Supplemental Material

Effects of Time on Change in Mediators in BT versus CT

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| --- | --- | --- | --- |
|  |  | *Main effects of time on mediator in BT* | *Main effects of time on mediator in CT* |
| Mediators | Time | *b* | *SE* | *p* | *𝜒2* | *p* | *b* | *SE* | *p* | *𝜒2* | *p* |
| *Behavioral Process* |  |  |  |  |  |  |  |  |  |  |  |
| SBRS | S4 vs. Pre | -6.51 | 1.37 | <0.001 | 30.45(3) | <0.001 | -0.89 | 1.22 | 0.47 | 4.76(3) | 0.19 |
|  | Post vs. Pre | -6.70 | 1.39 | <0.001 |  |  | -2.38 | 1.24 | 0.054 |  |  |
|  | FU6 vs. Pre | -5.13 | 1.41 | <0.001 |  |  | -2.16 | 1.31 | 0.10 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| BTv | S4 vs. Pre | -0.36 | 0.05 | <0.001 | 59.78(3) | <0.001 | -0.14 | 0.05 | 0.002 | 9.20(3) | 0.03 |
|  | Post vs. Pre | -0.24 | 0.06 | <0.001 |  |  | -0.06 | 0.05 | 0.22 |  |  |
|  | FU6 vs. Pre | -0.02 | 0.06 | 0.77 |  |  | -0.06 | 0.05 | 0.21 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| RTv | S4 vs. Pre | -0.41 | 0.06 | <0.001 | 50.29(3) | <0.001 | -0.06 | 0.06 | 0.34 | 2.12(3) | 0.55 |
|  | Post vs. Pre | -0.24 | 0.06 | <0.001 |  |  | -0.09 | 0.06 | 0.16 |  |  |
|  | FU6 vs. Pre | -0.07 | 0.06 | 0.28 |  |  | -0.04 | 0.07 | 0.55 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| TIB | S4 vs. Pre | -98.56 | 6.12 | <0.001 | 283.58(3) | <0.001 | -3.49 | 5.12 | 0.50 | 4.57(3) | 0.21 |
|  | Post vs. Pre | -49.49 | 6.43 | <0.001 |  |  | -11.13 | 5.44 | 0.04 |  |  |
|  | FU6 vs. Pre | 22.58 | 6.48 | <0.001 |  |  | -2.06 | 5.54 | 0.71 |  |  |
| *Cognitive Process* |  |  |  |  |  |  |  |  |  |  |  |
| APSQ | S4 vs. Pre | -11.14 | 2.45 | <0.001 | 152.30(3) | <0.001 | -18.95 | 2.27 | <0.001 | 231.10(3) | <0.001 |
|  | Post vs. Pre | -25.02 | 2.51 | <0.001 |  |  | -29.93 | 2.29 | <0.001 |  |  |
|  | FU6 vs. Pre | -27.33 | 2.55 | <0.001 |  |  | -31.04 | 2.42 | <0.001 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| DBAS | S4 vs. Pre | -0.75 | 0.13 | <0.001 | 182.85(3) | <0.001 | -0.81 | 0.13 | <0.001 | 224.72(3) | <0.001 |
|  | Post vs. Pre | -1.50 | 0.14 | <0.001 |  |  | -1.81 | 0.14 | <0.001 |  |  |
|  | FU6 vs. Pre | -1.66 | 0.14 | <0.001 |  |  | -1.67 | 0.14 | <0.001 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| SAMI | S4 vs. Pre | -0.13 | 0.07 | 0.061 | 53.36(3) | <0.001 | -0.19 | 0.07 | <0.001 | 146.52(3) | <0.001 |
|  | Post vs. Pre | -0.34 | 0.07 | <0.001 |  |  | -0.63 | 0.07 | <0.001 |  |  |
|  | FU6 vs. Pre | -0.47 | 0.07 | <0.001 |  |  | -0.68 | 0.07 | <0.001 |  |  |