

Figure W1

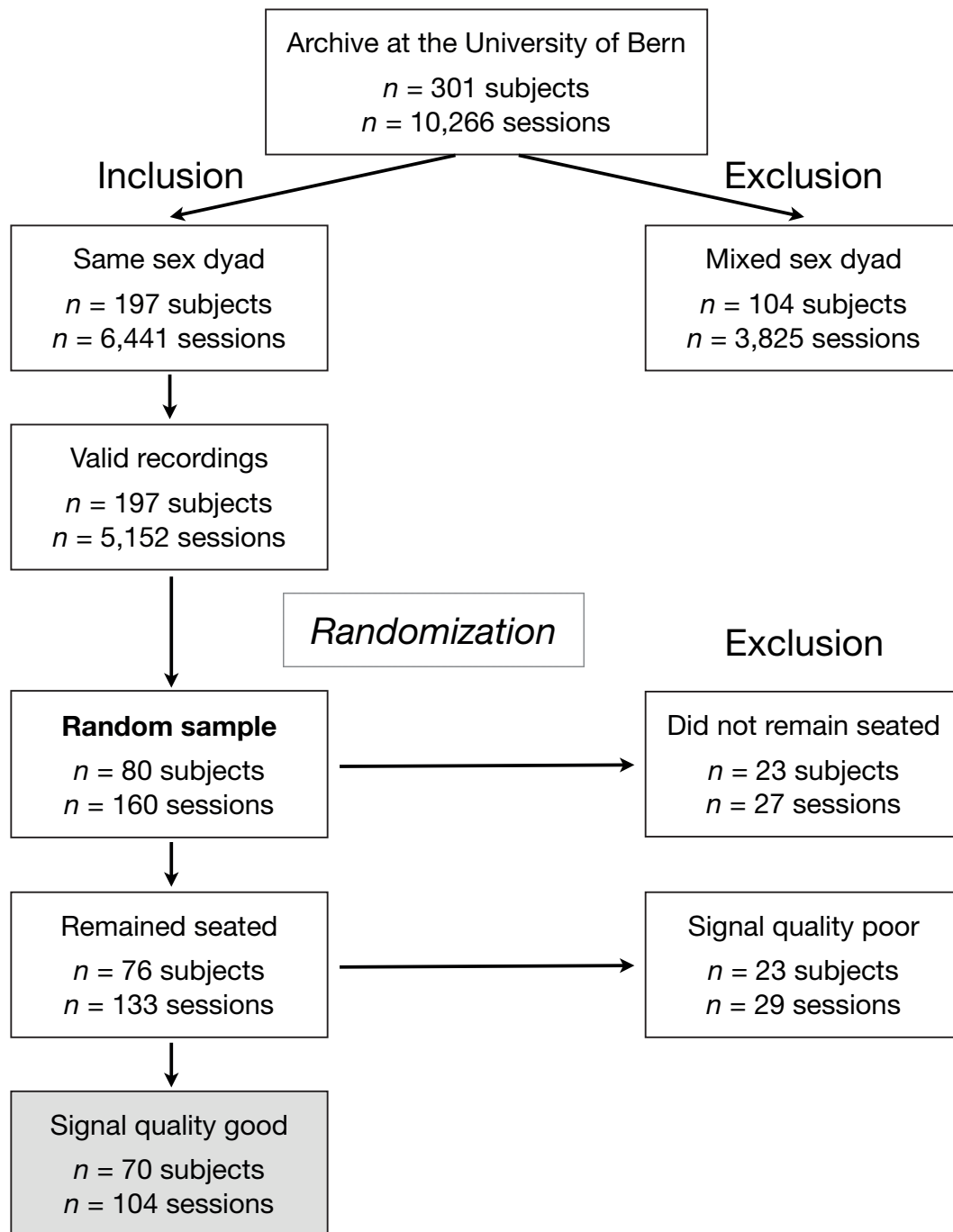


Figure W1. Flow chart of session randomization and selection criteria.

