

## **Supplementary Material**

### **A guided single session intervention to reduce intrusive memories of work-related trauma: A randomised controlled trial with healthcare workers in the COVID-19 pandemic**

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## Content

Other pre-specified outcomes and additional assessments .....	3
Secondary and other pre-specified outcome description: results .....	5
Table S1. Additional baseline characteristics .....	7
Table S2. Secondary and other pre-specified outcomes across all time points. ....	10
Table S3. Number of Adverse Events by Treatment arm.....	35
Table S4. Types of Adverse Events by Treatment arm at each time point.....	36
Table S5. Subjective Units of Distress (SUDS).....	38
Table S6. Diagnostics for the multiple imputation .....	39
Table S7a. Number of intrusive memories for complete diary data. ....	41
Table S7b. Number of intrusive memories including incomplete diary data. ....	41
Figure S1. Time course of the number of intrusive memories day-by-day. ....	42
Table S8. Breakdown of the category 'other' in the Type of trauma(s) leading to intrusive memories questionnaire in Table 1 of the main paper.....	43
Table S9. Number of prior psychological traumas (LEC-5) per category (baseline) .....	44
Table S10. Coping categories based on free text responses assessed at baseline. ....	45
Table S11. Sensitivity analysis Primary endpoint analysed with non-parametric Wilcoxon's rank sum test. ....	47
Table S12. Primary outcome missing at random (MAR). ....	48
Table S13. Sensitivity analysis primary outcome missing not at random (MNAR). ....	49
Table S14. Sensitivity analysis primary outcome without outliers. ....	52
Table S15. Sensitivity analysis primary outcome excluding diary missing data (complete diary data only). ....	53
Table S16. Primary endpoint by gender. ....	54
Table S17. Primary endpoint by age. ....	55
Table S18. Acceptance and feasibility measure (1 month): feedback about study participation and subsequent use of task by participant on their own. ....	56
Table S19. Assessments related to procedure. ....	57
Table S20. Time since traumatic events leading to intrusive memories. ....	59
Procedure-related changes during the study .....	60

## **Other pre-specified outcomes and additional assessments**

### **Functioning**

**Sick leave** [72] was assessed with two bespoke items measuring the total number of days and the number of full work days on sick leave owing to seeking health care.

**Impact of intrusive memories on functioning** was assessed using a rating scale derived from Iyadurai et al. 2019 [25], and using two free text response items which asked participants to provide an example of how having a specific intrusive memory had a negative impact on their functioning and, if a specific intrusive memory had reduced in frequency, how this had a positive impact on functioning.

**Difficulties in letting go of work-related thoughts** during leisure time was rated using one item [73] and a bespoke question assessed whether the above mentioned difficulties were due to intrusive memories.

**Social support** after the traumatic event was assessed using a single bespoke item asking participants to indicate how much social support they received after the traumatic event(s). Three free response items assessed **work situation** [73] and 5 items assessed **moral stress** at work.

**Coping** was assessed (baseline only) with two bespoke free response items measuring participant perceived coping during the COVID-19 pandemic (i.e., “Based on your experiences and from your perspective, are there any specific situations or factors during the COVID-19 pandemic, that you believe made it particularly difficult for you to cope?” and “Based on your experiences and from your perspective, are there any specific factors which you believe have made it easier for you to cope with the COVID-19 pandemic and its consequences?”). Across both arms, categorized answers revealed a range of situations or factors during the COVID-19 pandemic which made it either difficult to cope (e.g. lack of knowledge about COVID-19, additional work load and witnessing death and mental and/or physical suffering; or easier to cope e.g. Support from loved ones and colleagues; see **Supplementary Tables S2 and S10**).

### **Other cognitive assessments**

**Appraisals of intrusions** were assessed using six items from the Psychological Problems and Negative Self-evaluations subscales of the Appraisals of Intrusive Memories scale [75,76].

The **Time Perspective Questionnaire** (TPQ; 8 items) [74] was used to assess past, present and future perspective.

A short version of the **Future Self Questionnaire** (FSQ; 3 items) assessed participants' images of their future self-identity [77,78].

### **Assessments related to procedures**

**Hotspots list.** A list of intrusive memories was collected in the intervention arm only to establish the content and number of different types of intrusive memories as part of the intervention procedure (**hotspots. Supplementary Table S19**).

**Number of days/nights** at work during the week of intrusion monitoring was assessed using two separate items which asked how many days/nights participants had worked during the previous week (**Supplementary Table S19**).

The number of **booster sessions** delivered by the researcher was recorded in the data collection platform, along with the date of each booster session (**Supplementary Table S19**).

### **Feedback to assess acceptability and feasibility**

In addition to the feedback questionnaire (8 bespoke items) about participation used to assess participant acceptability of the task (e.g., whether they would recommend it to a colleague or friend who had a similar experience, and whether they had done the task on their own), open-ended feedback questions were used to assess feasibility of the task, the instructions, and experience of doing the task. (**Supplementary Table S18**).

As part of the procedure, **Adherence** to the intervention/control task instructions was assessed using three multiple choice items which asked participants to indicate the most important thing they did just before completing the task, what they mainly focused on during the task, and the approximate amount of time they spent completing it. An additional single item assessed the extent to which participants agreed with the statement 'During the past 20 minutes, I followed the instructions' on an 11-point scale (from 0 "not at all" to 10 "extremely"). Responses showed that the majority in the control arm prepared their headphones (92.6%) and 95.7% in the intervention arm indicated that they briefly saw the image of the trauma in their mind's eye. The focus of participants in the control arm during the task was on general ideas and verbal thoughts (57.4%), daydreaming/ thinking in images (30.9%), getting as many points as possible (8.8%) and mental rotation of shapes (2.9%). In the intervention arm 94.2% focused on mental rotation of shapes, and 5.8% on getting as many points as possible. In the control arm 92.6% indicated that they spent at least 20 minutes completing the task and 7.4% indicated that they spent about ten minutes. In the intervention arm 97.1% stated that they spent at least 20 minutes with the task and 2.9% stated that they spend about ten minutes.

In both arms the extent to which participants stated, that they had followed the instructions was high (Mean  $\pm$  s.d.: control:  $8.17 \pm 2.33$ ,  $n=68$ ; intervention:  $8.55 \pm 1.81$ ,  $n=69$ ).

As part of the procedure, within the intervention group, participants rated **vividness** of the trauma memory before playing Tetris (1='no image at all' to 5=' exactly as clear and vivid as normal seeing'), and indicated whether “**ghost piece**” was turned off during game play. Mean vividness was mean  $\pm$  s.d.: intervention:  $3.78 \pm 1.04$ ,  $n=69$ . Of 69 participants with data in the intervention arm, 97.1% indicated, that ghost piece was turned off during game play.

## **Secondary and other pre-specified outcome description: results**

### **1. Characteristics of intrusive memories**

Note. the self-estimated intrusion frequency question of the **Intrusion questionnaire IQ** [59] (to explore convergence with diary) is in **Supplementary Table S2** and reported under secondary outcomes of the main paper.

At week 1 and 1 month, participants in the intervention arm reported a lower sense of disconnectedness from their surroundings when they experienced intrusive memories [week 1: OR=2.06 (95% CI= 1.06-4.03),  $P=0.0332$ , 1 month: OR=2.82 (95% CI= 1.03-7.94),  $P=0.0451$ ] measured by item in the **Intrusion questionnaire IQ** [59]. Levels of intrusion-related distress,nowness, and reliving items on the IQ did not differ between the two arms at any timepoint (**Supplementary Table S2**). At week 5 and 6 month follow up, participants in the intervention arm reported that fewer triggers were associated with intrusive memories [week 5: OR=0.37 (95% CI= 0.15-0.9),  $P=.0299$ , 6-month: OR=0.33 (95% CI= 0.11-0.96),  $P=0.0440$ ] (**Supplementary Table S2**).

There was no between-arm difference at week 1 or week 5 in participant ratings of vividness or intrusion-related distress as recorded in the daily diary (**Supplementary Table S2**).

### **2. Functioning**

Participants in the intervention arm reported finding it easier to let go of work-related thoughts. Participants rated their feelings of stress and difficulties in letting go of work-related thoughts during leisure time as less likely due to intrusive memories in the intervention compared to control arm at each timepoint up to 3 months [week 1: OR=0.39 (95% CI= 0.18-0.84),

P=0.0178; 1 month: OR=0.28 (95% CI= 0.10-0.70), P=0.0093; 3 months: OR=0.25 (95% CI= 0.08-0.67), P=0.0088] (**Supplementary Table S2**).

### **3. Social support**

There was no between-arm difference in social support after experiencing traumatic events at any timepoint (**Supplementary Table S2**).

### **4 Other cognitive assessments**

Assessment of future self-identity (only assessed at 3-month follow-up) did not differ between arms, with one exception; i.e., more participants in the intervention arm reported seeing the image related to their future self-identity before the traumatic event through their own eyes, whereas more participants in the control arm reported seeing it from an outside perspective [OR=0.33 (95% CI= 0.13-0.80), P=0.0162].

Individuals in the intervention arm reported less of a sense of past time perspective than individuals in the control arm at both the 3-month [OR=0.36 (95% CI=0.17-0.72), P=0.0047] and 6-month follow-ups [OR=0.50 (95% CI= 0.25-0.97), P=0.0410]. At 6 months, participants who received the intervention reported a greater sense of future time perspective [OR=2.00 (95% CI= 1.03-3.94), P=0.0422]. Assessment of future self-identity (only assessed at the 3-month follow-up) did not differ between arms.

Regarding appraisals of intrusions (assessed with the Psychological Problems and Negative Self-evaluations subscales of the Appraisals of Intrusive Memories scale [75,76]), participants in the intervention arm had lower ratings of the appraisal that experiencing intrusions indicated psychological problems than participants in the control arm [1 month: OR=0.37 (95% CI=0.18-0.74), P=0.0059; 3 month: OR=0.35 (95% CI=0.16-0.74), P=0.0068; 6 month: OR=0.23 (95% CI=0.11-0.49), P=0.0002]. No differences were found regarding negative self-evaluation.

**Table S1.** Additional baseline characteristics including demographics, work situation, measures related to post traumatic stress, clinical background, characteristics of intrusive memories and perceived functioning and social support.

	Statistics	Control n=71	Intervention n=73	Total n=144
<b>Demographics</b>				
Marital status				
Single	n(%)	13 (18.3)	17 (23.3)	30 (20.8)
Married or cohabiting	n(%)	49 (69.0)	41 (56.2)	90 (62.5)
Divorced or separated	n(%)	2 (2.8)	4 (5.5)	6 (4.2)
Living apart together (LAT)	n(%)	7 (9.9)	9 (12.3)	16 (11.1)
Other	n(%)		2 (2.7)	2 (1.4)
Highest level of education				
Elementary school	n(%)	1 (1.4)	1 (1.4)	2 (1.4)
Upper secondary school	n(%)	13 (18.3)	12 (16.4)	25 (17.4)
University	n(%)	56 (78.9)	56 (76.7)	112 (77.8)
Other	n(%)	1 (1.4)	4 (5.5)	5 (3.5)
<b>Work and Employment</b>				
Whether the work situation changed related to COVID-19 pandemic				
Yes	n(%)	52 (74.3)	60 (82.2)	112 (78.3)
No	n(%)	18 (25.7)	13 (17.8)	31 (21.7)
And if so how				
Changed job	n(%)	9 (12.6)	4 (7.0)	13 (12.0)
Left profession/stopped working	n(%)	2 (3.9)	5 (8.8)	7 (6.5)
Other	n(%)	40 (78.4)	48 (84.2)	88 (81.5)
Yearly income (SEK)				
0 –249 999	n(%)	2 (2.8)	7 (9.6)	9 (6.3)
250 000-349 999	n(%)	16 (22.5)	13 (17.8)	29 (20.1)
350 000-449 999	n(%)	23 (32.4)	18 (24.7)	41 (28.5)
450 000-549 999	n(%)	16 (22.5)	20 (27.4)	36 (25.0)
550 000 and above	n(%)	14 (19.7)	15 (20.5)	29 (20.1)
<b>Measures related to post traumatic stress</b>				
Posttraumatic Stress Disorder Checklist (PCL-5) short version (8-item scale)				
Intrusion (0-8)				
	n	71	73	144
	Mean (s.d.)	3.63 (1.97)	3.47 (1.69)	3.55 (1.83)
	Median (Q1-Q3)	3.0 (2.0-5.0)	4.0 (2.0-5.0)	4.0 (2.0-5.0)
	Min-Max	0.0-8.0	0.0-7.0	0.0-8.0
Avoidance (0-8)				
	n	71	73	144
	Mean (s.d.)	3.00 (2.31)	2.66 (2.04)	2.83 (2.18)
	Median (Q1-Q3)	3.0 (1.0-5.0)	3.0 (1.0-4.0)	3.0 (1.0-4.0)
	Min-Max	0.0-8.0	0.0-6.0	0.0-8.0
Cognition/Mood (0-8)				
	n	71	73	144
	Mean (s.d.)	3.00 (2.33)	2.55 (1.91)	2.77 (2.13)
	Median (Q1-Q3)	3.0 (1.0-5.0)	3.0 (1.0-4.0)	3.0 (1.0-4.0)
	Min-Max	0.0-8.0	0.0-6.0	0.0-8.0
Arousal/Reactivity (0-8)				
	n	71	73	144
	Mean (s.d.)	3.06 (2.20)	2.86 (2.00)	2.96 (2.10)
	Median (Q1-Q3)	3.0 (1.0-5.0)	2.0 (2.0-4.0)	3.0 (1.0-5.0)
	Min-Max	0.0-8.0	0.0-7.0	0.0-8.0
Total (0-32)				
	n	71	73	144
	Mean (s.d.)	12.69 (7.14)	11.53 (6.08)	12.10 (6.63)
	Median (Q1-Q3)	12.0 (7.0-18.0)	11.0 (7.0-16.0)	12.0 (7.0-16.5)
	Min-Max	2.0-29.0	0.0-26.0	0.0-29.0
Impact of Event Scale - Revised (IES-R) (0-32)				
Intrusion subscale				
	n	71	73	144
	Mean (s.d.)	15.66 (6.54)	14.93 (5.60)	15.29 (6.07)
	Median (Q1-Q3)	16.0 (10.0-21.0)	15.0 (11.0-19.0)	16.0 (11.0-20.0)
	Min-Max	2.0-28.0	3.0-29.0	2.0-29.0
Avoidance subscale				
	n	71	73	144
	Mean (s.d.)	13.93 (7.00)	13.51 (6.75)	13.72 (6.85)
	Median (Q1-Q3)	14.0 (9.0-19.0)	14.0 (8.0-19.0)	14.0 (8.5-19.0)
	Min-Max	0.0-27.0	0.0-27.0	0.0-27.0
Self-estimated intrusion frequency to explore convergence with diary				
Intrusion questionnaire: Frequency item (7-point scale)				
Never	n(%)	3 (4.2)	1 (1.4)	4 (2.8)
Once	n(%)	7 (9.9)	3 (4.1)	10 (6.9)

