**Key:**

X = self-report item or survey given at this time point

MTR/eBook Conditions (interventions)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | T1 baseline | T1 mod 1 | T1 mod 2 | T1 mod 3 | T2 baseline | T2 mod 1 | T2 mod 2 | T2 mod 3 | T3 baseline | T3 mod 1 | T3 mod 2 | T3 mod 3 | T4 |
| PCL | X |  |  |  |  |  |  | X |  |  |  | X | X |
| CSE-T | X | X | X | X | X | X | X | X | X | X | X | X | X |
| CES-D | X |  |  |  | X |  |  |  | X |  |  | X | X |
| IES | X |  |  |  | X |  |  |  | X |  |  |  |  |
| POMS | X | X | X | X | X | X | X | X | X | X | X | X |  |
| LEC | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Trauma Detail | X |  |  |  |  |  |  |  |  |  |  |  |  |
| PND | X | X | X | X | X | X | X | X | X | X | X | X |  |
| RES | X |  |  |  | X |  |  |  | X |  |  |  |  |
| TSE | X |  |  | X |  |  |  | X |  |  |  | X | X |
| MSPSS | X |  |  |  | X |  |  |  | X |  |  |  | X |
| SLP | X |  |  |  | X |  |  |  | X |  |  |  | X |
| OET | X | X | X | X | X | X | X | X | X | X | X | X |  |
| Pain | X |  |  |  |  |  |  |  | X |  |  |  |  |
| PDE | X | X | X | X | X | X | X | X | X | X | X | X |  |
| MCheck | X |  |  | X |  |  |  | X |  |  |  | X |  |
| TK | X |  |  | X |  |  |  | X |  |  |  | X |  |
| EHR | X |  |  |  | X |  |  |  | X |  |  |  |  |
| DIS | X | X | X | X | X | X | X | X | X | X | X | X |  |
| ATT |  | X | X | X |  | X | X | X |  | X | X | X |  |
| ITK |  | X | X | X |  | X | X | X |  | X | X | X |  |
| EFQ |  | X | X | X |  | X | X | X |  | X | X | X |  |
| INT |  | X | X | X |  | X | X | X |  | X | X | X |  |
| SAT |  |  |  | X |  |  |  | X |  |  |  | X |  |
| Feedback |  |  |  | X |  |  |  | X |  |  |  | X |  |
| PLN |  |  |  |  | X |  |  |  | X |  |  |  |  |
| UPT |  |  |  |  | X |  |  |  | X |  |  |  | X |
| Gender | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Sex | X |  |  |  |  |  |  |  |  |  |  |  |  |
| DOB | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Relationship | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Ethnicity | X |  |  |  |  |  |  |  |  |  |  |  |  |
| EDU | X |  |  |  |  |  |  |  |  |  |  |  |  |
| SES | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Height | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Weight | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Cardio | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Med | X |  |  |  |  |  |  |  |  |  |  |  |  |
| MHPC | X |  |  |  |  |  |  |  |  |  |  |  |  |
| MHPP | X |  |  |  |  |  |  |  |  |  |  |  |  |

Control

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | T1 baseline | T2 baseline | T3 baseline | T4 |
| PCL | X | X | X | X |
| CSE-T |  | X | X | X |
| CES-D | X | X | X | X |
| IES | X | X | X |  |
| POMS | X | X | X |  |
| LEC | X |  |  |  |
| Trauma Detail | X |  |  |  |
| PND | X | X | X |  |
| RES | X | X | X |  |
| TSE | X |  |  | X |
| MSPSS | X | X | X | X |
| SLP | X | X | X | X |
| OET | X |  |  |  |
| Pain | X |  |  |  |
| PDE | X | X | X |  |
| MCheck | X |  |  |  |
| TK | X | X | X |  |
| EHR | X | X | X |  |
| DIS | X | X | X |  |
| ATT |  |  |  |  |
| ITK |  |  |  |  |
| EFQ |  |  |  |  |
| INT |  |  |  |  |
| SAT |  |  |  |  |
| Feedback |  |  |  |  |
| PLN |  |  |  |  |
| UPT |  |  |  | X |
| Gender | X |  |  |  |
| Sex | X |  |  |  |
| DOB | X |  |  |  |
| Relationship | X |  |  |  |
| Ethnicity | X |  |  |  |
| EDU | X |  |  |  |
| SES | X |  |  |  |
| Height | X |  |  |  |
| Weight | X |  |  |  |
| Cardio | X |  |  |  |
| Med | X |  |  |  |
| MHPC | X |  |  |  |
| MHPP | X |  |  |  |

