Supplemental Table 1: Demographic characteristics at baseline

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Characteristic | STAIR-EMDR (n=57)% of total population | EMDR(n=64)% of total population | Total sample(n=121) | ꭓ2 | df | *p* |
| Gender  |   |   |   | 0.03 | 1  | .88 |
|   Male  | 14.0% (n = 17)  | 17.4% (n = 21)  | 31.4% (n = 38)   |   |   |   |
|   Female | 33.1% (n = 40)   | 35.5% (n = 43)  | 68.6% (n = 83)  |   |   |   |
| Education |   |   |   | 2.94  | 2  | .23  |
|  Low | 25.9% (n = 30)  | 19.8% (n = 23)  | 45.7% (n = 53)  |   |   |   |
|   Middle | 16.4% (n = 19)  | 25,0% (n = 29)  | 41,4% (n = 48)  |   |   |   |
|   High | 6.0% (n = 7)  | 6.9% (n = 8)  | 12.9% (n = 15)  |   |   |   |
| Employment  |   |   |   | 0.04  | 2  | .98  |
|  Unemployed | 28.6% (n = 34)  | 31.9% (n = 38)  | 60.5% (n = 72)  |   |   |   |
|  Employed | 13,4% (n = 16)  | 14,3% (n = 17)  | 27,7% (n = 33)  |   |   |   |
|  Student | 5.9% (n = 7)  | 5.9% (n = 7)  | 11.8% (n = 14)  |   |   |   |
| Living Condition |   |   |   | 8.40  | 3  | .04 |
|  Married or cohabitating | 14.4% (n = 17)  | 30.5% (n = 36)  | 44.9% (n = 53)  |   |   |   |
|   Alone | 23.7% (n = 28)  | 16.9% (n = 20)  | 40.7% (n = 48)  |   |   |   |
|  With relatives or friends | 5.1% (n = 6)  | 4.2% (n = 5)  | 9.3% (n = 11)  |   |   |   |
|  Sheltered house | 3.4% (n = 4)  | 1.7% (n = 2)  | 5.1% (n = 6)  |   |   |   |
| Sexual abuse (% per condition) | 37.2% (n = 45)  | 37.2% (n = 45)  | 74.4% (n = 90)  | 0.77 | 1  | .38 |
| Physical abuse (% per condition) | 37.2% (n = 45)  | 41.3% (n = 50)  | 78.5% (n = 95)  | 0.00 | 1  | 1.00  |
| Dissociative subtype (% per condition) | 14.0% (n = 17) | 20.7% (n = 25) | 34.7% (n = 42) | 0.76 | 1 | .38 |
| Suicidality |  |  |  | 0.81 | 2 | .67 |
|  No suicidal thoughts | 10.7% (n = 13) | 14% (n = 17) | 24.8% (n =30) |  |  |  |
|  Suicidal thoughts, no intention  | 28.1% (n = 34) | 27.3% (n = 33) | 55.4% (n = 67) |  |  |  |
|  Preferring to cause  suicide | 8.3% (n = 10) | 11.6% (n = 14) | 19.8% (n = 24) |  |  |  |

Table 2a

Results of the Linear Mixed Model (LMM) of the primary and secondary outcome variables measured at pre-treatment, after eight sessions and at post-treatment.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Treatment | Time  | Treatment time interaction |
|  |  |  |  | Pre-treatment vs. post-treatment | Pre-treatment vs. after eight sessions | After eight sessions vs. post-treatment | Pre-treatment vs. post-treatment | Pre-treatment vs. after eight sessions | After eight sessions vs. post-treatment |
|  | Est | SE | 95%CI | Est | SE | 95% CI | Est | SE | 95%CI | Est | SE | 95% CI | Est | SE | 95%CI | Est | SE | 95% CI | Est | SE | 95%CI |
| PSS-SR | 3.87 | 1.96 | -0.01 7.74 | -11.78\*\*\* | 1.60 | -14.94 -8.63 | -0.52 | 1.68 | -3.83 2.79 | -11.27\*\*\* | 1.82 | -14.87 -7.67  | -2.84 | 2.18 | -7.15 1.47 | -6.67\*\* | 2.40 | -11.40 -1.94 | 3.83 | 2.51 | -1.138.79  |
| IIP | 0.16 | 0.12 | -0.07 0.40 | -0.31\*\*\* | 0.78 | -0.46 -0.16 | 0.16\* | 0.08 | 0.00 0.33 | -0.47\*\*\* | 0.89 | -0.65 -0.30  | -0.10 | 0.11 | -0.31 0.11 | -0.36\*\* | 0.12 | -0.59 -0.13 | 0.26\* | 0.12 | 0.02 0.50  |
| DERS | 7.21 | 4.74 | -2.15 16.57 | -15.49\*\*\* | 3.25 | -21.91 -9.08 | -1.90 | 3.42 | -8.66 4.85 | -13.59\*\*\* | 3.72 | -20.94 -6.24  | -3.31 | 4.52 | -12.24 5.63 |  -5.40 | 4.92 | -15.11 4.32 | 2.09 | 5.13 | -8.04 12.22 |
| PTCI | 12.58 | 8.18 | -3.55 28.72 | -32.50\*\*\* | 5.84 | -44.03 -20.97 | 6.11 | 6,29 | -6.32 18.54 | -38.61\*\*\* | 6.75 | -51.95 -25.27  | -5.67 | 8.06 | -21.59 10.25 | -25.16\*\* | 8.85 | -42.63 -7.69 | 19.49\* | 9.21 | 1.3137.67  |