	Statistics	Control n=71	Intervention n=73	Total n=144
Twice	n(%)	10 (14.1)	9 (12.3)	19 (13.2)
Every other day	n(%)	15 (21.1)	16 (21.9)	31 (21.5)
Once a day	n(%)	11 (15.5)	17 (23.3)	28 (19.4)
Several times a day	n(%)	21 (29.6)	25 (34.2)	46 (31.9)
Many times a day	n(%)	4 (5.6)	2 (2.7)	6 (4.2)
Sum score (number of intrusions)	n	70	73	143
Sum score (number of intrusions)	Mean (s.d.)	10.64 (12.67)	13.42 (19.44)	12.06 (16.48)
	Median (Q1-Q3)	5.3 (2.0-14.0)	7.0 (3.5-21.0)	7.0 (3.5-14.0)
	Min-Max	0.0-70.0	0.0-140.0	0.0-140.0
	Min-Max	0.0-70.0	0.0-140.0	0.0-140.0
<b>Clinical Background</b>				
History of physical- and mental illness				
Current physical illness				
Yes	n(%)	6 (8.5)	8 (11.0)	14 (9.7)
No	n(%)	65 (91.5)	65 (89.0)	130 (90.3)
Treatment or medication for physical illness <sup>a</sup>				
Yes	n(%)	5 (83.3)	7 (87.5)	12 (85.7)
No	n(%)	1 (16.7)	1 (12.5)	2 (14.3)
Current/past mental illness (yes/no)				
Yes	n(%)	45 (63.4)	35 (47.9)	80 (55.6)
No	n(%)	26 (36.6)	38 (52.1)	64 (44.4)
Current treatment or medication for mental illness <sup>3</sup>				
Yes	n(%)	17 (43.6)	19 (61.3)	36 (51.4)
No	n(%)	22 (56.4)	12 (38.7)	34 (48.6)
Family history of mental illness				
Yes	n(%)	23 (32.4)	27 (37.0)	50 (34.7)
No	n(%)	48 (67.6)	46 (63.0)	94 (65.3)
<b>Characteristics of intrusive memories</b>				
Intrusion questionnaire (IQ) (0-100)				
Distress	n	67	72	139
	Mean (s.d.)	44.69 (20.04)	46.15 (19.97)	45.45 (19.95)
	Median (Q1-Q3)	44.0 (30.0-59.0)	50.0 (35.0-59.5)	48.0 (35.0-59.0)
	Min-Max	2.0-88.0	0.0-91.0	0.0-91.0
Nowness	n	67	72	139
	Mean (s.d.)	36.90 (27.71)	35.39 (28.08)	36.12 (27.81)
	Median (Q1-Q3)	30.0 (15.0-54.0)	29.0 (10.5-60.0)	30.0 (12.0-54.0)
	Min-Max	0.0-100.0	0.0-100.0	0.0-100.0
Reliving	n	67	72	139
	Mean (s.d.)	48.07 (24.90)	50.63 (24.48)	49.40 (24.63)
	Median (Q1-Q3)	49.0 (30.0-70.0)	50.0 (31.5-70.5)	50.0 (31.0-70.0)
	Min-Max	1.0-100.0	1.0-100.0	1.0-100.0
Disconnectedness	n	67	72	139
	Mean (s.d.)	54.28 (31.57)	54.76 (28.82)	54.53 (30.07)
	Median (Q1-Q3)	57.0 (29.0-80.0)	55.0 (37.0-78.5)	55.0 (33.0-80.0)
	Min-Max	0.0-100.0	0.0-100.0	0.0-100.0
Triggers	n	67	72	139
	Mean (s.d.)	59.15 (28.28)	57.93 (25.72)	58.52 (26.89)
	Median (Q1-Q3)	66.0 (36.0-80.0)	57.0 (41.5-79.0)	61.0 (39.0-80.0)
	Min-Max	0.0-100.0	5.0-100.0	0.0-100.0
Diary ratings Week 0 (0-10)				
Distress	n	69	68	137
	Mean (s.d.)	3.97 (2.07)	4.25 (2.37)	4.11 (2.22)
	Median (Q1-Q3)	4.0 (2.0-6.0)	4.0 (3.0-5.5)	4.0 (3.0-6.0)
	Min-Max	0.0-8.0	0.0-10.0	0.0-10.0
Vividness	n	68	68	136
	Mean (s.d.)	4.56 (2.54)	4.26 (2.37)	4.41 (2.45)
	Median (Q1-Q3)	4.0 (3.0-6.0)	4.0 (3.0-6.0)	4.0 (3.0-6.0)
	Min-Max	0.0-10.0	0.0-10.0	0.0-10.0
<b>Other pre-specified outcome measures at baseline</b>				
<b>Perceived functioning and social support</b>				
Social support after traumatic event (1-10) <sup>b</sup>	n	71	73	144
	Mean (s.d.)	6.39 (2.73)	6.01 (3.02)	6.20 (2.87)
	Median (Q1-Q3)	7.0 (4.0-9.0)	6.0 (3.0-8.0)	6.0 (4.0-8.5)
	Min-Max	1.0-10.0	1.0-10.0	1.0-10.0

	Statistics	Control n=71	Intervention n=73	Total n=144
Difficulties in letting go of work-related thoughts during leisure time (0-4)	n	71	71	142
	Mean (s.d.)	1.94 (1.19)	1.90 (1.20)	1.92 (1.19)
	Median (Q1-Q3)	2.0 (1.0-3.0)	2.0 (1.0-3.0)	2.0 (1.0-3.0)
	Min-Max	0.0-4.0	0.0-4.0	0.0-4.0
Whether above mentioned difficulties are due to intrusive memories				
Yes	n(%)	40 (56.3)	35 (49.3)	75 (52.8)
No	n(%)	31 (43.7)	36 (50.7)	67 (47.2)
Moral stress at work (5-20)	n	70	73	143
	Mean (s.d.)	13.47 (3.99)	13.00 (3.65)	13.23 (3.81)
	Median (Q1-Q3)	14.0 (11.0-16.0)	13.0 (10.0-16.0)	13.0 (11.0-16.0)
	Min-Max	5.0-20.0	5.0-20.0	5.0-20.0
Coping <sup>c</sup>				
Other cognitive assessments				
Appraisals of IMs (0-300)				
Psychological problems	n	71	73	144
	Mean (s.d.)	50.56 (62.93)	46.03 (53.69)	48.26 (58.27)
	Median (Q1-Q3)	20.0 (0.0-90.0)	20.0 (0.0-80.0)	20.0 (0.0-80.0)
	Min-Max	0.0-230.0	0.0-240.0	0.0-240.0
Negative self-evaluation	n	71	73	144
	Mean (s.d.)	47.32 (74.87)	37.81 (54.24)	42.50 (65.18)
	Median (Q1-Q3)	0.0 (0.0-80.0)	20.0 (0.0-60.0)	10.0 (0.0-60.0)
	Min-Max	0.0-270.0	0.0-270.0	0.0-270.0
Time perspective questionnaire (TPQ)				
Past (3-15)	n	71	72	143
	Mean (s.d.)	9.42 (3.71)	9.38 (3.03)	9.40 (3.37)
	Median (Q1-Q3)	9.0 (6.0-13.0)	9.5 (7.0-11.5)	9.0 (7.0-12.0)
	Min-Max	3.0-15.0	3.0-15.0	3.0-15.0
Present (3-10)	n	71	72	143
	Mean (s.d.)	6.15 (2.46)	6.50 (2.53)	6.33 (2.50)
	Median (Q1-Q3)	6.0 (4.0-8.0)	6.0 (4.5-9.0)	6.0 (4.0-8.0)
	Min-Max	2.0-10.0	2.0-10.0	2.0-10.0
Future (3-15)	n	71	72	143
	Mean (s.d.)	9.86 (2.79)	9.64 (2.53)	9.75 (2.65)
	Median (Q1-Q3)	10.0 (8.0-12.0)	10.0 (8.0-11.0)	10.0 (8.0-12.0)
	Min-Max	3.0-15.0	3.0-15.0	3.0-15.0

Note. <sup>a</sup>Only asked if previous item had been answered yes. <sup>b</sup>“Self-rated “social support after traumatic event” was coded on an erroneous scale (1-10 instead of 0-10); <sup>c</sup>Categories will be presented in **Supplementary Table S10**.

**Table S2.** Secondary and other pre-specified outcomes across all time points.

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Secondary Outcomes</b>																			
<b>Clinical symptoms</b>																			
<b>PTSD symptoms and post-traumatic distress</b>																			
Posttraumatic Stress Disorder Checklist (PCL-5) short version (8-item scale)																			
Intrusion (0-8)	n	71	73	61	54			55	51			55	47			58	52		
	Mean (s.d.)	3.63 (1.97)	3.47 (1.69)	2.66 (1.81)	1.85 (1.61)	0.45 (0.23- 0.86) <sup>a</sup>	<b>0.0168</b>	2.65 (1.91)	1.39 (1.47)	0.28 (0.14- 0.56) <sup>a</sup>	<b>0.0004</b>	2.29 (1.87)	1.09 (1.65)	0.25 (0.12- 0.52) <sup>a</sup>	<b>0.0003</b>	2.02 (1.83)	1.02 (1.57)	0.30 (0.15- 0.61) <sup>a</sup>	<b>0.0010</b>
	Median (Q1-Q3)	3.0 (2.0- 5.0)	4.0 (2.0- 5.0)	2.0 (1.0- 4.0)	2.0 (1.0- 3.0)	0.47 (0.09- 0.84) <sup>c</sup>		2.0 (1.0- 4.0)	1.0 (0.0- 2.0)	0.74 (0.34- 1.14) <sup>c</sup>		2.0 (1.0- 4.0)	0.0 (0.0- 2.0)	0.68 (0.27- 1.08) <sup>c</sup>		2.0 (0.0- 3.0)	0.0 (0.0- 2.0)	0.58 (0.20- 0.97) <sup>c</sup>	
	Min-Max	0.0-8.0	0.0-7.0	0.0-7.0	0.0-7.0			0.0-7.0	0.0-5.0			0.0-7.0	0.0-8.0			0.0-7.0	0.0-8.0		
Avoidance (0-4)	n	71	73	61	54			55	51			55	47			58	52		
	Mean (s.d.)	3.00 (2.31)	2.66 (2.04)	2.46 (2.05)	2.26 (2.10)	0.80 (0.42- 1.53) <sup>a</sup>	0.5046	2.29 (2.29)	1.22 (1.69)	0.41 (0.20- 0.83) <sup>a</sup>	<b>0.0143</b>	2.09 (2.18)	0.83 (1.70)	0.26 (0.12- 0.55) <sup>a</sup>	<b>0.0006</b>	1.83 (1.80)	0.79 (1.36)	0.28 (0.13- 0.58) <sup>a</sup>	<b>0.0007</b>
	Median (Q1-Q3)	3.0 (1.0- 5.0)	3.0 (1.0- 4.0)	2.0 (1.0- 4.0)	2.0 (0.0- 4.0)	0.10 (-0.27- 0.47) <sup>c</sup>		2.0 (0.0- 4.0)	0.0 (0.0- 2.0)	0.53 (0.14- 0.92) <sup>c</sup>		1.0 (0.0- 4.0)	0.0 (0.0- 1.0)	0.64 (0.24- 1.04) <sup>c</sup>		2.0 (0.0- 3.0)	0.0 (0.0- 1.0)	0.65 (0.26- 1.03) <sup>c</sup>	
	Min-Max	0.0-8.0	0.0-6.0	0.0-7.0	0.0-8.0			0.0-8.0	0.0-7.0			0.0-7.0	0.0-7.0			0.0-6.0	0.0-5.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.	Control	Inter- vention	Treat- ment effect estimate	Sig.			
		<i>Baseline</i>		<i>Week 1</i>					<i>1 Month/ Week 5</i>					<i>3 Month</i>					<i>6 Month</i>			
Cognition/ Mood (0-8)	n	71	73	61	54			55	51			55	47			58	52					
	Mean (s.d.)	3.00 (2.33)	2.55 (1.91)	2.54 (2.31)	1.35 (1.79)	0.37 (0.19- 0.72) <sup>a</sup>	<b>0.0036</b>	2.49 (2.24)	1.04 (1.66)	0.22 (0.10- 0.46) <sup>a</sup>	<b>&lt;0.000 1</b>	2.18 (2.20)	1.00 (1.77)	0.27 (0.12- 0.56) <sup>a</sup>	<b>0.0006</b>	2.33 (2.22)	0.87 (1.60)	0.22 (0.10- 0.46) <sup>a</sup>	<b>&lt;0.000 1</b>			
	Median (Q1-Q3)	3.0 (1.0- 5.0)	3.0 (1.0- 4.0)	2.0 (1.0- 4.0)	1.0 (0.0- 2.0)	0.57 (0.19- 0.95) <sup>e</sup>		2.0 (1.0- 4.0)	0.0 (0.0- 1.0)	0.73 (0.33- 1.13) <sup>e</sup>		1.0 (0.0- 4.0)	0.0 (0.0- 1.0)	0.59 (0.19- 0.99) <sup>e</sup>		2.0 (0.0- 4.0)	0.0 (0.0- 1.0)	0.75 (0.36- 1.14) <sup>e</sup>				
	Min-Max	0.0-8.0	0.0-6.0	0.0-8.0	0.0-8.0			0.0-8.0	0.0-8.0			0.0-7.0	0.0-8.0			0.0-8.0	0.0-8.0					
Arousal/ Reactivity (0-8)	n	71	73	61	54			55	51			55	47			58	52					
	Mean (s.d.)	3.06 (2.20)	2.86 (2.00)	2.92 (2.04)	1.44 (1.66)	0.24 (0.12- 0.48) <sup>a</sup>	<b>&lt;0.000 1</b>	2.95 (2.16)	1.25 (1.48)	0.19 (0.09- 0.39) <sup>a</sup>	<b>&lt;0.000 1</b>	2.42 (2.02)	0.89 (1.32)	0.19 (0.09- 0.40) <sup>a</sup>	<b>&lt;0.000 1</b>	2.19 (1.83)	0.79 (1.24)	0.18 (0.08- 0.37) <sup>a</sup>	<b>&lt;0.000 1</b>			
	Median (Q1-Q3)	3.0 (1.0- 5.0)	2.0 (2.0- 4.0)	3.0 (1.0- 5.0)	1.0 (0.0- 2.0)	0.79 (0.40- 1.17) <sup>e</sup>		2.0 (1.0- 4.0)	1.0 (0.0- 2.0)	0.91 (0.50- 1.31) <sup>e</sup>		2.0 (1.0- 3.0)	0.0 (0.0- 1.0)	0.88 (0.46- 1.29) <sup>e</sup>		2.0 (1.0- 4.0)	0.0 (0.0- 1.0)	0.89 (0.49- 1.28) <sup>e</sup>				
	Min-Max	0.0-8.0	0.0-7.0	0.0-6.0	0.0-6.0			0.0-8.0	0.0-5.0			0.0-7.0	0.0-5.0			0.0-7.0	0.0-5.0					
Total (0-32)	n	71	73	61	54			55	51			55	47			58	52					
	Mean (s.d.)	12.69 (7.14)	11.53 (6.08)	10.57 (6.91)	6.91 (6.15)	0.37 (0.19- 0.71) <sup>a</sup>	<b>0.0031</b>	10.38 (7.30)	4.90 (5.29)	0.21 (0.10- 0.42) <sup>a</sup>	<b>&lt;0.000 1</b>	8.98 (6.92)	3.81 (5.17)	0.19 (0.09- 0.40) <sup>a</sup>	<b>&lt;0.000 1</b>	8.36 (6.47)	3.46 (4.83)	0.19 (0.09- 0.39) <sup>a</sup>	<b>&lt;0.000 1</b>			
	Median (Q1-Q3)	12.0 (7.0- 18.0)	11.0 (7.0- 16.0)	9.0 (5.0- 17.0)	5.5 (2.0- 10.0)	0.56 (0.18- 0.94) <sup>e</sup>		10.0 (4.0- 15.0)	3.0 (1.0- 6.0)	0.85 (0.45- 1.26) <sup>e</sup>		7.0 (3.0- 13.0)	2.0 (0.0- 5.0)	0.84 (0.43- 1.25) <sup>e</sup>		7.0 (3.0- 14.0)	2.0 (0.0- 4.0)	0.85 (0.46- 1.25) <sup>e</sup>				
	Min-Max	2.0-29.0	0.0-26.0	0.0-26.0	0.0-25.0			1.0-31.0	0.0-22.0			0.0-26.0	0.0-27.0			0.0-27.0	0.0-25.0					