**Key**:

PCL – PTSD symptoms

CST-T – Trauma coping self-efficacy

CES-D – depression

IES – Impact of Event Scale

POMS – Mood Questionnaire

LEC – Life Events Checklist (trauma exposure)

Trauma detail – additional details about trauma

* Tname=most troublesome trauma
* TWN=when trauma occurred
* TIT=affected you in past year
* TFQ=frequency of event in lifetime

PND – Perceived need for trauma symptoms

RES – Control to change mental health

TSE – treatment self-efficacy

* PTSE=T1 baseline

MSPSS – Social support

SLP – Sleep habits/satisfaction

OET – Outcome expectations

Pain – Chronic Pain

* PAIN: chronic pain yes/no
* Pbody: what body part
* MPQ: type of pain

PDE – Dissociation symptoms

MCheck – Manipulation check for pain efficacy

TK – website knowledge test

EHR – eHealth readiness

DIS – current distress level

ITK – Intake/Learning

EFQ – Subjective engagement

INT – Intention to used what was learned from the website

SAT – Satisfaction with website

Feedback– Website feedback

* T1 M3 = Q99-104 & Q 39
* T2 M3 = Q155-160 & Q40
* T3 M3 = T3.FBK, Q113-117 & Q42

PLN – Planning

UPT – Uptake

DOB – date of birth

Relationship – Relationship Status

Ethnicity - Ethnicity

EDU– education level

SES – Household income

Height – Height in inches

Weight – Weight in pounds

Cardio– Cardiovascular problems

Med – Current Medications

MHPC – Current mental health provider

MHPP – Past mental health provider

**LIWC codebook:**

WC=Word Count

Analytic =Analytical Thinking

Clout=Clout

Authentic=Authenticity

Tone= Emotional Tone

WPS=Words per sentence1

Sixltr =Words>6 letters

Dic=Dictionary words

function = Function Words

pronoun =Total pronouns

ppron = Personal pronouns

i = 1st person singular

we = 1st person plural

you = 2nd person

shehe = 3rd person singular

they = 3rd pers plural

ipron = Impersonal pronouns

article = Articles

prep = Prepositions

auxverb = Auxiliary verbs

adverb = Common adverbs

conj = Conjunctions

negate = Negations

verb = Regular verbs

adj = Adjectives

compare = Comparatives

interrog = Interrogatives

number = Numbers

quant = Quantifiers

affect = Affect Words

posemo = Positive emotion

negemo = Negative emotion

anx = Anxiety

anger = Anger

sad = Sadness

social = Social Words

family = Family

friend = Friends

female = Female referents

male = Male referents

cogproc = Cognitive Processes2

insight = Insight

cause = Cause

discrep = Discrepancies

tentat = Tentativeness

certain = Certainty

differ = Differentiation

percept = Perceptual Processes

see = Seeing

hear = Hearing

feel = Feeling

bio = Biological Processes

body = Body

health = Health/illness

sexual = Sexuality

ingest = Ingesting

drives = Core Drives and Needs

affiliation = Affiliation

achieve = Achievement

power = Power

reward = Reward focus

risk = Risk/prevention focus

focuspast = Past focus

focuspresent = Present focus

focusfuture = Future focus

relativ = Relativity

motion = Motion

space = Space

time = Time

work = Work

leisure = Leisure

home = Home

money = Money

relig = Religion

death = Death

informal = Informal Speech

swear = Swear words

netspeak = Netspeak

assent = Assent

nonfl = Nonfluencies

filler = Fillers

Allpunc = All Punctuation

Period = Periods

Comma = Commas

Colon = Colons

SemiC = Semicolons

QMark = Question marks

Exclam = Exclamation marks

Dash = Dashes

Quote = Quotation marks

Apostro = Apostrophes

Parenth = Parentheses (pairs)

OtherP = Other punctuation