**Supplement 1**

**Table A**

*Topics, techniques and effects of personal practice for groups comparisons (nCBT = 214; nPT = 178)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   |   | Frequency/ Occurrence |  | Perceived usefulness/impairment  |
|  | Personal | Therapeutic activity |
|  | *Group* | *M (SD)* | *d (CBT vs. PT)* | *n* | *M (SD)* | *d (CBT vs. PT)* | *M (SD)* | *d (CBT* *vs. PT)* |
| Topics |  |  |  |  |  |  |  |  |
| PP goals and agreements | CBT | 2.59 (0.95) | 0.57\* | 186 | 2.12 (0.85) | -0.12 | 1.97 (0.89) | -0.15 |
|  | PT | 2.06 (0.89) |  | 125 | 2.23 (0.91) |  | 2.11 (0.94) |  |
| Individual topics | CBT | 3.11 (0.91) | **-1.19\*** | 202 | 2.99 (0.94) | **-0.86\*** | 2.34 (0.91) | **-0.91\*** |
|  | PT | 3.93 (0.26) |  | 178 | 3.67 (0.58) |  | 3.15 (0.87) |  |
| Biography Work | CBT | 3.31 (0.81) | -0.35\* | 207 | 2.94 (0.90) | -0.69\* | 2.36 (0.94) | -0.67\* |
|  | PT | 3.57 (0.65) |  | 178 | 3.51 (0.75) |  | 2.99 (0.97) |  |
| Recognize individual patterns (e.g., cognitive) | CBT | 2.92 (0.90) | -0.68\* | 201 | 2.77 (0.89) | -0.78\* | 2.50 (0.97) | -0.62\* |
|  | PT | 3.48 (0.74) |  | 175 | 3.43 (0.79) |  | 3.07 (0.88) |  |
| Self-concept | CBT | 2.54 (0.92) | **-0.97\*** | 182 | 2.65 (0.81) | -0.79\* | 2.25 (0.89) | -0.79\* |
|  | PT | 3.35 (0.71) |  | 176 | 3.28 (0.80) |  | 2.98 (0.97) |  |
| Therapeutic self-concept | CBT | 2.27 (0.95) | -0.58\* | 161 | 2.29 (0.91) | -0.48\* | 2.73 (0.83) | -0.45\* |
|  | PT | 2.79 (0.83) |  | 170 | 2.73 (0.95) |  | 3.11 (0.89) |  |
| Self- vs. external perception | CBT | 2.47 (0.85) | -0.54\* | 187 | 2.62 (0.80) | -0.54\* | 2.29 (0.88) | -0.69\* |
|  | PT | 2.94 (0.90) |  | 167 | 3.07 (0.88) |  | 2.92 (0.93) |  |
| Self-care, resources and/or self-worth | CBTPT | 2.70 (1.01)3.15 (0.85) | -0.48\* | 184172 | 2.75 (0.91)3.13 (0.88) | -0.42\* | 2.40 (0.91)2.91 (0.95) | -0.56\* |
| Therapeutic relationship | CBTPT | 2.12 (0.91)3.11 (0.88) | **-1.10\*** | 150172 | 2.09 (0.87)3.11 (0.93) | **-1.12\*** | 2.65 (0.74)3.22 (0.88) | -0.70\* |
| Individual therapeutic skills (e.g., strengths and weaknesses) | CBT | 2.17 (0.92) | -0.55\* | 156 | 2.18 (0.83) | -0.66\* | 2.54 (0.81) | -0.62\* |
| PT | 2.67 (0.89) |  | 164 | 2.76 (0.93) |  | 3.05 (0.85) |  |
| Difficult therapy situations | CBT | 2.09 (0.93) | -0.56\* | 145 | 2.10 (0.87) | -0.75\* | 2.64 (0.79) | -0.60\* |
| PT | 2.62 (0.97) |  | 154 | 2.80 (1.01) |  | 3.15 (0.91) |  |
| Group cohesion/dynamics | CBT | 2.15 (1.00)1 | -0.56\* | 144 | 2.33 (0.83) | (-0.43) | 2.19 (0.88) | -0.60\* |
| PT | 2.70 (0.97)1 |  | 60 | 2.72 (1.09) |  | 2.75 (1.04) |  |