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		Baseline		Week 1				1 Month/ Week 5				3 Month				6 Month			
Impact of Event Scale - Revised (IES-R) (0-32)																			
Intrusion subscale	n	71	73	61	56			56	51			56	49			60	53		
	Mean (s.d.)	15.66 (6.54)	14.93 (5.60)	13.44 (6.59)	8.36 (6.01)	0.24 (0.12-0.46) <sup>a</sup>	<0.000 1	11.63 (7.44)	5.25 (5.51)	0.16 (0.08-0.34) <sup>a</sup>	<0.000 1	9.52 (6.55)	4.18 (5.16)	0.17 (0.08-0.34) <sup>a</sup>	<0.000 1	8.87 (6.74)	4.36 (5.00)	0.25 (0.12-0.49) <sup>a</sup>	<0.000 1
	Median (Q1-Q3)	16.0 (10.0-21.0)	15.0 (11.0-19.0)	14.0 (8.0-18.0)	7.0 (4.0-11.0)	0.80 (0.42-1.19) <sup>e</sup>		11.0 (6.0-15.5)	3.0 (1.0-7.0)	0.97 (0.56-1.37) <sup>e</sup>		8.0 (4.0-13.5)	2.0 (0.0-6.0)	0.90 (0.49-1.30) <sup>e</sup>		7.0 (3.0-15.0)	3.0 (1.0-5.0)	0.75 (0.37-1.14) <sup>e</sup>	
	Min-Max	2.0-28.0	3.0-29.0	2.0-27.0	0.0-29.0			0.0-29.0	0.0-25.0				0.0-27.0	0.0-24.0			0.0-27.0	0.0-25.0	
Avoidance subscale	n	71	73	61	56			56	51			56	49			60	53		
	Mean (s.d.)	13.93 (7.00)	13.51 (6.75)	11.48 (6.83)	10.43 (7.15)	0.73 (0.39-1.38) <sup>a</sup>	0.3355	10.79 (7.42)	6.06 (7.06)	0.25 (0.12-0.51) <sup>a</sup>	0.0002	9.14 (6.75)	4.96 (6.48)	0.26 (0.12-0.52) <sup>a</sup>	0.0002	7.75 (6.80)	4.77 (5.74)	0.41 (0.21-0.79) <sup>a</sup>	0.0082
	Median (Q1-Q3)	14.0 (9.0-19.0)	14.0 (8.0-19.0)	11.0 (6.0-18.0)	8.0 (5.0-17.0)	0.15 (-0.22-0.52) <sup>e</sup>		9.5 (5.0-16.0)	3.0 (1.0-8.0)	0.65 (0.26-1.05) <sup>e</sup>		8.0 (4.0-13.5)	2.0 (0.0-8.0)	0.63 (0.23-1.03) <sup>e</sup>		6.5 (2.0-11.5)	2.0 (0.0-7.0)	0.47 (0.09-0.85) <sup>e</sup>	
	Min-Max	0.0-27.0	0.0-27.0	0.0-26.0	0.0-27.0			0.0-30.0	0.0-24.0				0.0-27.0	0.0-25.0			0.0-25.0	0.0-21.0	
Self-estimated intrusion frequency to explore convergence with diary at Baseline, Week 1, Week 5, 3 Month and 6 Month																			
Intrusion questionnaire: Frequency item (7-point scale)						0.23 (0.11-0.45) <sup>a</sup>	<0.000 1			0.20 (0.09-0.40) <sup>a</sup>	<0.000 1			0.25 (0.11-0.52) <sup>a</sup>	0.0004			0.36 (0.17-0.75) <sup>a</sup>	0.0067
Never	n(%)	3 (4.2)	1 (1.4)	3 (4.8)	7 (12.3)			11 (18.6)	28 (52.8)			19 (33.9)	32 (65.3)			25 (41.7)	36 (67.9)		
Once	n(%)	7 (9.9)	3 (4.1)	4 (6.5)	10 (17.5)			8 (13.6)	9 (17.0)			13 (23.2)	12 (24.5)			17 (28.3)	9 (17.0)		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Interven- tion	Treat- ment effect estimate (95% CI)	Sig.	Control	Interven- tion	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Twice	n(%)	10 (14.1)	9 (12.3)	11 (17.7)	22 (38.6)			11 (18.6)	8 (15.1)			14 (25.0)	2 (4.1)			10 (16.7)	4 (7.5)		
Every other day	n(%)	15 (21.1)	16 (21.9)	14 (22.6)	7 (12.3)			13 (22.0)	5 (9.4)			8 (14.3)	0 (0)			4 (6.7)	3 (5.7)		
Once a day	n(%)	11 (15.5)	17 (23.3)	10 (16.1)	7 (12.3)			8 (13.6)	1 (1.9)			1 (1.8)	0 (0)			3 (5.0)	0 (0)		
Several times a day	n(%)	21 (29.6)	25 (34.2)	20 (32.3)	3 (5.3)			8 (13.6)	2 (3.8)			1 (1.8)	3 (6.1)			0 (0)	1 (1.9)		
Many times a day	n(%)	4 (5.6)	2 (2.7)	0 (0)	1 (1.8)			0 (0)	0 (0)			0	0			1 (1.7)	0 (0)		
Sum score (number of intrusions)	n	70	73	62	57			59	53			56	49			60	53		
	Mean (s.d.)	10.64 (12.67)	13.42 (19.44)	8.55 (8.74)	6.90 (27.71)	0.81 (0.29- 2.17) <sup>c</sup>	0.6737	5.91 (9.52)	2.52 (9.72)	0.43 (0.14- 1.11) <sup>c</sup>	0.1022	1.73 (2.98)	4.18 (20.41)	2.42 (0.48- 17.54) <sup>c</sup>	0.3804	1.78 (4.67)	0.78 (2.08)	0.44 (0.13- 1.22) <sup>c</sup>	0.1384
	Median (Q1-Q3)	5.3 (2.0- 14.0)	7.0 (3.5- 21.0)	3.5 (2.0- 14.0)	2.0 (1.0- 3.5)	0.08 (-0.28- 0.45) <sup>e</sup>		2.0 (1.0- 7.0)	0.0 (0.0- 2.0)	0.35 (-0.03- 0.73) <sup>e</sup>		1.0 (0.0- 2.0)	0.0 (0.0- 1.0)	-0.17 (-0.56- 0.21) <sup>e</sup>		1.0 (0.0- 2.0)	0.0 (0.0- 1.0)	0.27 (-0.10- 0.65) <sup>e</sup>	
	Min-Max	0.0-70.0	0.0-140.0	0.0-35.0	0.0-210.0			0.0-49.0	0.0-70.0			0.0-21.0	0.0-140.0			0.0-35.0	0.0-14.0		
<b>Intrusion questionnaire (0-100)</b>																			
Distress	n	67	72	59	50			46	25			37	17			35	17		
	Mean (s.d.)	44.69 (20.04)	46.15 (19.97)	36.83 (22.33)	31.24 (19.18)	0.64 (0.33- 1.24) <sup>a</sup>	0.1900	38.83 (24.08)	38.72 (27.04)	0.85 (0.36- 2.00) <sup>a</sup>	0.7093	35.24 (23.17)	44.06 (26.01)	1.97 (0.73- 5.49) <sup>a</sup>	0.1855	34.83 (22.95)	38.06 (28.13)	1.04 (0.38- 2.88) <sup>a</sup>	0.9369
	Median (Q1-Q3)	44.0 (30.0- 59.0)	50.0 (35.0- 59.5)	41.0 (16.0- 52.0)	27.0 (19.0- 48.0)	0.27 (-0.12- 0.65) <sup>e</sup>		37.5 (20.0- 51.0)	31.0 (18.0- 50.0)	0.00 (-0.49- 0.50) <sup>e</sup>		25.0 (13.0- 56.0)	44.0 (25.0- 60.0)	-0.37 (-0.96- 0.23) <sup>e</sup>		32.0 (18.0- 55.0)	31.0 (16.0- 42.0)	-0.13 (-0.72- 0.46) <sup>e</sup>	
	Min-Max	2.0-88.0	0.0-91.0	0.0-84.0	1.0-84.0			0.0-94.0	0.0-100.0			0.0-93.0	8.0-100.0			0.0-87.0	9.0- 100.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treatme nt effect estimate (95% CI)	Sig.	Control	Inter- vention	Treatme nt effect estimate (95% CI)	Sig.	Control	Interven tion	Treatme nt effect estimate (95% CI)	Sig.	Control	Interve ntion	Treatme nt effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Nowness	n	67	72	59	50			46	25			37	17			35	17		
	Mean (s.d.)	36.90 (27.71)	35.39 (28.08)	23.47 (23.88)	25.70 (24.31)	1.31 (0.68- 2.52) <sup>a</sup>	0.4207	25.20 (25.62)	27.76 (24.33)	1.35 (0.59- 3.15) <sup>a</sup>	0.4780	20.76 (22.44)	30.94 (29.95)	1.99 (0.73- 5.59) <sup>a</sup>	0.1836	26.97 (29.64)	15.29 (16.39)	0.71 (0.26- 1.90) <sup>a</sup>	0.4949
	Median (Q1-Q3)	30.0 (15.0- 54.0)	29.0 (10.5- 60.0)	15.0 (4.0- 37.0)	19.0 (6.0- 39.0)	-0.09 (-0.47- 0.29) <sup>e</sup>		15.0 (3.0- 48.0)	21.0 (6.0- 49.0)	-0.10 (-0.60- 0.39) <sup>e</sup>		15.0 (1.0- 33.0)	17.0 (11.0- 43.0)	-0.41 (-1.00- 0.19) <sup>e</sup>		18.0 (1.0- 52.0)	15.0 (2.0- 22.0)	0.45 (-0.15- 1.05) <sup>e</sup>	
	Min-Max	0.0- 100.0	0.0-100.0	0.0-86.0	0.0-87.0			0.0-94.0	0.0-81.0			0.0-80.0	0.0-86.0			0.0-100.0	0.0-68.0		
Reliving	n	67	72	59	50			46	25			37	17			35	17		
	Mean (s.d.)	48.07 (24.90)	50.63 (24.48)	41.31 (26.42)	36.50 (23.58)	0.73 (0.38- 1.41) <sup>a</sup>	0.3551	43.00 (28.86)	39.36 (27.80)	0.74 (0.32- 1.73) <sup>a</sup>	0.4917	31.95 (23.42)	43.24 (25.24)	2.22 (0.82- 6.18) <sup>a</sup>	0.1204	37.03 (27.45)	34.12 (27.06)	0.85 (0.31- 2.29) <sup>a</sup>	0.7401
	Median (Q1-Q3)	49.0 (30.0- 70.0)	50.0 (31.5- 70.5)	41.0 (20.0- 60.0)	30.5 (17.0- 53.0)	0.19 (-0.19- 0.57) <sup>e</sup>		47.5 (21.0- 62.0)	29.0 (21.0- 51.0)	0.13 (-0.37- 0.62) <sup>e</sup>		31.0 (8.0- 47.0)	44.0 (25.0- 55.0)	-0.47 (-1.07- 0.12) <sup>e</sup>		31.0 (12.0- 60.0)	30.0 (15.0- 41.0)	0.11 (-0.49- 0.70) <sup>e</sup>	
	Min-Max	1.0- 100.0	1.0-100.0	0.0-100.0	1.0-90.0			0.0-100.0	0.0-95.0			0.0-79.0	4.0-100.0			0.0-86.0	0.0- 100.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Disconnecte dness	n	67	72	59	50			46	25			37	17			35	17		
	Mean (s.d.)	54.28 (31.57)	54.76 (28.82)	40.66 (27.60)	52.06 (28.55)	2.06 (1.06- 4.03) <sup>a</sup>	<b>0.0332</b>	39.11 (25.62)	49.08 (29.07)	2.04 (0.86- 4.92) <sup>a</sup>	0.1056	37.62 (28.97)	53.53 (27.35)	2.82 (1.03- 7.94) <sup>a</sup>	<b>0.0451</b>	46.57 (29.29)	40.47 (34.40)	0.71 (0.25- 2.01) <sup>a</sup>	0.5210
	Median (Q1-Q3)	57.0 (29.0- 80.0)	55.0 (37.0- 78.5)	39.0 (19.0- 57.0)	51.5 (32.0- 76.0)	-0.41 (-0.79- -0.02) <sup>e</sup>		40.5 (21.0- 54.0)	50.0 (27.0- 69.0)	-0.37 (-0.87- 0.13) <sup>e</sup>		30.0 (18.0- 53.0)	50.0 (40.0- 76.0)	-0.56 (-1.16- 0.04) <sup>e</sup>		50.0 (22.0- 72.0)	43.0 (4.0- 62.0)	0.20 (-0.40- 0.79) <sup>e</sup>	
	Min-Max	0.0- 100.0	0.0-100.0	0.0-100.0	0.0-100.0			0.0-94.0	2.0-100.0			0.0-100.0	3.0-100.0			0.0-100.0	0.0- 100.0		
Triggers	n	67	72	59	50			46	25			37	17			35	17		
	Mean (s.d.)	59.15 (28.28)	57.93 (25.72)	52.00 (28.62)	42.10 (25.76)	0.53 (0.27- 1.02) <sup>a</sup>	0.0578	58.13 (27.26)	41.24 (33.85)	0.37 (0.15- 0.90) <sup>a</sup>	<b>0.0299</b>	53.14 (33.79)	47.47 (29.05)	0.77 (0.29- 2.05) <sup>a</sup>	0.5998	50.91 (25.59)	36.35 (30.86)	0.33 (0.11- 0.96) <sup>a</sup>	<b>0.0440</b>
	Median (Q1-Q3)	66.0 (36.0- 80.0)	57.0 (41.5- 79.0)	54.0 (25.0- 75.0)	39.0 (20.0- 58.0)	0.36 (-0.02- 0.75) <sup>e</sup>		59.0 (40.0- 76.0)	41.0 (11.0- 74.0)	0.57 (0.06- 1.07) <sup>e</sup>		55.0 (23.0- 79.0)	43.0 (24.0- 59.0)	0.17 (-0.41- 0.76) <sup>e</sup>		50.0 (27.0- 74.0)	24.0 (17.0- 54.0)	0.53 (-0.07- 1.13) <sup>e</sup>	
	Min-Max	0.0- 100.0	5.0-100.0	0.0-100.0	1.0-95.0			3.0-100.0	0.0-100.0			0.0-100.0	1.0-96.0			3.0-97.0	0.0- 100.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Other outcome measures</b>																			
<b>Functioning</b>																			
Scale of Work Engagement and Burnout (SWEBO) - Burnout subscale																			
Exhaustion (1-4)	n	71	70													58	50		
	Mean (s.d.)	2.14 (0.78)	2.12 (0.81)													1.95 (0.75)	1.77 (0.74)	0.64 (0.32- 1.25) <sup>a</sup>	0.1920
	Median (Q1-Q3)	2.0 (1.7- 3.0)	2.0 (1.3- 3.0)													2.0 (1.3- 2.3)	1.7 (1.0- 2.3)	0.25 (-0.13- 0.63) <sup>e</sup>	
	Min-Max	1.0-4.0	1.0-4.0													1.0-4.0	1.0-4.0		
Disengagement (1-4)	n	71	70													58	50		
	Mean (s.d.)	1.82 (0.73)	1.83 (0.69)													1.66 (0.66)	1.42 (0.60)	0.45 (0.22- 0.90) <sup>a</sup>	<b>0.0245</b>
	Median (Q1-Q3)	1.7 (1.3- 2.0)	1.7 (1.3- 2.3)													1.3 (1.0- 2.0)	1.3 (1.0- 1.7)	0.38 (-0.00- 0.77) <sup>e</sup>	
	Min-Max	1.0-4.0	1.0-3.3													1.0-4.0	1.0-4.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Inattentiveness (1-4)	n	71	70													58	50		
	Mean (s.d.)	1.97 (0.66)	2.05 (0.66)													1.78 (0.65)	1.49 (0.60)	0.40 (0.20- 0.80) <sup>a</sup>	<b>0.0102</b>
	Median (Q1-Q3)	2.0 (1.7- 2.3)	2.0 (1.7- 2.3)													1.7 (1.3- 2.0)	1.3 (1.0- 2.0)	0.46 (0.07- 0.85) <sup>e</sup>	
	Min-Max	1.0-3.7	1.0-4.0													1.0-3.7	1.0-3.3		
Total (1-4)	n	71	70													58	50		
	Mean (s.d.)	1.98 (0.64)	2.00 (0.63)													1.80 (0.61)	1.56 (0.58)	0.46 (0.23- 0.90) <sup>a</sup>	<b>0.0240</b>
	Median (Q1-Q3)	2.0 (1.6- 2.3)	1.8 (1.6- 2.4)													1.7 (1.3- 2.1)	1.3 (1.1- 1.9)	0.40 (0.01- 0.79) <sup>e</sup>	
	Min-Max	1.0-3.8	1.0-3.7													1.0-3.6	1.0-3.8		
Sick leave (total number of days)	n	71	73	59	54			55	48			52	46			58	51		
	Mean (s.d.)	1.24 (3.25)	1.15 (2.75)	0.95 (4.12)	0.26 (0.76)	0.27 (0.02- 1.44) <sup>c</sup>	0.1805	1.18 (2.84)	0.67 (1.84)	0.56 (0.18- 1.53) <sup>c</sup>	0.2821	0.77 (2.39)	0.24 (0.74)	0.31 (0.05- 1.20) <sup>c</sup>	0.1283	0.86 (2.90)	0.41 (1.22)	0.48 (0.10- 1.69) <sup>c</sup>	0.2818
	Median (Q1-Q3)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.23 (-0.15- 0.60) <sup>e</sup>		0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.21 (-0.18- 0.61) <sup>e</sup>		0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.29 (-0.11- 0.70) <sup>e</sup>		0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.20 (-0.18- 0.58) <sup>e</sup>	
	Min-Max	0.0-14.0	0.0-14.0	0.0-30.0	0.0-3.0			0.0-14.0	0.0-10.0			0.0-10.0	0.0-3.0			0.0-15.0	0.0-7.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Sick leave during the last two weeks (total number of full workdays)	n	71	73	59	54			55	48			52	46			58	51		
	Mean (s.d.)	1.69 (3.82)	1.05 (2.89)	1.12 (3.15)	0.78 (2.23)	0.70 (0.22- 2.00) <sup>c</sup>	0.5077	1.60 (2.90)	0.98 (2.41)	0.61 (0.25- 1.38) <sup>c</sup>	0.2520	0.90 (2.29)	0.39 (1.24)	0.43 (0.11- 1.34) <sup>c</sup>	0.1759	1.16 (3.84)	0.59 (1.39)	0.51 (0.13- 1.66) <sup>c</sup>	0.2893
	Median (Q1-Q3)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.12 (-0.25- 0.50) <sup>e</sup>		0.0 (0.0- 2.0)	0.0 (0.0- 1.0)	0.23 (-0.16- 0.62) <sup>e</sup>		0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.27 (-0.13- 0.68) <sup>e</sup>		0.0 (0.0- 0.0)	0.0 (0.0- 0.0)	0.19 (-0.19- 0.57) <sup>e</sup>	
	Min-Max	0.0-14.0	0.0-14.0	0.0-20.0	0.0-13.0			0.0-12.0	0.0-14.0			0.0-10.0	0.0-7.0			0.0-21.0	0.0-7.0		
Stress and Energy Questionnaire (SEQ) - Stress Subscale (0-12)	n	71	71	59	53			55	48			51	46			58	51		
	Mean (s.d.)	6.10 (3.65)	6.08 (3.28)	5.85 (3.85)	4.51 (3.21)	0.54 (0.28- 1.04) <sup>a</sup>	0.0654	6.42 (3.53)	4.25 (2.69)	0.33 (0.16- 0.66) <sup>a</sup>	<b>0.0018</b>	5.02 (3.62)	3.76 (2.73)	0.57 (0.28- 1.15) <sup>a</sup>	0.1169	4.76 (3.55)	3.57 (2.35)	0.56 (0.29- 1.09) <sup>a</sup>	0.0875
	Median (Q1-Q3)	6.0 (3.0- 9.0)	6.0 (4.0- 9.0)	6.0 (3.0- 9.0)	4.0 (2.0- 6.0)	0.38 (-0.00- 0.75) <sup>e</sup>		6.0 (3.0- 9.0)	4.0 (2.0- 6.0)	0.68 (0.28- 1.09) <sup>e</sup>		4.0 (2.0- 8.0)	3.0 (2.0- 5.0)	0.39 (-0.02- 0.80) <sup>e</sup>		4.5 (2.0- 7.0)	3.0 (2.0- 5.0)	0.39 (0.01- 0.77) <sup>e</sup>	
	Min-Max	0.0-12.0	0.0-12.0	0.0-12.0	0.0-12.0			0.0-12.0	0.0-12.0			0.0-12.0	0.0-12.0			0.0-12.0	0.0-12.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Moral stress at work (5-20) <sup>0</sup>	n	70	73	59	52			55	48			51	46			58	50		
	Mean (s.d.)	13.47 (3.99)	13.00 (3.65)	13.22 (4.00)	14.23 (3.53)	1.51 (0.79- 2.90) <sup>a</sup>	0.2175	13.44 (3.81)	15.21 (3.11)	2.28 (1.15- 4.57) <sup>a</sup>	<b>0.0189</b>	14.25 (3.53)	14.65 (3.75)	1.33 (0.67- 2.69) <sup>a</sup>	0.4180	14.50 (3.54)	14.88 (2.99)	1.21 (0.62- 2.34) <sup>a</sup>	0.5763
	Median (Q1-Q3)	14.0 (11.0- 16.0)	13.0 (10.0- 16.0)	14.0 (10.0- 16.0)	14.0 (12.0- 17.0)	-0.27 (-0.65- 0.11) <sup>e</sup>		14.0 (11.0- 16.0)	15.0 (13.0- 18.0)	-0.51 (-0.90- -0.11) <sup>e</sup>		14.0 (11.0- 18.0)	15.0 (12.0- 18.0)	-0.11 (-0.51- 0.29) <sup>e</sup>		14.0 (12.0- 18.0)	14.0 (13.0- 18.0)	-0.12 (-0.50- 0.27) <sup>e</sup>	
	Min-Max	5.0-20.0	5.0-20.0	5.0-20.0	5.0-20.0			5.0-20.0	5.0-20.0			8.0-20.0	5.0-20.0			9.0-20.0	10.0- 20.0		
Difficulties in letting go of work-related thoughts during leisure time (0-4) <sup>1</sup>	n	71	71	59	53			55	48			51	46			58	51		
	Mean (s.d.)	1.94 (1.19)	1.90 (1.20)	1.98 (1.25)	2.34 (1.19)	1.74 (0.89- 3.42) <sup>a</sup>	0.1045	2.02 (1.30)	2.35 (1.21)	1.59 (0.80- 3.19) <sup>a</sup>	0.1902	2.12 (1.28)	2.65 (1.29)	2.15 (1.05- 4.47) <sup>a</sup>	<b>0.0390</b>	1.93 (1.23)	2.51 (1.24)	2.36 (1.19- 4.75) <sup>a</sup>	<b>0.0145</b>
	Median (Q1-Q3)	2.0 (1.0- 3.0)	2.0 (1.0- 3.0)	2.0 (1.0- 3.0)	3.0 (1.0- 3.0)	-0.29 (-0.67- 0.09) <sup>e</sup>		2.0 (1.0- 3.0)	2.5 (1.0- 3.0)	-0.27 (-0.66- 0.13) <sup>e</sup>		2.0 (1.0- 3.0)	3.0 (2.0- 4.0)	-0.42 (-0.83- -0.01) <sup>e</sup>		2.0 (1.0- 3.0)	3.0 (1.0- 4.0)	-0.47 (-0.86- -0.08) <sup>e</sup>	
	Min-Max	0.0-4.0	0.0-4.0	0.0-4.0	0.0-4.0			0.0-4.0	0.0-4.0			0.0-4.0	0.0-4.0			0.0-4.0	0.0-4.0		
Whether above mentioned difficulties are due to intrusive memories					0.39 (0.18- 0.84) <sup>b</sup>	<b>0.0178</b>			0.28 (0.10- 0.70) <sup>b</sup>	<b>0.0093</b>			0.25 (0.08- 0.67) <sup>b</sup>	<b>0.0088</b>				0.61 (0.23- 1.53) <sup>b</sup>	0.3041
Yes	n(%)	40 (56.3)	35 (49.3)	31 (52.5)	16 (30.2)			21 (38.2)	7 (14.6)			19 (37.3)	6 (13.0)			15 (25.9)	9 (17.6)		
No	n(%)	31 (43.7)	36 (50.7)	28 (47.5)	37 (69.8)			34 (61.8)	41 (85.4)			32 (62.7)	40 (87.0)			43 (74.1)	42 (82.4)		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Wellbeing</b>																			
World Health Organization Disability Assessment Schedule 2.0 (WHODAS)																			
Cognition (2-10)	n															58	50		
	Mean (s.d.)															3.59 (1.55)	3.16 (1.71)	0.48 (0.23- 0.96) <sup>a</sup>	<b>0.0400</b>
	Median (Q1-Q3)															3.0 (2.0- 5.0)	2.0 (2.0- 4.0)	0.26 (-0.12- 0.65) <sup>e</sup>	
	Min-Max															2.0-8.0	2.0-8.0		
Mobility (2-10)	n															58	50		
	Mean (s.d.)															3.03 (1.57)	2.70 (1.28)	0.62 (0.29- 1.30) <sup>a</sup>	0.2074
	Median (Q1-Q3)															2.0 (2.0- 3.0)	2.0 (2.0- 3.0)	0.23 (-0.15- 0.62) <sup>e</sup>	
	Min-Max															2.0-9.0	2.0-8.0		
Personal Care (2-10)	n															58	50		
	Mean (s.d.)															2.55 (1.16)	2.20 (0.81)	0.30 (0.08- 0.91) <sup>a</sup>	<b>0.0469</b>
	Median (Q1-Q3)															2.0 (2.0- 2.0)	2.0 (2.0- 2.0)	0.35 (-0.04- 0.73) <sup>e</sup>	
	Min-Max															2.0-7.0	2.0-7.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Relations (2-10)	n															58	50		
	Mean (s.d.)															3.50 (1.73)	3.28 (1.63)	0.80 (0.40- 1.60) <sup>a</sup>	0.5366
	Median (Q1-Q3)															3.0 (2.0- 4.0)	3.0 (2.0- 4.0)	0.13 (-0.25- 0.51) <sup>e</sup>	
	Min-Max															2.0-8.0	2.0-8.0		
Daily activities (2-10)	n															58	50		
	Mean (s.d.)															3.86 (1.98)	3.34 (1.62)	0.60 (0.30- 1.20) <sup>a</sup>	0.1516
	Median (Q1-Q3)															3.0 (2.0- 5.0)	3.0 (2.0- 4.0)	0.29 (-0.10- 0.67) <sup>e</sup>	
	Min-Max															2.0-10.0	2.0-8.0		
Participation in society (2-10)	n															58	50		
	Mean (s.d.)															4.93 (1.94)	4.54 (2.15)	0.72 (0.37- 1.41) <sup>a</sup>	0.3369
	Median (Q1-Q3)															5.0 (3.0- 6.0)	4.5 (2.0- 6.0)	0.19 (-0.19- 0.58) <sup>e</sup>	
	Min-Max															2.0-9.0	2.0-9.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
WHODAS Disability Score (12-60)	n															58	50		
	Mean (s.d.)															21.47 (7.86)	19.22 (7.57)	0.55 (0.28- 1.08) <sup>a</sup>	0.0826
	Median (Q1-Q3)															19.0 (16.0- 27.0)	17.5 (13.0- 23.0)	0.29 (-0.09- 0.68) <sup>e</sup>	
	Min-Max															12.0-44.0	12.0- 44.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
How many of the past 7 days did you have these difficulties?	n															58	50		
	Mean (s.d.)															1.97 (2.41)	0.88 (1.85)	0.31 (0.14-0.66) <sup>a</sup>	<b>0.0027</b>
	Median (Q1-Q3)															1.0 (0.0-3.0)	0.0 (0.0-1.0)	0.50 (0.11-0.89) <sup>e</sup>	
	Min-Max															0.0-7.0	0.0-7.0		
How many of the past 7 days were you completely unable to carry out your usual activities or work because of your health condition?	n															58	50		
	Mean (s.d.)															0.50 (1.52)	0.16 (0.74)	0.46 (0.12-1.51) <sup>a</sup>	0.2182
	Median (Q1-Q3)															0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.28 (-0.11-0.66) <sup>e</sup>	
	Min-Max															0.0-7.0	0.0-5.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
How many of the past 7 days did you cut back or reduce your usual activities or work because of your health condition?	n															58	50		
	Mean (s.d.)															1.64 (2.50)	0.64 (1.50)	0.46 (0.21-1.01) <sup>a</sup>	0.0565
	Median (Q1-Q3)															0.0 (0.0-3.0)	0.0 (0.0-1.0)	0.48 (0.09-0.86) <sup>e</sup>	
	Min-Max															0.0-7.0	0.0-7.0		
Self Rated Health (SRH) (0-6)	n	71	73	60	54			55	50			53	46			58	52		
	Mean (s.d.)	4.08 (1.16)	4.10 (1.22)	3.95 (1.05)	4.44 (1.18)	2.61 (1.32-5.26) <sup>a</sup>	<b>0.0066</b>	3.89 (1.52)	4.68 (1.19)	2.84 (1.41-5.87) <sup>a</sup>	<b>0.0041</b>	4.11 (1.07)	4.67 (1.17)	3.13 (1.48-6.80) <sup>a</sup>	<b>0.0033</b>	4.10 (1.17)	4.67 (1.22)	2.82 (1.40-5.82) <sup>a</sup>	<b>0.0041</b>
	Median (Q1-Q3)	4.0 (3.0-5.0)	4.0 (3.0-5.0)	4.0 (3.0-5.0)	5.0 (4.0-5.0)	-0.45 (-0.82-0.07) <sup>e</sup>		4.0 (3.0-5.0)	5.0 (4.0-5.0)	-0.57 (-0.97-0.18) <sup>e</sup>		4.0 (3.0-5.0)	5.0 (4.0-5.0)	-0.50 (-0.91-0.09) <sup>e</sup>		4.0 (4.0-5.0)	5.0 (4.0-5.5)	-0.48 (-0.86-0.09) <sup>e</sup>	
	Min-Max	1.0-6.0	1.0-6.0	1.0-6.0	1.0-6.0			0.0-6.0	1.0-6.0			2.0-6.0	0.0-6.0			1.0-6.0	1.0-6.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Self-rated sleep ratings (SCI-02) (0-8) <sup>2</sup>	n	71	73	60	54			55	50			53	46			58	52		
	Mean (s.d.)	4.14 (2.63)	3.97 (2.53)	4.92 (2.30)	5.89 (2.45)	2.61 (1.34-5.17) <sup>a</sup>	<b>0.0053</b>	4.65 (2.82)	6.02 (2.10)	2.16 (1.09-4.33) <sup>a</sup>	<b>0.0293</b>	4.77 (2.33)	6.28 (2.05)	3.92 (1.88-8.38) <sup>a</sup>	<b>0.0003</b>	5.40 (2.41)	6.23 (1.83)	1.85 (0.95-3.64) <sup>a</sup>	<b>0.0742</b>
	Median (Q1-Q3)	4.0 (2.0-7.0)	4.0 (2.0-6.0)	6.0 (3.0-6.5)	7.0 (5.0-8.0)	-0.41 (-0.78-0.03) <sup>e</sup>		5.0 (2.0-7.0)	7.0 (5.0-7.0)	-0.54 (-0.94-0.15) <sup>e</sup>		5.0 (3.0-7.0)	7.0 (6.0-8.0)	-0.68 (-1.10-0.27) <sup>e</sup>		6.0 (4.0-7.0)	7.0 (6.0-7.0)	-0.39 (-0.77-0.00) <sup>e</sup>	
	Min-Max	0.0-8.0	0.0-8.0	0.0-8.0	0.0-8.0			0.0-8.0	0.0-8.0			0.0-8.0	0.0-8.0			0.0-8.0	0.0-8.0		
Social support after traumatic event (1-10) <sup>3</sup>	n	71	73	61	54			55	50			55	47			58	51		
	Mean (s.d.)	6.39 (2.73)	6.01 (3.02)	5.98 (2.76)	6.81 (2.43)	1.65 (0.87-3.16) <sup>a</sup>	0.1265	5.96 (2.77)	6.22 (3.25)	1.25 (0.64-2.47) <sup>a</sup>	0.5118	6.09 (3.12)	5.85 (3.24)	0.89 (0.45-1.76) <sup>a</sup>	0.7380	5.48 (3.12)	5.92 (2.83)	1.29 (0.67-2.50) <sup>a</sup>	0.4460
	Median (Q1-Q3)	7.0 (4.0-9.0)	6.0 (3.0-8.0)	6.0 (3.0-8.0)	7.0 (5.0-9.0)	-0.32 (-0.69-0.05) <sup>e</sup>		7.0 (3.0-8.0)	7.0 (4.0-9.0)	-0.09 (-0.47-0.30) <sup>e</sup>		7.0 (4.0-9.0)	6.0 (3.0-9.0)	0.08 (-0.32-0.47) <sup>e</sup>		5.0 (3.0-8.0)	6.0 (4.0-8.0)	-0.15 (-0.53-0.23) <sup>e</sup>	
	Min-Max	1.0-10.0	1.0-10.0	1.0-10.0	1.0-10.0			1.0-10.0	1.0-10.0			1.0-10.0	1.0-10.0			1.0-10.0	1.0-10.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Intrusion memory ratings</b>																			
Concentration disruption (diary, week 0, 1, 5)																			
Level Diary week (0-10)	n	69	68	57	51			46	27										
	Mean (s.d.)	3.55 (2.15)	3.85 (2.63)	2.77 (2.06)	1.92 (2.23)	0.40 (0.20- 0.79) <sup>a</sup>	<b>0.0092</b>	2.67 (2.31)	1.78 (2.26)	0.39 (0.16- 0.91) <sup>a</sup>	<b>0.0321</b>								
	Median (Q1-Q3)	3.0 (2.0- 5.0)	3.0 (2.0- 6.0)	3.0 (1.0- 4.0)	1.0 (0.0- 3.0)	0.40 (0.01- 0.78) <sup>e</sup>		2.0 (1.0- 4.0)	1.0 (0.0- 2.0)	0.39 (-0.10- 0.88) <sup>e</sup>									
	Min-Max	0.0-9.0	0.0-10.0	0.0-9.0	0.0-10.0			0.0-9.0	0.0-10.0										
Duration (0-5)	n	69	68	57	51			46	27										
	Mean (s.d.)	1.10 (1.09)	1.25 (0.89)	0.98 (1.08)	0.67 (0.77)	0.60 (0.29- 1.22) <sup>a</sup>	0.1619	1.02 (1.16)	0.85 (1.03)	0.75 (0.30- 1.83) <sup>a</sup>	0.5294								
	Median (Q1-Q3)	1.0 (0.0- 1.0)	1.0 (1.0- 2.0)	1.0 (0.0- 1.0)	1.0 (0.0- 1.0)	0.33 (-0.05- 0.72) <sup>e</sup>		1.0 (0.0- 1.0)	1.0 (0.0- 1.0)	0.15 (-0.33- 0.64) <sup>e</sup>									
	Min-Max	0.0-4.0	0.0-4.0	0.0-4.0	0.0-3.0			0.0-5.0	0.0-4.0										

