | 2 | 3 | 1.5 | - |
|  | Follow-up 2 | 2 | 3 | 1.5 | - |
|  | Follow-up 3 | 2 | 3 | 1.5 | - |
| Rumination | Baseline (M) | 7 | 7 | 7 | 10 |
|  | Phase 1 | 5.5 | 6.5 | 8 | 4 |
|  | Phase 2 | 4 | 5 | 4 | 9 |
|  | Phase 3 | 2 | 3.5 | 2.5 | 2.5 |
|  | Phase 4 | 2 | 2.5 | 2 | 2 |
|  | Follow-up 1 | 2 | 2.5 | 1.5 | - |
|  | Follow-up 2 | 2 | 2.5 | 1.5 | - |
|  | Follow-up 3 | 2 | 2.5 | 1.5 | - |
| Global Functioning | Baseline (M) | 70-61 | 70-61 | 51-60 | 51-60 |
|  | Phase 1 | 70-61 | 70-61 | 51-60 | 51-60 |
|  | Phase 2 | 71-80 | 70-61 | 61-70 | 51-60 |
|  | Phase 3 | 71-80 | 71-80 | 71-80 | 61-70 |
|  | Phase 4 | 71-80 | 71-80 | 71-80 | 71-80 |
|  | Follow-up 1 | 71-80 | 71-80 | 71-80 | - |
|  | Follow-up 2 | 71-80 | 71-80 | 71-80 | - |
|  | Follow-up 3 | 71-80 | 71-80 | 71-80 | - |