Est = Estimated effect, SE = Standard Error, CI = Confidence Interval, PSS-SR = PTSD Symptoms Scale-self report, IIP = Inventory of Interpersonal Problems, DERS = Difficulties in Emotion Regulation Scale, PTCI = Posttraumatic Cognitions Inventory

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

Table 2b

Results of the Linear Mixed Model (LMM) for all outcome variables at pre-treatment, post-treatment and at

three- month’s follow-up*.*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Treatment** | **Time** | **Treatment-time interaction** |
|  |  |  |  | Pre- vs. post-treatment | Post-treatment vs. three month Follow-Up | Pre- vs. post-treatment | Post-treatment vs. three month Follow-Up |
|  | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI |
| **CAPS-5** |  1.05 |  2.36 | -3.61 5.71 | -20.12\*\*\* | 1.62 | -23.30 -16.94 | -1.99 | 1.74 | -5.42 1.44 | -0.68 | 2.22 | -5.05 3.69 | 0.47 | 2.42 | -4.28 5.23 |
| **SIDES-R** |  1.63 |  2.53 | -6.62 3.35 | -11.14\*\*\* | 1.68 | -14.45 -7.82 | -0.69 | 1.80 | -4.23 2.85 | -2.32 | 2.30 | -6.85 2.20 | -2.10 | 2.48 | -6.99 2.79 |
| **BSI** | 0.16 | 0.16 | -0.15 0.47 | -0.53\*\*\* | 0.99 | -0.72 -0.33 | -0.06 | 0.11 | -0.27 0.15 | -0.18 | 0.14 | -0.45 0.09 | -0.08 | 0.15 | -0.37 0.20 |
| **DES** | 3.45 | 3.02 | -2.51 9.41 | -8.13\*\*\* | 1.95 | -11.96 -4.29 | 1.39 | 2.11 | -2.77 5.55 | -3.44 | 2.69 | -8.73 1.85 | -3.17 | 2.84 | -8.75 2.42 |

Est = Estimated effect, SE = Standard Error, CI = Confidence Interval, CAPS-5 = Clinician Administered PTSD Scale for DSM-5,

SIDES = Structured Interview for Disorders of Extreme Stress-Revised, BSI = Brief Symptom Inventory, DES = Dissociative Experiences Scale.

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

Supplemental Table 3a

Results of the Linear Mixed Model (LMM) for the primary and secondary outcome variables measured at pre-treatment, after eight sessions and at post-treatment, with the pre-treatment measurement as covariate.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Treatment | Time | Treatment-time interaction |
|  |  |  |  | After eight sessions | After eight sessions |
|  | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI |
| PSS-SR | -2.27 | 2.25 | -6.722.19 | 11.35\*\*\* |  2.00 | 7.3715.34 |  -4.20 |  2.80 | -9.78-1.39 |
| IIP | -0.94 | 0.11 | -0.300.12 | 0.47\*\*\* | 0.10 | 0.280.66 | -0.23 |  0.13 | -0.500.04 |
| PTCI | -0.96 | 7.92 | -16.6314.71 | 39.56\*\*\* |  6.77 | 26.0753.05 | -21.47\* |  9.33 | -40.09-2.86 |
| DERS | -0.25 | 4.54 | -9.248.75 | 13.83\*\*\* | 3.34 | 7.1520.51 | -3.15 |  4.71 | -12.576.27 |

Est = Estimated effect, SE = Standard Error, CI = Confidence Interval, PSS-SR = PTSD Symptoms Scale-self report, IIP = Inventory of Interpersonal Problems, DERS = Difficulties in Emotion Regulation Scale, PTCI = Posttraumatic Cognitions Inventor

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

Supplemental Table 3b

Results of the Linear Mixed Model (LMM) for the outcome variables measured at pre-treatment, post-treatment and at three- and six month’s follow-up, with the pre-treatment measurement as covariate*.*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Treatment | Time | Treatment-time interaction |
|  |  |  |  | Three month FU | Six month FU | Three month FU | Six month FU |
|  | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI | Est | SE | 95% CI |
| CAPS-5 | -0.25 |  2.40 | -4.99 4.49 | -1.39 | 1.58 | -4.52 1.74 | -2.03 | 1.54 | -5.06 1.01 | 0.19 | 2.21 | -4.17 4.54 | 0.59 | 2.18 | -3.72 4.90 |
| SIDES | -1.97 |  2.27 | -6.45 2.52 | -0.67 | 1.54 | -3.72 2.38 | -2.97\* | 1.49 | -5.91 -0.02 | -1.94 | 2.15 | -6.18 2.30 | .81 | 2.11 | -3.36 4.99 |
| BSI | -0.10 | 0.15 | -0.27 0.50 | -0.05 | 0.09 | -0.22 0.12 | -0.16 | 0.83 | -0.33 0.00 | -0.06 | 0.12 | -0.29 0.18 | 0.53 | 0.12 | -0.18 0.29 |
| DES | -0.02 | 2.67 | -5.30 5.26  | 1.45 | 1.67 | -1.86. 4.75 | -1.17 | 1.61 | -4.35 2.01 | -3.03 | 2.30 | -7.57 1.51 | -1.76 | 2.30 | -6.31 2.78 |

Est = Estimated effect, SE = Standard Error, CI = Confidence Interval, CAPS-5 = Clinician Administered PTSD Scale for DSM-5, SIDES = Structured Interview for Disorders of Extreme Stress-Revised, BSI = Brief Symptom Inventory, DES = Dissociative Experiences Scale. For all variables the effect of the covariate was significant.

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