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Concentration and memory difficulties – 11 item scale (11-55) <sup>4</sup>	n															52	42		
	Mean (s.d.)															38.17 (10.84)	44.55 (7.93)	3.36 (1.62- 7.14) <sup>a</sup>	<b>0.0013</b>
	Median (Q1-Q3)															40.5 (32.0- 47.0)	46.0 (42.0- 50.0)	-0.66 (-1.08- -0.24) <sup>e</sup>	
	Min-Max															11.0-54.0	15.0- 53.0		
Self-rated impact of IMs on occupational functioning (0-10)	n	71	73	61	54			55	50			55	47			58	51		
	Mean (s.d.)	2.58 (2.32)	2.52 (2.32)	2.69 (2.74)	1.72 (1.96)	0.56 (0.29- 1.07) <sup>a</sup>	0.0816	2.96 (2.66)	1.20 (1.97)	0.22 (0.10- 0.45) <sup>a</sup>	<0.000 1	2.20 (2.36)	0.87 (1.60)	0.30 (0.14- 0.63) <sup>a</sup>	0.0016	2.10 (2.11)	1.06 (1.87)	0.28 (0.13- 0.56) <sup>a</sup>	<b>0.0005</b>
	Median (Q1-Q3)	2.0 (1.0- 5.0)	2.0 (1.0- 4.0)	1.0 (1.0- 5.0)	1.0 (0.0- 3.0)	0.40 (0.03- 0.78) <sup>e</sup>		2.0 (1.0- 5.0)	0.0 (0.0- 2.0)	0.75 (0.35- 1.15) <sup>e</sup>		1.0 (0.0- 4.0)	0.0 (0.0- 1.0)	0.65 (0.25- 1.05) <sup>e</sup>		1.0 (1.0- 3.0)	0.0 (0.0- 1.0)	0.52 (0.14- 0.91) <sup>e</sup>	
	Min-Max	0.0-9.0	0.0-10.0	0.0-9.0	0.0-8.0			0.0-10.0	0.0-9.0			0.0-8.0	0.0-9.0			0.0-8.0	0.0-9.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Self-rated impact of IMs on daily functioning in other areas (1-10) <sup>5</sup>	n	71	73	61	54			55	50			55	47			58	51		
	Mean (s.d.)	3.93 (2.46)	3.93 (2.61)	4.03 (2.71)	2.85 (2.10)	0.47 (0.24- 0.90) <sup>a</sup>	0.0243	3.91 (2.41)	2.42 (2.22)	0.24 (0.11- 0.49) <sup>a</sup>	0.0001	3.51 (2.46)	1.89 (1.66)	0.23 (0.11- 0.49) <sup>a</sup>	0.0002	3.17 (2.19)	2.02 (1.87)	0.26 (0.12- 0.53) <sup>a</sup>	<b>0.0003</b>
	Median (Q1-Q3)	4.0 (2.0- 6.0)	3.0 (2.0- 6.0)	4.0 (1.0- 6.0)	2.0 (1.0- 4.0)	0.48 (0.11- 0.86) <sup>e</sup>		3.0 (2.0- 6.0)	1.0 (1.0- 3.0)	0.64 (0.24- 1.04) <sup>e</sup>		3.0 (1.0- 6.0)	1.0 (1.0- 2.0)	0.76 (0.35- 1.17) <sup>e</sup>		2.5 (1.0- 4.0)	1.0 (1.0- 2.0)	0.56 (0.17- 0.95) <sup>e</sup>	
	Min-Max	1.0-10.0	1.0-10.0	1.0-10.0	1.0-10.0			1.0-10.0	1.0-10.0			1.0-9.0	1.0-10.0			1.0-8.0	1.0-9.0		
Perceived impact of intrusive memories on functioning																			
Diary week 0, 1, 5 (0-10)																			
Distress	n	69	68	57	51			44	28										
	Mean (s.d.)	3.97 (2.07)	4.25 (2.37)	3.23 (2.26)	2.61 (2.37)	0.56 (0.29- 1.10) <sup>a</sup>	0.0952	3.14 (2.43)	2.04 (1.75)	0.46 (0.20- 1.06) <sup>a</sup>	0.0708								
	Median (Q1-Q3)	4.0 (2.0- 6.0)	4.0 (3.0- 5.5)	3.0 (2.0- 5.0)	2.0 (1.0- 3.0)	0.27 (-0.12- 0.65) <sup>e</sup>		3.0 (1.0- 5.5)	2.0 (1.0- 3.0)	0.50 (0.01- 0.99) <sup>e</sup>									
	Min-Max	0.0-8.0	0.0-10.0	0.0-10.0	0.0-10.0			0.0-9.0	0.0-7.0										
Vividness	n	68	68	56	51			47	28										
	Mean (s.d.)	4.56 (2.54)	4.26 (2.37)	3.68 (2.31)	3.08 (2.59)	0.57 (0.29- 1.12) <sup>a</sup>	0.1055	3.26 (2.33)	2.75 (2.58)	0.56 (0.24- 1.30) <sup>a</sup>	0.1793								
	Median (Q1-Q3)	4.0 (3.0- 6.0)	4.0 (3.0- 6.0)	3.5 (2.0- 5.0)	3.0 (1.0- 5.0)	0.25 (-0.14- 0.63) <sup>e</sup>		3.0 (2.0- 4.0)	2.0 (1.0- 4.5)	0.21 (-0.27- 0.69) <sup>e</sup>									
	Min-Max	0.0-10.0	0.0-10.0	0.0-10.0	0.0-10.0			0.0-10.0	0.0-10.0										