| Processes of psychotherapy (effects and changes) | CBT | 1.88 (0.86) | -0.75\* | 131 | 2.06 (0.87) | -0.71\* | 2.42 (0.75) | -0.66\* |
| PT | 2.58 (1.01) |  | 151 | 2.74 (1.00) |  | 2.99 (0.93) |  |
| Satisfaction with PP | CBT | 2.57 (1.03) | (-0.29) | 181 | 2.44 (1.03) | -0.70\* | 2.19 (1.03) | -0.70\* |
| PT | 2.87 (1.02) |  | 157 | 3.12 (0.91) |  | 2.91 (1.05) |  |
| Techniques |  |  |  |  |  |  |  |  |
| General PP goals and content | CBT | 2.32 (0.98) | 0.67\* | 164 | 2.10 (0.89) | (-0.32) | 2.06 (0.88) | (-0.28) |
|  | PT | 1.70 (0.86) |  | 84 | 2.38 (0.83) |  | 2.32 (0.97) |  |
| Own goals and content | CBT | 2.31 (1.02) | -0.01 | 155 | 2.49 (0.91) | -0.39\* | 2.27 (0.93) | (-0.30) |
|  | PT | 2.31 (1.17) |  | 118 | 2.86 (0.97) |  | 2.58 (1.10) |  |
| Self-experience of therapeutic methods  | CBT | 2.77 (0.99) | -0.07 | 187 | 2.57 (0.90) | -0.45\* | 2.91 (0.87) | -0.21 |
|  | PT | 2.85 (1.12) |  | 146 | 2.99 (0.95) |  | 3.10 (0.94) |  |
| Role-play | CBT | 2.19 (1.08) | **1.02\*** | 137 | 2.40 (0.97) | -0.27 | 2.64 (0.90) | -0.26 |
|  | PT | 1.26 (0.64) |  | 32 | 2.66 (0.87) |  | 2.88 (0.98) |  |
| Feedback | CBT | 3.08 (0.85) | 0.73\* | 206 | 2.80 (0.93) | -0.10 | 2.58 (0.95) | -0.12 |
|  | PT | 2.39 (1.06) |  | 132 | 2.89 (0.88) |  | 2.70 (0.98) |  |
| Imagination exercices | CBT | 2.41 (1.01) | **0.93\*** | 166 | 2.34 (0.96) | -0.55\* | 2.40 (0.91) | (-0.36) |
|  | PT | 1.54 (0.86) |  | 60 | 2.85 (0.82) |  | 2.73 (0.90) |  |
| Techniques for mindfulness | CBT | 2.22 (1.03) | 0.75\* | 153 | 2.36 (0.94) | -0.61\* | 2.33 (0.92) | **-0.84\*** |
|  | PT | 1.49 (0.91) |  | 49 | 2.92 (0.86) |  | 3.08 (0.79) |  |
| Body oriented exercises | CBT | 1.87 (0.95) | 0.38\* | 120 | 2.15 (0.87) | **-1.12\*** | 2.02 (0.84) | **-0.87\*** |
| PT | 1.52 (0.93) |  | 51 | 3.14 (0.92) |  | 2.80 (1.04) |  |
| Case discussion of patients | CBT | 1.92 (0.91) | -0.37\* | 126 | 2.08 (0.91) | -0.70\* | 2.71 (0.81) | -0.62\* |
| PT | 2.26 (0.94) |  | 136 | 2.71 (0.89) |  | 3.21 (0.79) |  |
| Homework | CBT | 2.10 (1.02) | **1.13\*** | 139 | 2.37 (0.95) | -0.04 | 2.20 (0.91) | -0.02 |
| PT | 1.18 (0.47) |  | 27 | 2.41 (0.89) |  | 2.22 (1.01) |  |
| Providing information (e.g., interventions) | CBT | 1.92 (0.87) | -0.17 | 135 | 1.90 (0.84) | -0.66\* | 2.45 (0.84) | -0.54\* |
| PT | 2.07 (0.96) |  | 119 | 2.48 (0.94) |  | 2.91 (0.84) |  |
| Audio/videotapes of one’s own therapy sessions | CBT | 1.17 (0.52) | (0.23) | 25 | 2.04 (0.73) | (-0.81) | 2.32 (0.75) | (-1.24**)** |
| PT | 1.07 (0.34) |  | 9 | 2.67 (0.87) |  | 3.22 (0.67) |  |
| Instructions for self-reflection (e.g., “What does the topic mean for me personally?”) | CBT | 2.79 (0.96) | (-0.28) | 188 | 2.90 (0.84) | -0.56\* | 2.54 (0.93) | -0.68\* |
