**Appendix C**

Psychoeducation module on intrusions and ruminations

Test: 10 examples on ruminations and intrusions in which the participant is asked whether the example is an intrusion or rumination.

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| Example | Intrusion | Rumination |
| Paula could not stop thinking about the consequences the car accident had had for her and if she could have prevented it in some way if she had reacted differently at the time. |  | x |
| When Joseph started thinking about what had happened to him that night, he could almost hear the perpetrator’s voice, as if he was standing next to him again. | x |  |
| Alice kept thinking why it was her who had to be there at the time of the shooting. The trauma had made her question the meaning of her life. |  | x |
| When Sonja was outside her house, she kept hearing footsteps behind her. | x |  |
| Although it was many years ago, Peter kept thinking about the moment when the earthquake happened and about the people who were killed. |  | x |
| For some months now, all Emily could think of was if she was somehow responsible for the rape, if she had worn another dress that night, then the rape wouldn’t have happened.  |  | x |
| When Casper saw pictures of himself as a child, he was always overwhelmed with bodily sensations that he had had at the time of the assault. | x |  |
| Even though Julie did everything in her power to avoid places, people, and things that reminded her of the day she lost her sister in a tragic car accident, she kept seeing those last minutes before the car crashed. | x |  |
| More than a year had passed since Joe fell down a deep hole while he was working as a constructor at a site, but he was still haunted by the image of being trapped for more than 12 hours. | X |  |
| Especially at night when she was alone, Marie would think about those 7 days held in captivation and why she kept thinking about it.  |  | x |

* If the participant does not achieve 10/10 correct answers, psychoeducation is given again along with 6 new examples on intrusions and ruminations.

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| Example | Intrusion | Rumination |
| After Nick was assaulted in Uganda and he was lying on the ground, kids started gathering around him stealing his wallet, his shoes and his phone. This made him question humanity in general and for years, he tried to have as little human contact as possible.  |  | x |
| Louise always thought that there was something wrong with her since nobody helped her when she fell off her bike and hit her head severely. She would spend hours thinking about previous conversations, her outfits, the way she behaved. It was as if she was trying to locate the problem and fix it, so that she would get help if needed one day. |  | x |
| Sara’s father had tried to strangle her two times during her teenage years because she misbehaved. Now, as a mom herself, Sara would get distressing images of these situations when her daughter misbehaved. | x |  |
| Thomas, who worked as a police officer, received a disturbing call from his sister, who was brutally assaulted and stabbed by her ex-boyfriend. Thomas did everything in his power, both personally and professionally, to help his sister and to get her ex-boyfriend convicted. The ex-boyfriend got a sentence of 1 year. After the experience, Thomas did not want to work as a police officer anymore as he trouble finding meaning in the legal system. |  | x |
| When Laura was 6 months pregnant with her daughter, her husband hit her in the stomach during a domestic fight. Her daughter survived, but Laura kept feeling the intense pain in her stomach every time she remembered the attack.  | x |  |
| Just the thought of going down the basement gave her the sensation of being cold and locked in a small room for hours. | x |  |