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Concentration disruption (1, 3 and 6 month in follow-up questionnaires)</b>																			
Level questionnaire (0- 10)	n							45	29			44	20			49	26		
	Mean (s.d.)							2.98 (2.47)	2.24 (2.26)	0.55 (0.24- 1.27) <sup>a</sup>	0.1661	2.14 (2.25)	1.35 (2.13)	0.46 (0.17- 1.21) <sup>a</sup>	0.1201	2.27 (2.35)	2.04 (2.24)	0.90 (0.39- 2.06) <sup>a</sup>	0.7998
	Median (Q1-Q3)							2.0 (1.0- 5.0)	2.0 (0.0- 4.0)	0.31 (-0.17- 0.79) <sup>e</sup>		1.5 (0.0- 3.5)	0.5 (0.0- 2.0)	0.36 (-0.19- 0.90) <sup>e</sup>		2.0 (0.0- 4.0)	1.0 (1.0- 3.0)	0.10 (-0.39- 0.58) <sup>e</sup>	
	Min-Max							0.0-9.0	0.0-7.0			0.0-7.0	0.0-9.0			0.0-9.0	0.0-9.0		
<b>Work situation</b>																			
<b>Question related to work situation</b>																			
Whether the work situation changed since study start <sup>6</sup>						1.45 (0.55- 3.91) <sup>b</sup>	0.4531			0.98 (0.40- 2.38) <sup>b</sup>	0.9578			0.65 (0.26- 1.56) <sup>b</sup>	0.3385			0.95 (0.43- 2.10) <sup>b</sup>	0.8994
Yes	n(%)	52 (74.3)	60 (82.2)	9 (15.0)	11 (20.4)			14 (25.5)	12 (25.0)			17 (32.7)	11 (23.9)			20 (34.5)	17 (33.3)		
No	n(%)	18 (25.7)	13 (17.8)	51 (85.0)	43 (79.6)			41 (74.5)	36 (75.0)			35 (67.3)	35 (76.1)			38 (65.5)	34 (66.7)		
If yes, how <sup>7</sup> :							0.2087 <sub>d</sub>				0.0755 <sub>d</sub>				0.2412 <sub>d</sub>				0.8586 <sub>d</sub>
Changed job	n(%)	9 (17.6)	4 (7.0)	1 (11.1)	4 (44.4)			0	3 (25.0)			3 (18.8)	4 (36.4)			8 (44.4)	8 (47.1)		
Left profession/stopp ed working	n(%)	2 (3.9)	5 (8.8)	1 (11.1)	0			2 (15.4)	0			3 (18.8)	0			2 (11.1)	1 (5.9)		
Other	n(%)	40 (78.4)	48 (84.2)	7 (77.8)	5 (55.6)			11 (84.6)	9 (75.0)			10 (62.5)	7 (63.6)			8 (44.4)	8 (47.1)		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
<b>Other cognitive assessments</b>																			
Appraisals of IMs (0-300)																			
Psychological problems	n	71	73	60	54			55	50			54	47			58	51		
	Mean (s.d.)	50.56 (62.93)	46.03 (53.69)	46.83 (60.32)	25.19 (28.47)	0.73 (0.38- 1.42) <sup>a</sup>	0.3601	55.45 (73.56)	19.60 (29.20)	0.37 (0.18- 0.74) <sup>a</sup>	<b>0.0059</b>	49.44 (65.28)	20.85 (42.83)	0.35 (0.16- 0.74) <sup>a</sup>	<b>0.0068</b>	49.83 (60.39)	18.43 (42.54)	0.23 (0.11- 0.49) <sup>a</sup>	<b>0.0002</b>
	Median (Q1-Q3)	20.0 (0.0- 90.0)	20.0 (0.0- 80.0)	15.0 (0.0- 90.0)	20.0 (0.0- 40.0)	0.45 (0.08- 0.83) <sup>e</sup>		20.0 (0.0- 90.0)	0.0 (0.0- 30.0)	0.63 (0.23- 1.03) <sup>e</sup>		20.0 (0.0- 80.0)	0.0 (0.0- 30.0)	0.51 (0.11- 0.91) <sup>e</sup>		25.0 (0.0- 80.0)	0.0 (0.0- 20.0)	0.59 (0.21- 0.98) <sup>e</sup>	
Min-Max	0.0- 230.0	0.0-240.0	0.0-220.0	0.0-130.0			0.0-240.0	0.0-90.0				0.0-270.0	0.0-210.0			0.0-260.0	0.0- 210.0		
Negative self-evaluation	n	71	73	60	54			55	50			54	47			58	51		
	Mean (s.d.)	47.32 (74.87)	37.81 (54.24)	34.83 (69.98)	20.19 (47.68)	0.88 (0.42- 1.83) <sup>a</sup>	0.7312	43.82 (81.89)	20.00 (50.79)	0.62 (0.28- 1.37) <sup>a</sup>	0.2423	35.74 (74.49)	17.87 (49.30)	0.74 (0.31- 1.70) <sup>a</sup>	0.4756	45.69 (80.46)	15.88 (47.04)	0.45 (0.20- 1.00) <sup>a</sup>	0.0540
	Median (Q1-Q3)	0.0 (0.0- 80.0)	20.0 (0.0- 60.0)	0.0 (0.0- 40.0)	0.0 (0.0- 20.0)	0.24 (-0.13- 0.62) <sup>e</sup>		0.0 (0.0- 40.0)	0.0 (0.0- 10.0)	0.35 (-0.04- 0.74) <sup>e</sup>		0.0 (0.0- 30.0)	0.0 (0.0- 10.0)	0.28 (-0.12- 0.68) <sup>e</sup>		0.0 (0.0- 50.0)	0.0 (0.0- 10.0)	0.45 (0.06- 0.83) <sup>e</sup>	
Min-Max	0.0- 270.0	0.0-270.0	0.0-300.0	0.0-290.0			0.0-300.0	0.0-290.0				0.0-300.0	0.0-300.0			0.0-270.0	0.0- 300.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Time perspective questionnaire (TPQ)																			
Past (3-15)	n	71	72	59	53			55	47			51	46			58	50		
	Mean (s.d.)	9.42 (3.71)	9.38 (3.03)	9.29 (3.37)	8.19 (2.78)	0.51 (0.26- 0.97) <sup>a</sup>	<b>0.0421</b>	9.13 (3.44)	7.85 (3.30)	0.53 (0.26- 1.04) <sup>a</sup>	0.0662	8.82 (3.71)	6.67 (2.66)	0.36 (0.17- 0.72) <sup>a</sup>	<b>0.0047</b>	8.00 (3.47)	6.62 (2.48)	0.50 (0.25- 0.97) <sup>a</sup>	<b>0.0410</b>
	Median (Q1-Q3)	9.0 (6.0- 13.0)	9.5 (7.0- 11.5)	10.0 (7.0- 12.0)	8.0 (6.0- 10.0)	0.35 (-0.02- 0.73) <sup>e</sup>		9.0 (6.0- 12.0)	7.0 (5.0- 10.0)	0.38 (-0.02- 0.78) <sup>e</sup>		8.0 (6.0- 12.0)	6.0 (5.0- 8.0)	0.66 (0.25- 1.07) <sup>e</sup>		8.0 (5.0- 10.0)	6.0 (5.0- 8.0)	0.45 (0.06- 0.84) <sup>e</sup>	
	Min-Max	3.0-15.0	3.0-15.0	3.0-15.0	3.0-15.0			3.0-15.0	3.0-15.0			3.0-15.0	3.0-15.0			3.0-15.0	3.0-14.0		
Present (3-10)	n	71	72	59	53			55	47			51	46			58	50		
	Mean (s.d.)	6.15 (2.46)	6.50 (2.53)	6.25 (2.13)	6.15 (2.25)	0.89 (0.47- 1.71) <sup>a</sup>	0.7335	6.42 (2.17)	6.34 (2.27)	0.97 (0.49- 1.93) <sup>a</sup>	0.9402	6.39 (2.10)	6.28 (2.46)	0.85 (0.42- 1.71) <sup>a</sup>	0.6430	6.12 (2.39)	5.86 (2.31)	0.83 (0.43- 1.61) <sup>a</sup>	0.5846
	Median (Q1-Q3)	6.0 (4.0- 8.0)	6.0 (4.5- 9.0)	6.0 (5.0- 8.0)	6.0 (4.0- 8.0)	0.05 (-0.33- 0.42) <sup>e</sup>		6.0 (5.0- 8.0)	6.0 (5.0- 8.0)	0.04 (-0.36- 0.43) <sup>e</sup>		6.0 (5.0- 8.0)	6.0 (4.0- 8.0)	0.05 (-0.36- 0.45) <sup>e</sup>		6.0 (4.0- 8.0)	6.0 (4.0- 7.0)	0.11 (-0.27- 0.49) <sup>e</sup>	
	Min-Max	2.0-10.0	2.0-10.0	2.0-10.0	2.0-10.0			2.0-10.0	2.0-10.0			2.0-10.0	2.0-10.0			2.0-10.0	2.0-10.0		
Future (3-15)	n	71	72	59	53			55	47			51	46			58	50		
	Mean (s.d.)	9.86 (2.79)	9.64 (2.53)	9.97 (2.84)	10.47 (2.60)	1.30 (0.68- 2.49) <sup>a</sup>	0.4297	9.85 (2.81)	10.23 (2.66)	1.32 (0.67- 2.61) <sup>a</sup>	0.4250	10.22 (2.53)	10.91 (2.51)	1.71 (0.85- 3.48) <sup>a</sup>	0.1375	9.69 (3.04)	10.90 (2.34)	2.00 (1.03- 3.94) <sup>a</sup>	<b>0.0422</b>
	Median (Q1-Q3)	10.0 (8.0- 12.0)	10.0 (8.0- 11.0)	11.0 (8.0- 12.0)	10.0 (9.0- 13.0)	-0.19 (-0.56- 0.19) <sup>e</sup>		10.0 (8.0- 12.0)	10.0 (9.0- 12.0)	-0.14 (-0.53- 0.26) <sup>e</sup>		10.0 (9.0- 12.0)	11.5 (9.0- 13.0)	-0.28 (-0.68- 0.13) <sup>e</sup>		10.0 (8.0- 12.0)	11.0 (10.0- 12.0)	-0.44 (-0.83- -0.05) <sup>e</sup>	
	Min-Max	3.0-15.0	3.0-15.0	4.0-15.0	5.0-15.0			4.0-15.0	4.0-15.0			4.0-15.0	4.0-15.0			3.0-15.0	6.0-15.0		

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
Future Self-Questionnaire (FSQ) short version																			
Before traumatic event																			
Vividness (1-10)	n											50	39						
	Mean (s.d.)											7.26 (2.52)	7.54 (2.10)	1.11 (0.53- 2.32) <sup>a</sup>	0.7810				
	Median (Q1-Q3)											8.0 (6.0- 10.0)	8.0 (6.0- 10.0)	-0.12 (-0.54- 0.31) <sup>e</sup>					
	Min-Max											1.0-10.0	3.0-10.0						
Positivity (1-10)	n											50	39						
	Mean (s.d.)											7.90 (2.23)	8.05 (1.89)	1.04 (0.50- 2.19) <sup>a</sup>	0.9189				
	Median (Q1-Q3)											8.5 (7.0- 10.0)	9.0 (7.0- 10.0)	-0.07 (-0.50- 0.35) <sup>e</sup>					
	Min-Max											2.0-10.0	4.0-10.0						
Perspective	n													0.33 (0.13- 0.80) <sup>b</sup>	<b>0.0162</b>				
Through own eyes	n(%)											23 (46.0)	28 (71.8)						
From outside	n(%)											27 (54.0)	11 (28.2)						

	Statistics	Control	Inter- vention	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.	Control	Inter- vention	Treat- ment effect estimate (95% CI)	Sig.
		<i>Baseline</i>		<i>Week 1</i>				<i>1 Month/ Week 5</i>				<i>3 Month</i>				<i>6 Month</i>			
After traumatic event																			
Vividness (1-10)	n											50	39						
	Mean (s.d.)											7.02 (2.75)	7.15 (2.71)	1.06 (0.51- 2.22) <sup>a</sup>	0.8697				
	Median (Q1-Q3)											8.0 (5.0- 9.0)	8.0 (6.0- 9.0)	-0.05 (-0.47- 0.38) <sup>e</sup>					
	Min-Max											1.0-10.0	1.0-10.0						
Positivity (1-10)	n											50	39						
	Mean (s.d.)											6.56 (2.96)	7.56 (2.54)	1.82 (0.87- 3.87) <sup>a</sup>	0.1139				
	Median (Q1-Q3)											7.0 (5.0- 9.0)	8.0 (6.0- 10.0)	-0.36 (-0.79- 0.07) <sup>e</sup>					
	Min-Max											1.0-10.0	1.0-10.0						
Perspective	n													0.58 (0.18- 1.66) <sup>b</sup>	0.3188				
Through own eyes	n(%)											38 (76.0)	33 (84.6)						
From outside	n(%)											12 (24.0)	6 (15.4)						
Change of mental image content <sup>8</sup>															0.0684 <sub>d</sub>				
No change in image	n(%)											10 (20.4)	8 (21.1)						
Different way forward	n(%)											24 (49.0)	26 (68.4)						
Weaker/less positive image	n(%)											15 (30.6)	4 (10.5)						

*Notes.* Secondary- and other pre-specified outcome measures (excluding Number of intrusive memories (see Table S7), adverse events (see Table S3 and 4), coping (see Table S11), expectancy rating (see Table 1), subjective units of distress (see Table S5), Feedback questionnaire (see Table S18), including baseline questionnaire at pre-randomization, diary assessments (Week 0, Week 1, Week 5) and follow-up questionnaires (1 week follow-up, 1 month follow-up, 3 month follow-up, 6 month follow-up). All applicable statistical tests are 2-sided and were performed using a 5% significance level. Tests of statistical significance was not undertaken for baseline characteristics.