| PT | 3.07 (1.09) |  | 154 | 3.36 (0.80) |  | 3.16 (0.90) |  |
| Instructions for therapeutic reflection (e.g., “What does the topic mean for mine therapeutic work?”) | CBT | 2.43 (1.04) | -0.19 | 163 | 2.34 (0.91) | -0.63\* | 2.77 (0.84) | -0.52\* |
| PT | 2.63 (1.09) |  | 143 | 2.93 (0.97) |  | 3.20 (0.82) |  |
| Instructions for modification of personal patterns (e.g., cognitive, interactional) | CBT | 2.48 (1.00) | 0.05 | 171 | 2.78 (0.87) | -0.38\* | 2.35 (0.94) | -0.57\* |
| PT | 2.43 (1.14) |  | 128 | 3.10 (0.83) |  | 2.88 (0.95) |  |
| Instructions for modification of therapeutic patterns (e.g., cognitive, interactional) | CBT | 2.14 (0.95) | -0.13 | 152 | 2.24 (0.91) | -0.60\* | 2.68 (0.80) | -0.53\* |
| PT | 2.26 (1.08) |  | 122 | 2.80 (0.96) |  | 3.11 (0.82) |  |
| Positive Effects |  |  |  |  |  |  |  |  |
| Promotion of methodological competences (e.g., acquisition of knowledge about therapeutic methods) | CBT | 2.60 (0.85) | -0.40\* | 195 | 2.28 (0.86) | -0.67\* | 2.70 (0.86) | -0.53\* |
| PT | 2.94 (0.84) |  | 172 | 2.90 (1.00) |  | 3.15 (0.83) |  |
| Promotion of process competences (e.g., acquisition of knowledge about the processes of effects of psychotherapy) | CBT | 2.32 (0.90) | **-1.04\*** | 175 | 2.23 (0.89) | **-0.85\*** | 2.54 (0.79) | **-0.86\*** |
| PT | 3.20 (0.79) |  | 174 | 3.02 (0.96) |  | 3.24 (0.84) |  |
| Promotion of interpersonal competences (e.g., learn about the interpersonal dynamics in the therapeutic relationship) | CBT | 2.66 (0.91) | **-1.03\*** | 189 | 2.47 (0.88) | **-0.99\*** | 2.80 (0.78) | **-0.81\*** |
| PT | 3.49 (0.67) |  | 176 | 3.30 (0.79) |  | 3.43 (0.75) |  |
| Acquisition of knowledge about individual patterns (cognitive, affective, behavioral, interactional) | CBT | 2.99 (0.89) | -0.60\* | 202 | 3.05 (0.84) | -0.59\* | 2.64 (0.85) | -0.70\* |
| PT | 3.49 (0.75) |  | 174 | 3.51 (0.69) |  | 3.23 (0.83) |  |
| Change of individual patterns (cognitive, affective, behavioral, interactional) | CBT | 2.59 (0.87) | -0.66\* | 193 | 2.79 (0.81) | -0.72\* | 2.40 (0.79) | -0.73\* |
| PT | 3.16 (0.86) |  | 170 | 3.35 (0.73) |  | 3.01 (0.88) |  |
| Promotion of (self-)reflective ability | CBT | 2.95 (0.95) | -0.61\* | 195 | 3.09 (0.76) | -0.64\* | 2.85 (0.89) | -0.65\* |
|  | PT | 3.48 (0.78) |  | 173 | 3.55 (0.68) |  | 3.39 (0.78) |  |
| Promotion of self-disclosure (towards others)  | CBT | 2.75 (1.06) | -0.40\* | 179 | 2.92 (0.90) | -0.38\* | 2.21 (0.93) | -0.57\* |
| PT | 3.14 (0.88) |  | 172 | 3.24 (0.80) |  | 2.77 (1.03) |  |
| Promotion of change of perspectives/of empathy | CBT | 2.51 (0.94) | -0.60\* | 182 | 2.53 (0.86) | -0.69\* | 2.63 (0.86) | -0.65\* |
| PT | 3.07 (0.92) | 171 | 3.12 (0.83) | 3.19 (0.88) |