Table W1

*Parameter Estimates (and Standard Errors) for Mixed Effects Models Examining the Difference Between Synchrony and Pseudosynchrony and the Effects of Patient Variables (Phase, Gender, Diagnostic Group).*

Fixed Effects	Hypothesis 1				
	Model 1	Model 2	Model 3	Model 4	Model 5
<i>Intercept</i>	0.1123*** (0.0015)	0.1117*** (0.0017)	0.1116*** (0.0021)	0.1105*** (0.0024)	0.1091*** (0.0028)
<i>Synchrony:</i> (Genuine; Pseudo = 0)	0.0079*** (0.0015)	0.0079*** (0.0015)	0.0079*** (0.0015)	0.0079*** (0.0015)	0.0079*** (0.0015)
<i>Phase:</i> (T1; T3 = 0)		0.0014 (0.0017)			0.0015 (0.0017)
<i>Sex:</i> (Female; Male = 0)			0.0014 (0.0027)		0.0012 (0.0027)
<i>Diagnostic Group:</i> (Affective; Other; Anxiety = 0)				0.0031 (0.0033) Affective	0.0031 (0.0033) Affective
				0.0025 (0.0032) Other	0.0027 (0.0032) Other
<b>Variance Components</b>					
Residual Variance	0.00012***	0.00012***	0.00012***	0.00012***	2.0474***
Patient Variance	0.00008***	0.00008	0.00008***	0.00008	0.0995
AIC	-1206.9	-1205.6	-1205.2	-1204.0	-1217.0

\*\*\*  $p < .001$ .

Table W2

*Parameter Estimates (and Standard Errors) for Mixed Effects Models Examining the Associations Between Synchrony, Patient Variables (Phase, Gender, Diagnostic Group) and Process Variables (BPSR-P/T).*

Fixed Effects	Hypothesis 2					
	unconditional means model	Model 6	Model 7	Model 8	Model 9	Model 10
<i>Intercept</i>	0.6457*** (0.1659)	0.6568*** (0.1487)	0.3773† (0.2010)	0.6345** (0.2113)	0.4283† (0.2547)	0.0813 (0.3201)
<i>Relationship Quality PAT<sup>a</sup></i>		0.5956* (0.2997)	0.7229* (0.3009)	0.5986* (0.3004)	0.5608† (0.2995)	0.6881* (0.3001)
<i>Self-Efficacy PAT<sup>a</sup></i>		0.3190† (0.1800)	0.3672* (0.1782)	0.3155† (0.1816)	0.3441† (0.1822)	0.3983* (0.1819)
<i>Relationship Quality TH<sup>a</sup></i>		−0.0054 (0.2619)	−0.0046 (0.2570)	−0.0117 (0.2654)	0.02246 (0.2644)	0.0379 (0.2625)
<i>Phase:</i> (T1; T3 = 0)			0.6187* (0.3060)			0.6611* (0.3033)
<i>Sex:</i> (Female; Male = 0)				0.0455 (0.3057)		−0.0180 (0.3033)
<i>Diagnostic Group:</i> (Affective; Other; Anxiety = 0)					0.4461 (0.3794) Affective	0.5172 (0.3773) Affective
					0.2674 (0.3586) Other	0.3681 (0.3559) Other
<b>Variance Components</b>						
Residual Variance	2.0825***	2.2341***	2.1444***	2.2333***	2.1547***	2.0474***
Patient Variance	0.4838	0.0401	0.0438	0.0404	0.0899	0.0995
AIC	397.9	392.6	390.6	394.6	395.2	394.5

<sup>a</sup> Process measures were centered at their grand mean, allowing easier interpretation of intercepts.

†  $p < .10$ ; \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table W3

*Parameter Estimates (and Standard Errors) for Mixed Effects Models Examining the Associations Between pacing/leading, Patient Variables (Phase, Gender, Diagnostic Group) and Process Variables (BPSR-P/T).*

Fixed Effects	Hypothesis 2 / pacing – leading			
	pacing 1	leading 1	pacing 2	leading 2
<i>Intercept</i>	0.7824*** (0.1777)	0.6225*** (0.1477)	0.5072 (0.3810)	-0.1932 (0.3098)
<i>Relationship Quality PAT<sup>a</sup></i>	0.3075 (0.3467)	0.7101* (0.2990)	0.4055 (0.3532)	0.8191** (0.2919)
<i>Self-Efficacy PAT<sup>a</sup></i>	0.4375* (0.2098)	0.1504 (0.1794)	0.5015* (0.2149)	0.2353 (0.1766)
<i>Relationship Quality TH<sup>a</sup></i>	0.05475 (0.3031)	-0.0382 (0.2612)	0.0656 (0.3085)	0.0406 (0.2557)
<i>Phase:</i> (T1; T3 = 0)			0.4534 (0.3471)	0.8149** (0.300)
<i>Sex:</i> (Female; Male = 0)			-0.0681 (0.3639)	-0.0148 (0.2921)
<i>Diagnostic Group:</i> (Affective; Other; Anxiety = 0)			0.2779 (0.4517) Affective	0.7095† (0.3638) Affective
			0.0719 (0.4280) Other	0.6844* (0.3422) Other
<b>Variance Components</b>				
Residual Variance	2.6457***	2.2686***	2.5854***	2.0450***
Patient Variance	0.0890	0	0.3764	0
AIC	421.5	390.3	427.5	387.5

<sup>a</sup> Process measures were centered at their grand mean, allowing easier interpretation of intercepts.