<sup>a</sup> Odds Ratio (OR) estimated using proportional odds logistic regression for ordinal outcomes; <sup>b</sup> Odds Ratio (OR) estimated using binomial logistic regression; <sup>c</sup> Incidence Rate Ratio (IRR) estimated using Quasi-Poisson regression with overdispersion parameter; <sup>d</sup> Chi-squared test; <sup>e</sup> Cohen's *d*; <sup>0</sup> Higher scores are indicative for lower stress; <sup>1</sup> Higher scores indicated less difficulties; <sup>2</sup> higher ratings indicated better sleep; <sup>6</sup> higher ratings indicating less concentration and memory difficulties <sup>5</sup> "social support after traumatic event" and Self-rated impact of IMs on daily functioning in other areas" was coded on an erroneous scale (1-10 instead of 0-10); <sup>6</sup> Note, that at baseline the item was "whether the work situation changed related to COVID-19 pandemic." <sup>7</sup> Only asked if item before that has been answered with yes. Free-text item that was coded by 3 nurse collaborators, no inter-rater reliability is available; <sup>8</sup> Categories of "change of mental image content" was rated by two-independent coders based on participants' descriptions. Cohen's kappa indicated substantial agreement ( $\kappa = .62$ ).

*IM* intrusive memory.

**Table S3.** Number of Adverse Events by Treatment arm

	<b>Control N=71</b>	<b>Intervention N=73</b>	<b>Total N=144</b>	<b>p-value*</b>
Number of subjects reporting any AE	38 (53.5%)	36 (49.3%)	74 (51.4%)	0.6136
Number of AEs reported	119	64	183	0.0052
Number of subjects reporting any SAE	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Number of SAEs	0	0	0	
Number of AE leading to withdrawal	0 (0.0%)	1 (1.4%)	1 (0.7%)	
Number of subjects reporting any AE definitely related to intervention	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Number of definitely related AEs	0	0	0	
Number of subjects reporting any AE probably related to intervention	0 (0.0%)	0 (0.0%)	0 (0.0%)	
Number of probably related AEs	0	0	0	
Number of subjects reporting any AE possibly related to intervention	1 (1.4%)	0 (0.0%)	1 (0.7%)	
Number of possibly related AEs	1	0	1	
Number of subjects reporting any AE unlikely related to intervention	2 (2.8%)	2 (2.7%)	4 (2.8%)	
Number of unlikely related AEs	2	2	4	
Number of subjects reporting any AE not related to intervention	37 (52.1%)	35 (47.9%)	72 (50.0%)	
Number of not related AEs	116	62	178	
Number of subjects reporting any AE with maximal intensity = Severe	1 (1.4%)	1 (1.4%)	2 (1.4%)	
Number of AEs with maximal intensity = Severe	2	1	3	
Number of subjects reporting any AE with maximal intensity = Moderate	20 (28.2%)	7 (9.6%)	27 (18.8%)	
Number of AEs with maximal intensity = Moderate	42	7	49	
Number of subjects reporting any AE with maximal intensity =Mild	30 (42.3%)	31 (42.5%)	61 (42.4%)	
Number of AEs with maximal intensity = Mild	75	56	131	

*Note.* All adverse events reported across all time-points. Adverse events were reported by the participants during the follow-up assessments (1-week, 1 month, 3 months, and 6 months) by providing a free text response to the question: “Have you had any health problems since the last contact?”. Participants could also spontaneously report AEs to study personnel throughout the trial. *AE*, Adverse events; *SAE*, Serious adverse event. \*Statistical test between arms was performed only for the total number of AE and the number of patients having at least one AE. Chi-squared test was used to compare treatment arms in number (%) of subjects reporting AE and Quasi-Poisson regression was used to compare number of adverse events between arms.

**Table S4.** Types of Adverse Events by Treatment arm at each time point.

	AEs before researcher-guided session, n=		AEs in researcher-guided session, n=		AEs up to and including One week, n=		AEs up to and including One month, n=		AEs up to and including 3 month, n=		AEs up to and including 6 month, n=	
	Control n=3	Intervention n=1	Control n=0	Intervention n=2	Control n=24	Intervention n=10	Control n=35	Intervention n=10	Control n=33	Intervention n=14	Control n=24	Intervention n=27
<i>Mental Health AEs (total)</i>	0	0	0	0	7	3	23	6	16	5	8	9
Burnout/tiredness	0	0	0	0	4	1	5	0	3	1	2	0
Depression	0	0	0	0	1	1	3	1	3	0	2	2
Panic	0	0	0	0	1	0	1	0	2	0	1	0
Anxiety/worry	0	0	0	0	1	0	3	2	3	1	0	2
Stress	0	0	0	0	0	1	2	1	2	1	0	1
PTSD symptoms	0	0	0	0	0	0	1	0	1	0	2	0
Eating disorder/reduced appetite	0	0	0	0	0	0	0	0	0	1	0	1
Problems with sleep	0	0	0	0	0	0	4	2	2	1	1	2
Cognitive difficulties	0	0	0	0	0	0	2	0	0	0	0	0
Unspecified mental health problems	0	0	0	0	0	0	2	0	0	0	0	1
<i>Physical Health AEs (total)</i>	3	1	0	2	17	7	12	4	16	9	16	18
Stomach problems	1	0	0	0	3	1	3	1	0	0	1	2
Headache/migraine	0	1	0	0	1	2	1	0	1	2	0	1
Throat problems	0	0	0	0	1	0	0	0	0	0	0	2
Sinus infection	0	0	0	0	0	1	0	0	0	0	0	0
Heart problems	0	0	0	0	0	0	0	1	1	0	2	0
High blood pressure	0	0	0	0	0	0	0	0	0	0	0	1
Back/neck problems	0	0	0	1	1	1	0	0	2	0	0	1
Common cold	1	0	0	0	3	0	0	1	1	1	3	2
Infection	0	0	0	0	0	0	0	0	0	0	2	0

	AEs before researcher-guided session, n=		AEs in researcher-guided session, n=		AEs up to and including One week, n=		AEs up to and including One month, n=		AEs up to and including 3 month, n=		AEs up to and including 6 month, n=	
	Control n=3	Intervention n=1	Control n=0	Intervention n=2	Control n=24	Intervention n=10	Control n=35	Intervention n=10	Control n=33	Intervention n=14	Control n=24	Intervention n=27
Dental problem	0	0	0	0	0	0	1	0	1	0	1	0
Shoulder problem	0	0	0	0	0	0	0	0	1	0	1	0
Broken arm	0	0	0	0	0	0	0	0	0	0	0	1
Gynaecological problems	0	0	0	0	0	0	0	0	1	0	0	2
Sprained foot/feet pain	0	0	0	0	1	0	1	0	0	0	0	0
Pain in joints/muscles	0	0	0	0	2	0	1	0	1	0	2	2
Torn meniscus	0	0	0	0	0	0	0	0	1	0	1	0
Surgery	0	0	0	0	1	0	1	0	1	0	0	0
Basal-cell carcinoma	0	0	0	0	0	0	1	0	0	0	0	0
Gynecological surgery	1	0	0	0	0	0	0	0	0	0	0	0
Herniorrhaphy	0	0	0	0	0	0	0	0	0	0	1	0
Thyroidectomy	0	0	0	0	1	0	1	0	1	0	0	0
Covid-19	0	0	0	0	1	0	0	0	2	1	1	3
Breast cancer	0	0	0	0	1	0	0	0	1	0	0	0
Cancer treatment	0	0	0	0	0	0	1	1	0	1	0	0
Vertigo/fainting	0	0	0	1	0	1	1	0	0	0	0	0
Asthma	0	0	0	0	0	0	0	0	1	1	0	0
Cell dysplasia	0	0	0	0	1	0	0	0	0	0	0	0
Overweight	0	0	0	0	0	0	0	0	0	1	0	0
Cystic kidney disease	0	0	0	0	0	0	0	0	0	1	0	0
Gall stone	0	0	0	0	0	0	0	0	0	0	1	0
Unspecified physical problems	0	0	0	0	0	1	0	0	0	1	0	1
<i>Sick leave without specified reason</i> <sup>1</sup>	0	0	0	0	0	0	0	0	1	0	0	0

Note. Total number of AEs reported by category. AEs types are grouped by Mental Health, Physical Health and Sick leave without specified reason. AE type (mental/physical health) was rated by two-independent coders based on AE descriptions. Cohen's kappa indicated high agreement ( $\kappa = .989$ ). AE, Adverse events; PTSD, Post traumatic stress disorder.

<sup>1</sup>Participants that reported Sick leave with no further information of any mental or physical health symptoms.

**Table S5.** Subjective Units of Distress (SUDS)

	<b>Statistics</b>	<b>Control n=71</b>	<b>Intervention n=73</b>	<b>Total n=144</b>	<b>Mean Ratio</b>	<b>Treatment effect estimate (95% CI)</b>	<b>p-value</b>
Subjective Units of Distress 1 (0-10)	n	69	73	142			
	Mean (s.d.)	1.99 (2.32)	1.44 (1.99)	1.70 (2.16)	0.72	0.69 (0.38-1.26) <sup>a</sup>	0.2298
	Median (Q1-Q3)	1.0 (0.0-4.0)	1.0 (0.0-2.0)	1.0 (0.0-3.0)			
	Min-Max	0.0-8.0	0.0-8.0	0.0-8.0			
Subjective Units of Distress 2 (0-10)	n	69	71	140			
	Mean (s.d.)	1.90 (2.46)	5.45 (2.36)	3.70 (2.99)	2.87	12.20 (6.14-25.22) <sup>a</sup>	<0.0001
	Median (Q1-Q3)	1.0 (0.0-3.0)	5.0 (4.0-7.0)	4.0 (0.5-6.0)			
	Min-Max	0.0-9.0	0.0-10.0	0.0-10.0			
Subjective Units of Distress 3 (0-10)	n	68	70	138			
	Mean (s.d.)	1.81 (2.31)	1.71 (2.27)	1.76 (2.28)	0.95	0.99 (0.54-1.81) <sup>a</sup>	0.9732
	Median (Q1-Q3)	1.0 (0.0-3.0)	1.0 (0.0-3.0)	1.0 (0.0-3.0)			
	Min-Max	0.0-9.0	0.0-10.0	0.0-10.0			

<sup>a</sup> Odds Ratio (OR) – Estimated using proportional odds logistic regression.

**Table S6.** Diagnostics for the multiple imputation

**Mean number of intrusive memories by day at week 0**

Variable	Observed				Imputed			
	Mean	Std Dev	Minimum	Maximum	Mean	Std Dev	Minimum	Maximum
w0_ims_d1	3.14	2.58	0.00	12.00	2.59	1.83	0.00	10.00
w0_ims_d2	3.76	4.58	0.00	39.00	4.79	4.20	0.00	39.00
w0_ims_d3	3.32	3.51	0.00	16.00	2.93	3.34	0.00	16.00
w0_ims_d4	2.99	4.01	0.00	27.00	2.95	3.02	0.00	14.00
w0_ims_d5	2.68	3.36	0.00	23.00	2.05	2.07	0.00	9.00
w0_ims_d6	2.60	2.98	0.00	14.00	2.75	2.69	0.00	13.00
w0_ims_d7	2.60	2.94	0.00	17.00	2.50	2.96	0.00	12.00

**Mean number of intrusive memories by day at week 1**

Variable	Observed				Imputed			
	Mean	Std Dev	Minimum	Maximum	Mean	Std Dev	Minimum	Maximum
w1_ims_d1	1.63	2.33	0.00	17.00	1.69	1.48	0.00	8.00
w1_ims_d2	2.00	2.47	0.00	9.00	2.07	2.50	0.00	9.00
w1_ims_d3	2.02	2.88	0.00	15.00	1.83	2.73	0.00	15.00
w1_ims_d4	1.84	3.06	0.00	25.00	1.48	2.02	0.00	12.00
w1_ims_d5	2.06	5.50	0.00	57.00	1.53	2.44	0.00	13.00
w1_ims_d6	1.68	2.28	0.00	10.00	1.80	2.25	0.00	10.00
w1_ims_d7	1.52	2.37	0.00	13.00	1.69	2.56	0.00	13.00

**Mean number of intrusive memories by day at week 5**

Variable	Observed				Imputed			
	Mean	Std Dev	Minimum	Maximum	Mean	Std Dev	Minimum	Maximum
w5_ims_d1	0.70	1.31	0.00	6.00	0.77	1.34	0.00	6.00
w5_ims_d2	1.22	2.22	0.00	14.00	1.25	2.25	0.00	14.00
w5_ims_d3	1.03	1.97	0.00	12.00	0.72	1.42	0.00	9.00
w5_ims_d4	1.20	2.92	0.00	19.00	0.89	1.98	0.00	14.00
w5_ims_d5	1.14	2.47	0.00	15.00	1.12	2.31	0.00	13.00
w5_ims_d6	1.37	2.99	0.00	22.00	1.24	2.39	0.00	10.00
w5_ims_d7	1.22	2.56	0.00	13.00	0.90	2.26	0.00	13.00

**Mean of the total number of intrusive memories at Week 0 (before and after imputation)**

Variable	Mean	Std Dev	Minimum	Maximum
IM at Week 0 imputed	21.05	18.93	0.00	137.00
IM at Week 0	21.08	19.22	0.00	137.00

**Mean of the total number of intrusive memories at Week 1 (before and after imputation)**

Variable	Mean	Std Dev	Minimum	Maximum
IM at Week 1 imputed	12.71	16.87	0.00	140.00
IM at Week 1	12.78	17.58	0.00	140.00

**Mean of the total number of intrusive memories at Week 5 (before and after imputation)**

Variable	Mean	Std Dev	Minimum	Maximum
IM at Week 5 imputed	7.67	13.38	0.00	90.00
IM at Week 5	7.85	14.34	0.00	90.00

**Table S7a.** Number of intrusive memories at Week 0 (baseline), Week 1, and Week 5 (primary outcome) for complete diary data.

Time point	Statistic	Control	Intervention	Total	Mean Ratio	Treatment effect estimate (95% CI)	p-value
Week 0 (Day 7 to -1) <sup>1</sup>	n	69	67	136			
	Mean (s.d.)	19.06 (16.55)	23.16 (21.69)	21.08 (19.29)	1.22		
	Median (Q1-Q3)	14.0 (7.0-25.0)	18.0 (8.0-29.0)	15.0 (7.5-28.5)			
	Min-Max	0.0-73.0	2.0-137.0	0.0-137.0			
Week 1	n	65	64	129			
	Mean (s.d.)	14.85 (14.28)	10.69 (20.41)	12.78 (17.64)	0.72	0.51 (0.38-0.68) <sup>a</sup>	<0.0001
	Median (Q1-Q3)	11.0 (3.0-21.0)	4.5 (2.0-10.5)	7.0 (3.0-15.0)		0.24 (-0.11-0.59) <sup>b</sup>	
	Min-Max	0.0-54.0	0.0-140.0	0.0-140.0			
Week 5 <sup>2</sup>	n	58	60	118			
	Mean (s.d.)	12.41 (17.53)	3.43 (8.60)	7.85 (14.40)	0.28		
	Median (Q1-Q3)	5.0 (1.0-17.0)	0.5 (0.0-3.0)	2.0 (0.0-8.0)		0.65 (0.28-1.03) <sup>b</sup>	
	Min-Max	0.0-90.0	0.0-47.0	0.0-90.0			

Note. These data are based on the ITT sample including the *complete* diary data for participants that reported numbers for every day in the week or the total for that week. The baseline number of intrusive memories (during day-7 to -1) has been included as a covariate. <sup>a</sup> Incidence Rate Ratio; <sup>b</sup> Cohen's *d*. <sup>1</sup> Tests of statistical significance were not undertaken for Week 0. <sup>2</sup> Analysed separately (see **Table S15**).