| Acquisition of knowledge about self- and external perception | CBT | 2.65 (0.91) | -0.59\* | 193 | 2.73 (0.85) | -0.58\* | 2.48 (0.85) | -0.68\* |
| PT | 3.16 (0.82) | 174 | 3.21 (0.80) | 3.08 (0.92) |
| Promotion of resources and self-care | CBT | 2.60 (1.05) | -0.50\* | 175 | 2.89 (0.91) | -0.43\* | 2.46 (0.90) | -0.55\* |
| PT | 3.10 (0.93) | 166 | 3.27 (0.80) | 2.95 (0.90) |
| Promotion of self-confidence | CBT | 2.32 (0.99) | -0.79\* | 162 | 2.72 (0.87) | -0.59\* | 2.59 (0.86) | -0.52\* |
| PT | 3.07 (0.89) | 169 | 3.22 (0.81) | 3.04 (0.87) |
| Acquisition of knowledge about one’s own skills (e.g., strengths and weaknesses) | CBT | 2.57 (0.91) | -0.50\* | 187 | 2.68 (0.78) | -0.59\* | 2.53 (0.84) | -0.50\* |
| PT | 3.02 (0.89) | 168 | 3.13 (0.75) | 2.95 (0.87) |
| Promotion of a therapeutic self-concept | CBT | 2.33 (0.93) | -0.79\* | 170 | 2.19 (0.89) | 0.77\* | 2.67 (0.76) | -0.74\* |
| PT | 3.05 (0.89) | 167 | 2.89 (0.92) | 3.25 (0.80) |
| Promotion of mindfulness | CBT | 2.13 (0.98) | -0.40\* | 149 | 2.56 (0.81) | -0.43\* | 2.36 (0.80) | -0.57\* |
| PT | 2.53 (1.06) | 142 | 2.93 (0.88) | 2.84 (0.89) |
| Promotion of the identification with one’s therapeutic approach | CBT | 1.78 (0.90) | **-1.46\*** | 113 | 2.12 (0.91) | **-0.99\*** | 2.39 (0.80) | **-1.00\*** |
| PT | 3.13 (0.95) | 165 | 3.05 (0.98) | 3.24 (0.88) |
|  |  |  |  |  |  |  |  |  |
| Negative Effects |  |  |  |  |  |  |  |  |
| Energy consumption and exhaustion | CBT | 2.71 (0.84) | 0.34\* | 202 | 2.27 (0.90) | -0.18 | 1.62 (0.76) | -0.09 |
|  | PT | 2.42 (0.87) |  | 154 | 2.43 (0.82) |  | 1.69 (0.75) |  |
| Negative group experiences | CBT | 1.40 (0.74)1 | -0.27 | 61 | 2.02 (0.92) | -0.33 | 1.36 (0.63) | -0.55\* |
|  | PT | 1.61 (0.90) 1 |  | 42 | 2.31 (0.81) |  | 1.74 (0.77) |  |
| Destabilization of mood | CBT | 2.04 (0.90) | -0.03 | 150 | 2.20 (0.90) | -0.21 | 1.50 (0.71) | -0.30\* |
|  | PT | 2.07 (0.85) |  | 132 | 2.38 (0.81) |  | 1.72 (0.73) |  |

*Note.* Scale range: Frequency of topics and techniques (1 = never, 2 = rarely, 3 = sometimes, 4 = often), Occurrence of positive and negative effects/Usefulness/Impairment (1 = not at all, 2 = some, 3 = quite, 4 = very). *d* = Cohens’ *d*. \*Si*g*nificance after Bonferroni correction (p < .05 / number of tests per examined category: 14 topics; 16 techniques; 15 positive effects; 3 negative effects). () = n.s. after Bonferroni correction. Large effects are highlighted in bold. 1Only participants. who received personal practice in group setting (*nCBT* = 214; *nPT* = 67). PP = Personal practice; CBT = Cognitive behavioral orientation; PT = Psychodynamic/Psychoanalytic orientation.