

Supplemental material

Title: The effects of an internet-based imagery rehearsal intervention: A randomized controlled trial

Here: Description of the intervention usage, control groups tasks, and amount of personal contact across all groups.

	Condition											
	Internet-based IRT						Control groups					
	Guided (<i>n</i> = 34)			Unguided (<i>n</i> = 30)			Frequency control group (<i>n</i> = 32)			Narrative control group (<i>n</i> = 31)		
	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>
Time spent on sessions												
Session 1: introduction (min)	25	47.40	34.70	24	47.08	23.50						
Session 2: imagination (min)	24	42.71	16.42	24	52.71	15.40						
Session 3: IRT (min)	22	50.23	41.53	21	37.14	14.02						
Session 4: IRT (min)	22	52.96	38.25	21	40.33	22.57						
Session 5: IRT (min)	22	30.68	20.60	20	23.25	13.21						
Session 6: Trouble shooting (min)	21	22.62	25.28	18	16.38	15.98						
Hours spent on treatment	25	3.75	2.30	24	3.32	1.37						
Weeks spent on treatment	25	5.92	2.99	24	5.57	2.27						
Number of sessions completed	25	5.44	1.39	24	5.33	1.27						
Nightmare diary												
Number of weeks recorded	25	5.44	1.39	24	5.33	1.27	24	5.29	0.69			
Number of recorded nightmares	24	8.16	4.45	23	7.25	7.44				25	6.63	5.72
Personal contact												
SCID interview by phone (min)	25	13.16	2.23	24	13.00	3.19	24	13.96	2.16	27	12.48	4.42
Technical support (frequency)	4			4			1			1		
Motivational support												
Number of motivational feedbacks	25	4.20	1.58	3	0.13	0.38						
Time spent (per patient)	25	19.80	7.20	3	0.67	2.16						
Content-related support												
Number of content-related feedbacks	25	1.48	1.12	4	0.17	0.38						

Time spent (per patient)	25	15.08	15.91	4	2.08	5.70						
Reminder (number per patient)	17	2.44	2.60	19	3.21	2.87	11	0.79	1.10	25	1.96	1.58

Note. *n*: Number of patients who completed a session, documented/recorded their nightmares, received technical support or reminders; *M*: Mean; *SD*: Standard deviation