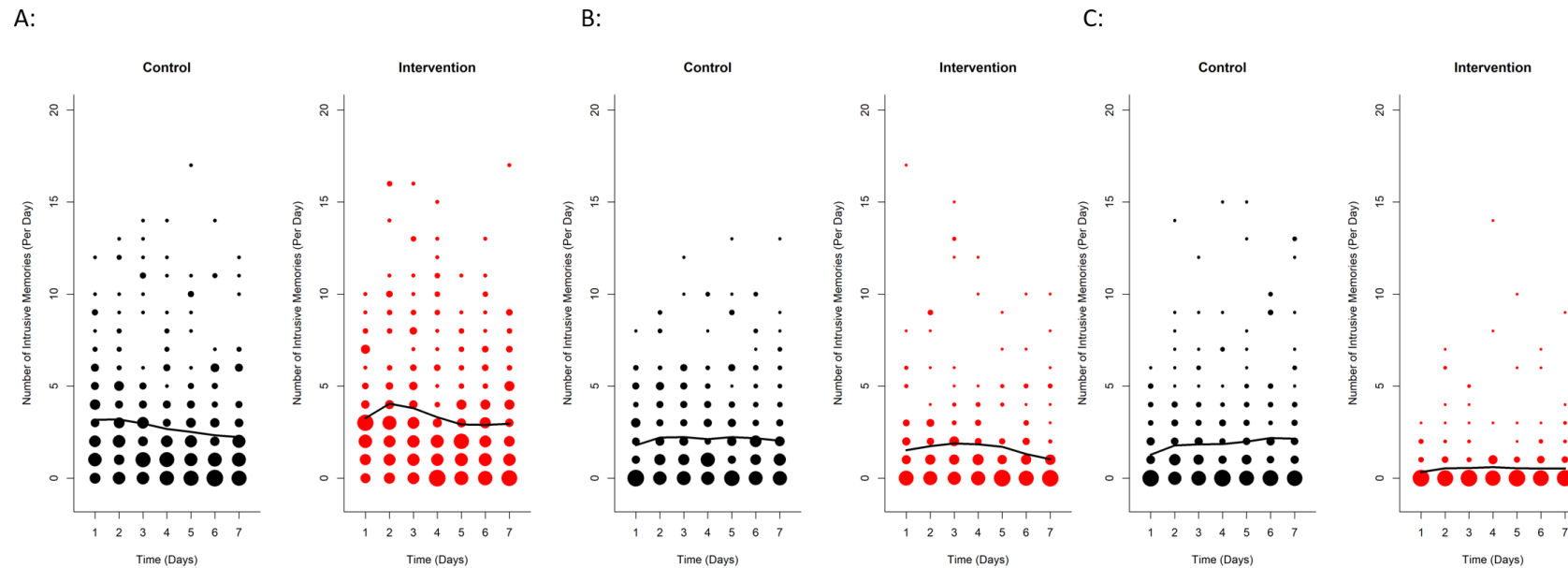
**Table S7b.** Number of intrusive memories at Week 0 (baseline), Week 1, and Week 5 (primary outcome) including incomplete diary data.

Time point	Statistic	Control	Intervention	Total	Mean Ratio	Treatment effect estimate (95% CI) <sup>1</sup>	p-value
Week 0 (Day -7 to -1)	n	71	73	144			
	Mean (s.d.)	19.48 (16.50)	21.79 (21.32)	20.65 (19.06)	1.12		
	Median (Q1-Q3)	14.0 (7.0-28.0)	16.0 (6.0-29.0)	15.0 (6.25-28.75)			
	Min-Max	0.0-73.0	2.0-137.0	0.0-137.0			
Week 1	n	67	69	136			
	Mean (s.d.)	14.67 (14.19)	10.26 (19.71)	12.43 (17.29)	0.70		
	Median (Q1-Q3)	11 (3.0-21.0)	4.0 (2.0-10.0)	7.0 (3.0-15.0)			
	Min-Max	0.0-54.0	0.0-140.0	0.0-140.0			
Week 5	n	66	64	130			
	Mean (s.d.)	11.26 (16.79)	3.27 (8.35)	7.32 (13.86)	0.29		
	Median (Q1-Q3)	4.0 (1.0-15.0)	0.5 (0.0-2.75)	2.0 (0.0-6.5)			
	Min-Max	0.0-90.0	0.0-47.0	0.0-90.0			

Note. These data are based on the ITT sample including *incomplete* diary data. (see also **Table 2**). <sup>1</sup> Tests of statistical significance were not undertaken.

**Figure S1.** Time course of the number of intrusive memories day-by-day.

Frequency scatter graphs showing the time course of the number of intrusive memories recorded in a diary from day 1 (day of completing the intervention/control procedure) to day 7 for participants who reported intrusive memories seven days per week at least once per day in the intervention arm and control arm on a daily basis (A: week 0: n control=69; n intervention=67; B: week 1: n control=63; n intervention=62; C: week 5: n control=54; n intervention=57). The size of the circles represents the number of participants who reported the indicated number of intrusive memories on that particular day, scaled separately for each arm; the black line indicates mean per day; red = intervention arm; black = control arm.



**Table S8.** Breakdown of the category 'other' in the Type of trauma(s) leading to intrusive memories questionnaire in Table 1 of the main paper.

	Statistics	Control n=71	Intervention n=73	Total n=144
<b>Traumatic event in relation to clinical work during COVID-19 pandemic</b>	n			144
A traumatic or tragic death of a patient	n (%)	57 (39.6%)	56 (38.9%)	113 (78.5%)
A severe or unsuccessful resuscitation	n (%)	15 (10.4%)	18 (12.5%)	33 (22.9%)
Witnessing events surrounding colleague who has fallen ill or died of COVID-19	n (%)	11 (7.6%)	15 (10.4%)	26 (18.1%)
Situation where the care of a patient failed or did not go as planned	n (%)	46 (31.9%)	51 (35.4%)	97 (67.4%)
Threats or violence against healthcare professionals	n (%)	12 (8.3%)	14 (9.7%)	26 (18.1%)
Event involving sudden increased risk of COVID-19 infection	n (%)	36 (25%)	32 (22.2%)	68 (47.2%)
A traumatic or tragic event where a patient reminded you of yourself, a family member or friend	n (%)	26 (18.1%)	33 (22.9%)	59 (41.0%)
Event involving extremely distressed/grieving relatives of patients	n (%)	41 (28.5%)	46 (31.9%)	87 (60.4%)
Being faced with suicide / suicide attempt	n (%)	5 (3.5%)	7 (4.7%)	12 (8.3%)
Other (yes/no)	n (%)	12 (8.3%)	16 (11.1%)	28 (19.4%)
<b>Content of other *</b>				
Critical clinical situations at work with overwhelming workload. Inability to provide aid as needed	n (%)	5 (3.5%)	9 (6.3%)	14 (9.7%)
Witnessing patients mentally and/or physically suffer	n (%)	8 (5.6%)	6 (5.6%)	14 (9.7%)
Accident at work	n (%)	1 (0.7%)	1 (0.7%)	2 (1.4%)
Unclear work responsibilities and management	n (%)	3 (2.1%)	1 (0.7%)	4 (2.8%)
Earlier traumatic event before COVID-19	n (%)	0	1 (0.7%)	1 (0.7%)
Stressors outside workplace possibly related to COVID-19	n (%)	2 (1.4%)	1 (0.7%)	3 (2.1%)

*Note.* \*Categories of "other" was rated by two-independent coders based on participants' descriptions. Cohen's kappa indicated substantial agreement ( $\kappa = .80$ ).

**Table S9.** Number of prior psychological traumas (LEC-5) per category (baseline)

	Statistics	Control n=71	Intervention n=73	Total n=144
<b>Number of prior psychological trauma per category (LEC-5)</b>	n	71	73	144
Natural disaster (e.g. flood, hurricane, tornado, earthquake)	n (%)	5 (3.5%)	11 (7.6%)	16 (11.1%)
Fire or explosion	n (%)	22 (15.3%)	24 (16.7%)	46 (31.9%)
Transportation accident (e.g. car accident, boat accident, train wreck, plane crash)	n (%)	29 (20.1%)	28 (19.4%)	57 (39.6%)
Serious accident at work, home or during recreational activity	n (%)	29 (20.1%)	28 (19.4%)	57 (39.6%)
Exposure to toxic substance (e.g. dangerous chemicals, radiation)	n (%)	11 (7.6%)	7 (4.9%)	18 (12.5%)
Physical assault (e.g. being attacked, hit, slapped, kicked, beaten up)	n (%)	33 (22.9%)	38 (26.4%)	71 (49.3%)
Assault with a weapon (e.g. being shot, stabbed, threatened with a knife, gun, bomb)	n (%)	13 (9.0%)	19 (13.2%)	32 (22.2%)
Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm)	n (%)	15 (10.4%)	17 (11.8%)	32 (22.2%)
Other unwanted or uncomfortable sexual experience	n (%)	26 (18.1%)	23 (16%)	49 (34.0%)
Combat or exposure to a war zone (in the military or as a civilian)	n (%)	4 (2.8%)	8 (5.6%)	12 (8.3%)
Captivity (e.g. being kidnapped, abducted, held hostage, prisoner of war)	n (%)	3 (2.1%)	7 (4.9%)	10 (6.9%)
Life-threatening illness or injury	n (%)	39 (27.1%)	47 (32.6%)	86 (59.7%)
Severe human suffering	n (%)	49 (34.0%)	60 (41.7%)	109 (75.7%)
Sudden violent death (e.g. homicide, suicide)	n (%)	29 (20.1%)	31 (21.5%)	60 (41.7%)
Sudden accidental death	n (%)	29 (20.1%)	31 (21.5%)	60 (41.7%)
Serious injury, harm or death respondent caused to someone else	n (%)	3 (2.1%)	4 (2.8%)	7 (4.9%)
Any other very stressful event or experience	n (%)	40 (27.8%)	45 (31.3%)	85 (59.0%)

*Note.* LEC-5 Life Events Checklist for DSM-5. Percentages here are calculated from the total (144).

**Table S10.** Coping categories based on free text responses assessed at baseline.

	Statistics	Control n=71	Intervention n=73	Total n=144
<b>Coping</b>				
Situations or factors during the COVID-19 pandemic that made it difficult to cope	n	71	73	144
Lack of knowledge about Covid-19, e.g. transmission and treatment		17 (11.8%)	26 (18.1%)	43 (29.9%)
Additional workload and/or stress due to patient flow, lack of staff, resources and/or time		23 (16.0%)	21 (14.6%)	44 (30.6%)
Inability to provide aid as needed		21 (14.6%)	24 (16.7%)	45 (31.3%)
Unclear directives and lack of support by management		11 (7.6%)	11 (7.6%)	22 (15.3%)
Witnessing deaths and mental and/or physical suffering of patients and their relatives		27 (18.8%)	26 (18.1%)	53 (36.8%)
Stigma or lack of support from general public and family members		4 (2.8%)	3 (2.1%)	7 (4.9%)
Concerns for family members and/or colleagues		1 (0.7%)	6 (4.2%)	7 (4.9%)
Concerns for own health and safety		5 (3.5%)	5 (3.5%)	10 (6.9%)
Broken collaboration, e.g. bad communication between colleagues		3 (2.1%)	4 (2.8%)	7 (4.9%)
Other		7 (4.9%)	13 (9.0%)	20 (13.9%)
Factors during the COVID-19 pandemic that made it easier to cope	n	71	73	144
Support from loved ones		42 (29.2%)	36 (25.0%)	78 (54.2%)
Support from colleagues, i.e. collaboration		24 (16.7%)	25 (17.4%)	49 (34.0%)
Share mutual work experiences		14 (9.7%)	16 (11.1%)	30 (20.8%)
Earlier life or work experience		15 (10.4%)	11 (7.6%)	26 (18.1%)
Education and information		13 (9.0%)	6 (4.2%)	19 (13.2%)
Infection control measures, i.e. vaccines, restrictions		5 (3.5%)	12 (8.3%)	17 (11.8%)
Activities apart from work, i.e. sport, yoga		13 (9.0%)	15 (10.4%)	28 (19.4%)
Religion		1 (0.7%)	0	1 (0.7%)
Humor		2 (1.4%)	1 (0.7%)	3 (2.1%)
Avoidance and/or distancing, i.e. working on autopilot		2 (1.4%)	4 (2.8%)	6 (4.2%)
Seeking mental and physical health support		2 (1.4%)	0	2 (1.4%)
Secure home		1 (0.7%)	0	1 (0.7%)
Ethical and professional duty and/or pride in their role		5 (3.5%)	3 (2.1%)	8 (5.6%)
Support from management, i.e., clear directives, crisis support		8 (5.6%)	5 (3.5%)	13 (9.0%)

	<b>Statistics</b>	<b>Control n=71</b>	<b>Intervention n=73</b>	<b>Total n=144</b>
Sufficient resources at workplace, i.e. safety equipment, staffing		7 (4.9%)	1 (0.7%)	8 (5.6%)
Other		4 (2.8%)	8 (5.6%)	12 (8.3%)
No coping strategy applied		11 (7.6%)	11 (7.6%)	22 (15.3%)

*Note.* Categories of Coping was rated by two-independent coders based on participants' descriptions. Cohen's kappa indicated substantial agreement ( $\kappa_{\text{situations}} = .65$  and  $\kappa_{\text{factors}} = .75$ ). Percentages here are calculated from the total (144).

**Table S11.** Sensitivity analysis Primary endpoint analysed with non-parametric Wilcoxon’s rank sum test.

Outcome	Population	n	Observed Median (IQR) group A	Observed Median (IQR) group B	p-value*
Number of intrusive memories of traumatic event(s) at week 5	ITT	118	5 (1-17)	1 (0-3)	<.0001
Number of intrusive memories of traumatic event(s) at week 5	PP	115	6 (1-18)	1 (0-3)	<.0001

\*Non-parametric test to compare number of intrusive memories at week 5 between treatment groups

\*\*Results are based on complete case (all number of intrusive memories per day reported at week 5) and only total number of IM at week 5 reported

**Table S12.** Primary outcome missing at random (MAR).

Outcome <sup>1</sup>	Population	n	Observed Median (IQR) group Control <sup>1</sup>	Observed Median (IQR) group Intervention <sup>1</sup>	Observed Mean (SD) group Control <sup>1</sup>	Observed Mean (SD) group Intervention <sup>1</sup>	Reference group	Estimated Incidence Rate Ratio (95% CI) <sup>2</sup>	p-value
Number of intrusive memories of traumatic event(s) at week 5	ITT	144	5 (1-17)	1 (0-3)	12.4 (17.5)	3.4 (8.6)	Control	0.30 (0.17-0.53)	<0.0001
Number of intrusive memories of traumatic event(s) at week 5	PP	127	6 (1-18)	1 (0-3)	12.8 (17.7)	3.5 (8.7)	Control	0.29 (0.16-0.53)	<0.0001
Number of intrusive memories of traumatic event(s) at week 1	ITT	144	11 (3-21)	5 (2-11)	14.8 (14.3)	10.7 (20.4)	Control	0.53 (0.41-0.70)	<0.0001
Number of intrusive memories of traumatic event(s) at week 1	PP	127	11 (4-22)	4 (2-10)	15.2 (14.3)	8.1 (11.0)	Control	0.52 (0.40-0.67)	<0.0001

*Note.* <sup>1</sup> Based on complete data, ITT Control arm n=58, ITT Intervention arm n=60; PP Control arm n=56, PP Intervention arm n=59.

<sup>2</sup> Results of Quasi-Poisson regression model with overdispersion parameter based on imputed data. The baseline number of intrusive memories (at day-7 to -1) is included as a covariate.

**Table S13.** Sensitivity analysis primary outcome missing not at random (MNAR).

Outcome	Study group	Mean observed primary outcome	Mean imputed primary outcome	Differences between intervention and control group	Shift constant	Estimated Incidence Rate Ratio (95% CI) <sup>1</sup>	p-value
IM at Week 1	Control	14.85	14.55	Intervention vs Control	0	0.52 (0.39-0.70)	<0.0001
	Intervention	10.69	9.17		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	1	0.52 (0.39-0.70)	<0.0001
	Intervention	10.69	8.82		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	2	0.53 (0.40-0.71)	<0.0001
	Intervention	10.69	9.99		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	3	0.53 (0.40-0.70)	<0.0001
	Intervention	10.69	9.54		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	4	0.54 (0.40-0.73)	<0.0001
	Intervention	10.69	11.23		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	5	0.54 (0.40-0.73)	<0.0001
	Intervention	10.69	11.47		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	10	0.58 (0.43-0.78)	0.0003
	Intervention	10.69	15.54		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	15	0.61 (0.45-0.82)	0.0013
	Intervention	10.69	19.2		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	20	0.65 (0.47-0.89)	0.0067
	Intervention	10.69	23.67		.		

Outcome	Study group	Mean observed primary outcome	Mean imputed primary outcome	Differences between intervention and control group	Shift constant	Estimated Incidence Rate Ratio (95% CI) <sup>1</sup>	p-value
IM at Week 1	Control	14.85	14.55	Intervention vs Control	21	0.66 (0.48-0.91)	0.0121
	Intervention	10.69	25.67		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	30	0.72 (0.52-1.00)	0.0498
	Intervention	10.69	31.82		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	30	0.72 (0.52-1.00)	0.0498
	Intervention	10.69	31.82		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	31	0.72 (0.52-1.00)	0.0484
	Intervention	10.69	32.35		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	31.5	0.73 (0.53-1.01)	0.0578
	Intervention	10.69	<b>33.3</b>		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	32	0.74 (0.53-1.03)	0.0720
	Intervention	10.69	34.36		.		
IM at Week 1	Control	14.85	14.55	Intervention vs Control	34	0.73 (0.52-1.01)	0.0601
	Intervention	10.69	33.09		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	0	0.28 (0.15-0.56)	0.0003
	Intervention	3.43	8.17		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	1	0.28 (0.15-0.55)	0.0002
	Intervention	3.43	7.99		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	2	0.30 (0.16-0.57)	0.0002
	Intervention	3.43	8.86		.		