†  $p < .10$ ; \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

Table W4

*Parameter Estimates (and Standard Errors) for Mixed Effects Models Examining the Associations Between Synchrony, Patient Variables (Phase, Gender, Diagnostic Group), and Outcome Variables (Retrospective/Pre-to-Post).*

Fixed Effects	Hypothesis 3				
	Model 11	Model 12	Model 13	Model 14	Model 15
<i>Intercept</i>	0.6698*** (0.1531)	0.6096** (0.2048)	0.6207** (0.2186)	0.5379* (0.2610)	0.4032 (0.3413)
<i>Retrospective Outcome</i>	0.0605 (0.2118)	0.0734 (0.2125)	0.0689 (0.2122)	0.0626 (0.2155)	0.0698 (0.2159)
<i>Pre-to-Post Outcome</i>	0.8058* (0.3065)	0.7882* (0.3094)	0.7995* (0.3076)	0.7957* (0.3117)	0.7696* (0.3146)
<i>Phase:</i> (T1; T3 = 0)		0.1321 (0.2988)			0.1689 (0.3004)
<i>Sex:</i> (Female; Male = 0)			0.0964 (0.3069)		0.0903 (0.3101)
<i>Diagnostic Group:</i> (Affective; Other; Anxiety = 0)				0.1741 (0.3942) Affective	0.1804 (0.3988) Affective
				0.2222 (0.3630) Other	0.2489 (0.3682) Other
<b>Variance Components</b>					
Residual Variance	2.1748***	2.1597***	2.1654***	2.1467***	2.1177***
Patient Variance	0.1168	0.1281	0.1241	0.1368	0.1580
AIC	380.3	382.1	382.2	383.9	387.5

\*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .

### Appendix for Mixed-Model analysis

The variables ‘session report factors’ and ‘outcome measures’ were centered at their grand mean, providing more readily interpretable intercepts for models of hypothesis 2 and 3.

The notation of equations used here follow the single level representation used in PROC MIXED.

Random effects entered into all models were ‘intercept’ and ‘patient’.

To illustrate, the basic equations used for hypotheses were as follows:

#### *Hypothesis 1:*

2-Level-Model (Overall Mixed Model):

$$\text{SYNCHRONY}_{ij} = \beta_0 + \beta_1 \times \text{SEX}_{ij} + \beta_2 \times \text{DIAGNOSIS}_{ij} + \beta_3 \times \text{PHASE}_{ij} + \beta_4 \times \text{TYPE OF SYNCHRONY}_{ij} + u_j + \varepsilon_{ij}$$

$\text{SYNCHRONY}_{ij}$  represents the value of the dependent variable for session  $i$  in patient  $j$ ;  $\beta_0$  through  $\beta_4$  represent the fixed intercept and the fixed effects of the covariates (e.g., SEX, ..., PHASE);  $u_j$  is the random effect associated with the intercept for patient  $j$ ; and  $\varepsilon_{ij}$  represents the residual.

#### *Hypothesis 2:*

2-Level-Model (Overall Mixed Model):

$$\text{SYNCHRONY}_{ij} = \beta_0 + \beta_1 \times \text{SEX}_{ij} + \beta_2 \times \text{DIAGNOSIS}_{ij} + \beta_3 \times \text{PHASE}_{ij} + \beta_4 \times \text{PROCESS\_MEASURES}_{ij} + u_j + \varepsilon_{ij}$$

#### *Hypothesis 3:*

2-Level-Model (Overall Mixed Model):

$$\text{SYNCHRONY}_{ij} = \beta_0 + \beta_1 \times \text{SEX}_{ij} + \beta_2 \times \text{DIAGNOSIS}_{ij} + \beta_3 \times \text{PHASE}_{ij} + \beta_4 \times \text{OUTCOME\_MEASURES}_{ij} + u_j + \varepsilon_{ij}$$