Outcome	Study group	Mean observed primary outcome	Mean imputed primary outcome	Differences between intervention and control group	Shift constant	Estimated Incidence Rate Ratio (95% CI) <sup>1</sup>	p-value
IM at Week 5	Control	12.41	5.75	Intervention vs Control	3	0.30 (0.16-0.58)	0.0004
	Intervention	3.43	9.47		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	4	0.31 (0.16-0.60)	0.0005
	Intervention	3.43	9.93		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	5	0.32 (0.17-0.59)	0.0003
	Intervention	3.43	10.63		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	10	0.39 (0.20-0.74)	0.0039
	Intervention	3.43	15.48		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	15	0.46 (0.25-0.85)	0.0138
	Intervention	3.43	20.2		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	20	0.52 (0.28-0.99)	0.0460
	Intervention	3.43	24.11		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	21	0.54 (0.29-1.00)	0.0515
	Intervention	3.43	24.79		.		
IM at Week 5	Control	12.41	5.75	Intervention vs Control	22	0.55 (0.30-1.04)	0.0661
	Intervention	3.43	25.99		.		

*Note.* Sensitivity analyses on ITT population. The imputed values for observations in the intervention group are adjusted using the shift parameter. (SHIFT option adds a constant to the imputed value). The baseline number of intrusive memories (at day-7 to -1) is included as a covariate <sup>1</sup> Estimated parameters presented using Quasi-Poisson regression model with overdispersion parameter.

**Table S14.** Sensitivity analysis primary outcome without outliers.

Model	Outcome	Population	n	Observed Median (IQR) group Control	Observed Median (IQR) group Intervention	Observed Mean (SD) group Control	Observed Mean (SD) group Intervention	Reference group	Estimated Incidence Rate Ratio (95% CI)	p-value
Quasi-Poisson regression	Number of intrusive memories of traumatic event(s) at week 5	ITT	142	4 (1-14)	1 (0-4)	9.9 (13.2)	3.8 (7.3)	Control	0.28 (0.17-0.45)	<0.0001
	Number of intrusive memories of traumatic event(s) at week 5	PP	125	5 (1-15)	1 (0-3)	10.6 (13.6)	2.7 (6.3)	Control	0.26 (0.16-0.42)	<0.0001
Negative Binomial regression	Number of intrusive memories of traumatic event(s) at week 5	ITT	142	4 (1-14)	1 (0-4)	9.9 (13.2)	3.8 (7.3)	Control	0.36 (0.22-0.58)	<0.0001
	Number of intrusive memories of traumatic event(s) at week 5	PP	125	5 (1-15)	1 (0-3)	10.6 (13.6)	2.7 (6.3)	Control	0.26 (0.16-0.43)	<0.0001

*Note:* Based on imputed data. The baseline number of intrusive memories (at day-7 to -1) is included as a covariate.

**Table S15.** Sensitivity analysis primary outcome excluding diary missing data (complete diary data only).

Dataset	Model	Outcome	n	Observed Median (IQR) group Control	Observed Median (IQR) group Intervention	Observed Mean (SD) group Control	Observed Mean (SD) group Intervention	Reference group	Estimated Incidence Rate Ratio (95% CI)	p-value
Complete (all days reported)	Quasi-Poisson regression	Number of intrusive memories of traumatic event(s) at week 5	111	6 (1-19)	1 (0-3)	13.1 (18.0)	3.6 (8.8)	Control	0.27 (0.14-0.52)	0.0001
Complete (all days reported)±Total number of IM given		Number of intrusive memories of traumatic event(s) at week 5	118	5 (1-17)	1 (0-3)	12.4 (17.5)	3.4 (8.6)	Control	0.28 (0.15-0.53)	0.0001
Complete (all days reported)	Negative Binomial regression	Number of intrusive memories of traumatic event(s) at week 5	111	6 (1-19)	1 (0-3)	13.1 (18.0)	3.6 (8.8)	Control	0.23 (0.13-0.39)	<0.0001
Complete (all days reported)±Total number of IM given		Number of intrusive memories of traumatic event(s) at week 5	118	5 (1-17)	1 (0-3)	12.4 (17.5)	3.4 (8.6)	Control	0.23 (0.14-0.40)	<0.0001

*Note:* The baseline number of intrusive memories (at day-7 to -1) is included as a covariate. Based on complete data, all days reported and total number of IM given n=118: Control arm n=58, Intervention arm n=60; all days reported n=111: Control arm n=54, Intervention arm n=57.

**Table S16.** Primary endpoint by gender.

		MEN		WOMEN	
		Control n=9	Intervention n=13	Control n=48	Intervention n=47
Number of intrusive memories of traumatic event(s) at week 5	n				
	Mean (s.d.)	8.22 (9.01)	4.77 (12.94)	13.23 (18.84)	3.06 (7.11)
	Median (Q1-Q3)	4 (3.5-10.5)	0 (0-2.25)	5 (1-19.75)	1 (0-3)
	Min-Max	2-30	0-47	0-90	0-41

*Note.* n=1 in condition Control had gender category 'other'

**Table S17.** Primary endpoint by age.

		<b>Group 1 (age= 23-31)</b>		<b>Group 2 (age= 32-41)</b>		<b>Group 3 (age= 42-50)</b>		<b>Group 4 (age= 51-65)</b>	
		<b>Control n=11</b>	<b>Intervention n=19</b>	<b>Control n=17</b>	<b>Intervention n=13</b>	<b>CONTROL n=15</b>	<b>Intervention n=14</b>	<b>CONTROL n=15</b>	<b>Intervention n=14</b>
Number of intrusive memories of traumatic event(s) at week 5	n								
	Mean (s.d.)	9.91 (15.44)	2.53 (5.67)	13.47 (22.06)	3.92 (12.96)	12.67 (15.99)	1.36 (1.87)	12.80 (16.21)	6.29 (10.85)
	Median (Q1-Q3)	5 (1-11)	1 (0-2)	4 (1-20.5)	0 (0-1)	8 (2-15)	0 (0-2.25)	5 (0-26)	3.50 (0-6)
	Min-Max	0-52	0-24	0-90	0-47	0-60	0-6	0-56	0-41

**Table S18.** Acceptance and feasibility measure (1 month): feedback about study participation and subsequent use of task by participant on their own.

	Statistics	Control n=71	Intervention n=73	Total n=144	Mean Ratio	Treatment effect estimate (95% CI)	p-value
Feedback questionnaire about participation							
How easy did you find it to do the task? (0-10)	n	54	47	101			
	Mean (s.d.)	6.61 (2.51)	7.70 (2.53)	7.12 (2.56)	1.17	2.37 (1.18-4.85) <sup>a</sup>	0.0163
	Median (Q1-Q3)	7.0 (5.0-9.0)	8.0 (6.0-10.0)	8.0 (5.0-10.0)			
	Min-Max	1.0-10.0	0.0-10.0	0.0-10.0			
How upsetting did you find it to do the task? (0-10)	n	54	47	101			
	Mean (s.d.)	3.11 (3.18)	1.55 (2.18)	2.39 (2.85)	0.50	0.37 (0.18-0.75) <sup>a</sup>	0.0067
	Median (Q1-Q3)	2.0 (0.0-5.0)	1.0 (0.0-2.0)	1.0 (0.0-3.0)			
	Min-Max	0.0-10.0	0.0-9.0	0.0-10.0			
How acceptable do you think the task was? (0-10)	n	54	47	101			
	Mean (s.d.)	7.24 (3.06)	8.70 (1.49)	7.92 (2.56)	1.20	2.12 (1.05-4.36) <sup>a</sup>	0.0382
	Median (Q1-Q3)	8.0 (5.0-10.0)	9.0 (8.0-10.0)	9.0 (7.0-10.0)			
	Min-Max	0.0-10.0	4.0-10.0	0.0-10.0			
If a friend or colleague had experienced a similar event, how likely is it that you would recommend them to do this task? (0-10)	n	54	47	101			
	Mean (s.d.)	5.09 (3.37)	8.49 (1.65)	6.67 (3.19)	1.67	7.85 (3.64-17.63) <sup>a</sup>	<0.0001
	Median (Q1-Q3)	5.5 (2.0-8.0)	9.0 (7.0-10.0)	7.0 (5.0-10.0)			
	Min-Max	0.0-10.0	4.0-10.0	0.0-10.0			
Since you did the task for the first time, have you received any other treatment due to traumatic event, e.g. medication or psychological treatment?	Yes (%)	10 (18.5)	6 (12.8)	16 (15.8)		0.64 (0.20-1.89) <sup>b</sup>	0.4320
	No (%)	44 (81.5)	41 (87.2)	85 (84.2)			
Have you used the task on your own?	Yes (%)	16 (29.6)	38 (80.9)	54 (53.5)		10.03 (4.10-26.74) <sup>b</sup>	<0.0001
	No (%)	38 (70.4)	9 (19.1)	47 (46.5)			
Have you told others about the task (e.g. friend or colleagues)?	Yes (%)	30 (55.6)	38 (80.9)	68 (67.3)		3.38 (1.41-8.69) <sup>b</sup>	0.0083
	No (%)	24 (44.4)	9 (19.1)	33 (32.7)			
Other comments	Yes (%)	7 (13.0)	2 (4.3)	9 (8.9)		0.30 (0.04-1.31) <sup>b</sup>	0.1443
	No (%)	47 (87.0)	45 (95.7)	92 (91.1)			

Note. <sup>a</sup>Odds Ratio (OR) – Estimated using proportional odds logistic regression; <sup>b</sup> Odds Ratio (OR) – Estimated using binomial logistic regression.

**Table S19.** Assessments related to procedure: number of hotspots, days/nights worked in diary completion weeks, booster sessions, additional traumatic events during the study.

	Statistics	Control n=71	Intervention n=73	Total n=144
Total number of hotspots	n		71	
Hotspots per participants	Mean (s.d.)	n.a.	5.06 (3.09)	
	Median (Q1-Q3)	n.a.	5 (3-6)	
	Min-Max	n.a.	1,16	
<b>Diary related information</b>				
Number of days/nights at work during intrusion diary weeks				
Week 0 (day)	n	70	68	138
	Mean (s.d.)	3.50 (1.94)	3.76 (1.94)	3.63 (1.94)
	Median (Q1-Q3)	4 (2-5)	4 (3-5)	4 (2-5)
	Min-Max	0, 7	0, 7	0, 7
Week 0 (night)	n	70	68	138
	Mean (s.d.)	0.59 (1.30)	0.68 (1.44)	0.6 (1.37)
	Median (Q1-Q3)	0 (0-1)	0 (-)	0 (0-0.25)
	Min-Max	0, 7	0, 7	0, 7
Week 1 (day)	n	60	57	117
	Mean (s.d.)	3.38 (1.92)	3.65 (1.91)	3.51 (1.92)
	Median (Q1-Q3)	4 (2-5)	4 (2-5)	4 (2-5)
	Min-Max	0, 7	0, 7	0, 7
Week 1 (night)	n	60	57	117
	Mean (s.d.)	0.45 (1.05)	1.00 (1.54)	0.72 (1.77)
	Median (Q1-Q3)	0 (-)	0 (0-2)	0 (0-1)
	Min-Max	0, 5	0, 5	0, 5
Week 5 (day)	n	59	55	114
	Mean (s.d.)	3.63 (2.15)	3.82 (2.00)	3.72 (2.07)
	Median (Q1-Q3)	4 (2-5)	5 (3-5)	4 (2-5)
	Min-Max	0, 7	0, 7	0, 7
Week 5 (night)	n	59	55	114
	Mean (s.d.)	0.64 (1.40)	0.71 (1.32)	0.68 (1.83)
	Median (Q1-Q3)	0 (0-1)	0 (0-2)	0 (0-1)
	Min-Max	0, 7	0, 5	0, 7
Number of booster sessions delivered by a researcher				
	n		90	
	Mean (s.d.)		1.23 (1.18)	
	Median (Q1-Q3)		1 (1-2)	
	Min-Max		0, 7	
Type of booster sessions delivered by a researcher				
Full researcher-guided booster	n (%)		8 (8.7%)	
Telephone contact with researcher	n (%)		37 (40.2%)	
Booster by SMS contact with researcher	n (%)		45 (50%)	

	Statistics	Control n=71	Intervention n=73	Total n=144
Additional work-related trauma since the last contact				
Week 1	n	10	3	13
	Mean (s.d.)	2.10 (0.88)	2.33 (2.31)	2.15 (1.21)
	Median (Q1-Q3)	2 (1.75-2.25)	1 (1 - n.a.)	2 (1-2.5)
	Min-Max	1, 4	1, 5	1, 5
1 month	n	6	6	12
	Mean (s.d.)	2.83 (3.60)	2.33 (1.03)	2.58 (2.54)
	Median (Q1-Q3)	1 (1-4.75)	2 (1.75-3.25)	2 (1-3)
	Min-Max	1, 10	1, 4	1, 10
3 month	n	5	6	11
	Mean (s.d.)	3.2 (1.64)	6.17 (7.08)	4.82 (5.34)
	Median (Q1-Q3)	3 (2-4.5)	3.5(1.75-10.25)	3 (2-6)
	Min-Max	2, 6	1, 20	1, 20
6 month	n	6	8	14
	Mean (s.d.)	4.67 (4.18)	8.13 (10.84)	6.64 (8.55)
	Median (Q1-Q3)	2.5 (1.75-10)	3 (1.25-16.25)	2.5 (1.75-10)
	Min-Max	1, 10	1, 30	1, 30
Additional work-unrelated trauma since the last contact				
Week 1	n	10	3	13
	Mean (s.d.)	1.20 (0.42)	1.33 (0.58)	1.23 (0.44)
	Median (Q1-Q3)	1 (1-1.25)	1 (1- n.a.)	1 (1-1.5)
	Min-Max	1, 2	1, 2	1, 2
1 month	n	10	7	17
	Mean (s.d.)	1.80 (1.48)	1.29 (0.76)	1.59 (1.23)
	Median (Q1-Q3)	1 (1-2.5)	1 (1-1)	1 (1-1.5)
	Min-Max	1, 5	1, 3	1, 5
3 month	n	7	4	11
	Mean (s.d.)	1.71 (1.50)	1.5 (0.58)	1.64 (1.21)
	Median (Q1-Q3)	1 (1-2)	1.5 (1-2)	1 (1-2)
	Min-Max	1, 5	1, 2	1, 5
6 month	n	11	10	21
	Mean (s.d.)	5.18 (11.61)	3.00 (5.98)	4.14 (9.20)
	Median (Q1-Q3)	1 (1-2)	1 (1-1.25)	1 (1-2)
	Min-Max	1, 40	1, 20	1, 40

*Note.* Not possible to determine IQR, denoted (-) in the table.

**Table S20.** Time since traumatic events leading to intrusive memories.

Time since traumatic event (s) leading to IM (multiple choice question)	Intrusive memories at week 5	
	Control Mean / Median /min- max/n	Intervention Mean / Median /min- max/n
Within 24 hours, n=13	21.2 / 6.5 / 0-60/ n=6	0 / 0 / 0-0 /n=1
Within a month, n=14	11.9 / 6.5 / 1-52 /n=8	1.0 / 0.0 / 0-4 /n=4
Between 1-3 months, n=109	12.0 / 4.5 / 0-90 /n=44	3.8 / 0.0 / 0-47 /n=48
More than 3 months ago, n=63	15.2 / 9.5 / 0-60 /n=26	5.0 / 1.0 / 0-47 /n=27

## Procedure-related changes during the study

When?	What?
12 November 2020	<ul style="list-style-type: none"> <li>Added items assessing examples of negative/positive impact of intrusive memories on functioning to end of week 5 diary (from P002)</li> </ul>
21 December 2020	<ul style="list-style-type: none"> <li>Started also including participants working at elderly care and ambulance service</li> <li>Started taking verbal informed consent in pandemic</li> </ul>
13 January 2021	<ul style="list-style-type: none"> <li>Added extra sentence to screening about the traumatic event(s) should have occurred since the start of the COVID-19 pandemic (from P008)</li> </ul>
22 March 2021	<ul style="list-style-type: none"> <li>Added WHODAS 2.0 to 6 month follow up (from P005)</li> </ul>
25 March 2021	<ul style="list-style-type: none"> <li>Added video to intervention guided session explaining what happens in the brain when playing Tetris summarising intervention rationale and suggestion to repeat the intervention as necessary</li> </ul>
22 April 2021	<ul style="list-style-type: none"> <li>Added items assessing how many (additional) work-related and non-work-related traumatic events participants had experienced at baseline (from P029), 1-week (from P023), 1 month (from P018), 3 month (from P011) and 6 month (from P005) follow-ups</li> </ul>
07 October 2021	<ul style="list-style-type: none"> <li>Added Concentration and Memory difficulties questionnaire to 6 month follow up (from P021)</li> </ul>
09 June 2022	<ul style="list-style-type: none"> <li>Added summary of validated diary data to 'Kommentarer' in each diary site (only visible to researchers) for use with trial monitor</li> </ul>
16 June 2022	<ul style="list-style-type: none"> <li>Updated SMART-TRIAL settings for items in D7N to non-mandatory after last diary entry by last participant</li> </ul>