

# Processes Growth Models

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Table 1: Process estimates for each of the proposed mechanisms in WET.

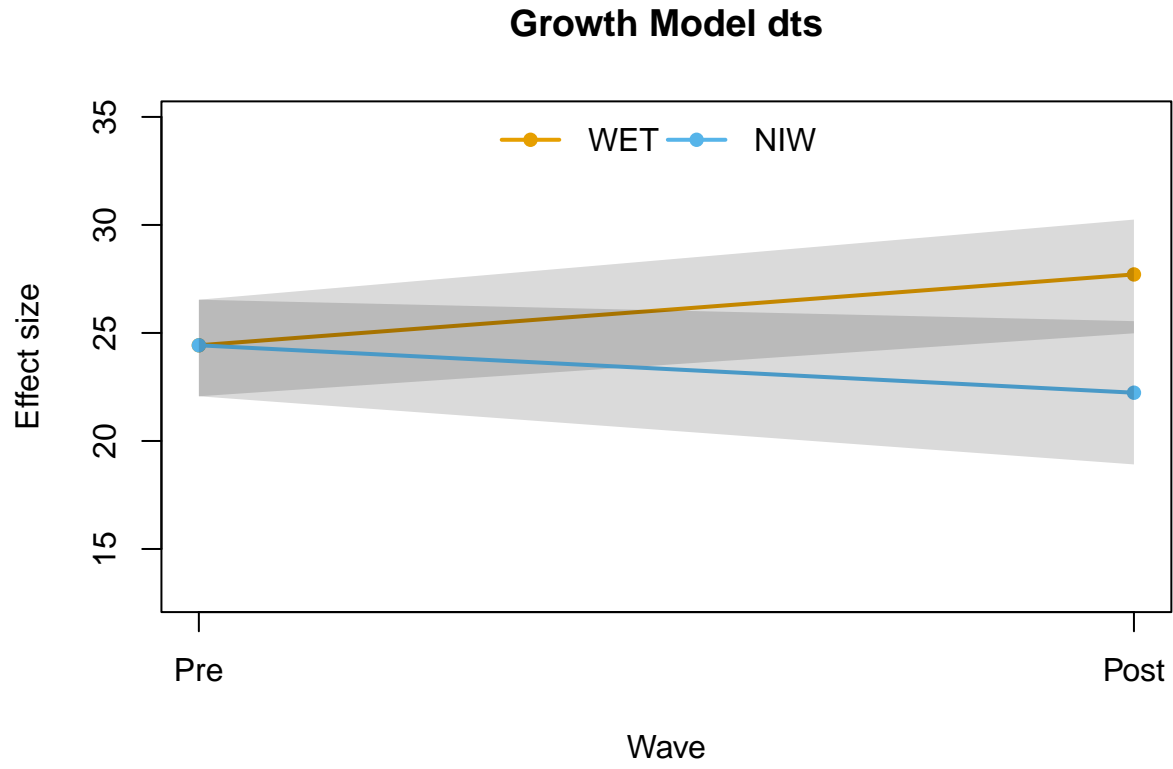
Measure	WET			NIW			Change		
	<i>d</i>	89% CI	P(>0)	<i>d</i>	89% CI	P(>0)	<i>d</i>	89% CI	P(>0)
DTS †	-0.29	[-0.51,-0.07]	0.02*	0.17	[-0.08,0.41]	0.86	-0.46	[-0.75,-0.14]	0.01*
SCS †	0.00	[-0.13,0.14]	0.51	0.04	[-0.14,0.22]	0.63	-0.04	[-0.25,0.19]	0.39
IFES	0.31	[0.13,0.49]	1.00*	0.05	[-0.14,0.25]	0.67	0.25	[-0.01,0.53]	0.94
TAF									
Morality	0.00	[-0.20,0.21]	0.52	-0.12	[-0.37,0.12]	0.23	0.12	[-0.19,0.43]	0.73
Likelihood	0.14	[-0.03,0.31]	0.90	0.16	[-0.04,0.34]	0.91	-0.02	[-0.25,0.24]	0.44
BCSS									
Self negative	0.11	[-0.05,0.26]	0.86	0.17	[-0.01,0.33]	0.93	-0.06	[-0.27,0.15]	0.32
Other negative	-0.01	[-0.21,0.19]	0.48	-0.29	[-0.57,-0.03]	0.04*	0.28	[-0.04,0.61]	0.92
Self positive	-0.23	[-0.37,-0.09]	0.01*	-0.11	[-0.30,0.08]	0.16	-0.11	[-0.36,0.12]	0.23
Other positive	-0.08	[-0.24,0.09]	0.22	0.00	[-0.19,0.16]	0.52	-0.07	[-0.30,0.16]	0.30
MCQ									
(Lack of) Cognitive Confidence	0.29	[0.12,0.47]	0.99*	-0.08	[-0.34,0.16]	0.30	0.38	[0.10,0.69]	0.98*
Positive Beliefs about Worry	0.00	[-0.18,0.19]	0.50	-0.13	[-0.42,0.19]	0.23	0.13	[-0.21,0.48]	0.74
Cognitive Self-Consciousness	0.03	[-0.13,0.19]	0.62	-0.29	[-0.49,-0.09]	0.01*	0.32	[0.06,0.57]	0.97*
Uncontrollability and Danger	0.21	[0.08,0.35]	1.00*	0.07	[-0.08,0.22]	0.77	0.14	[-0.06,0.35]	0.87
Need to Control Thoughts	0.09	[-0.08,0.26]	0.79	0.15	[-0.04,0.34]	0.90	-0.06	[-0.30,0.19]	0.35

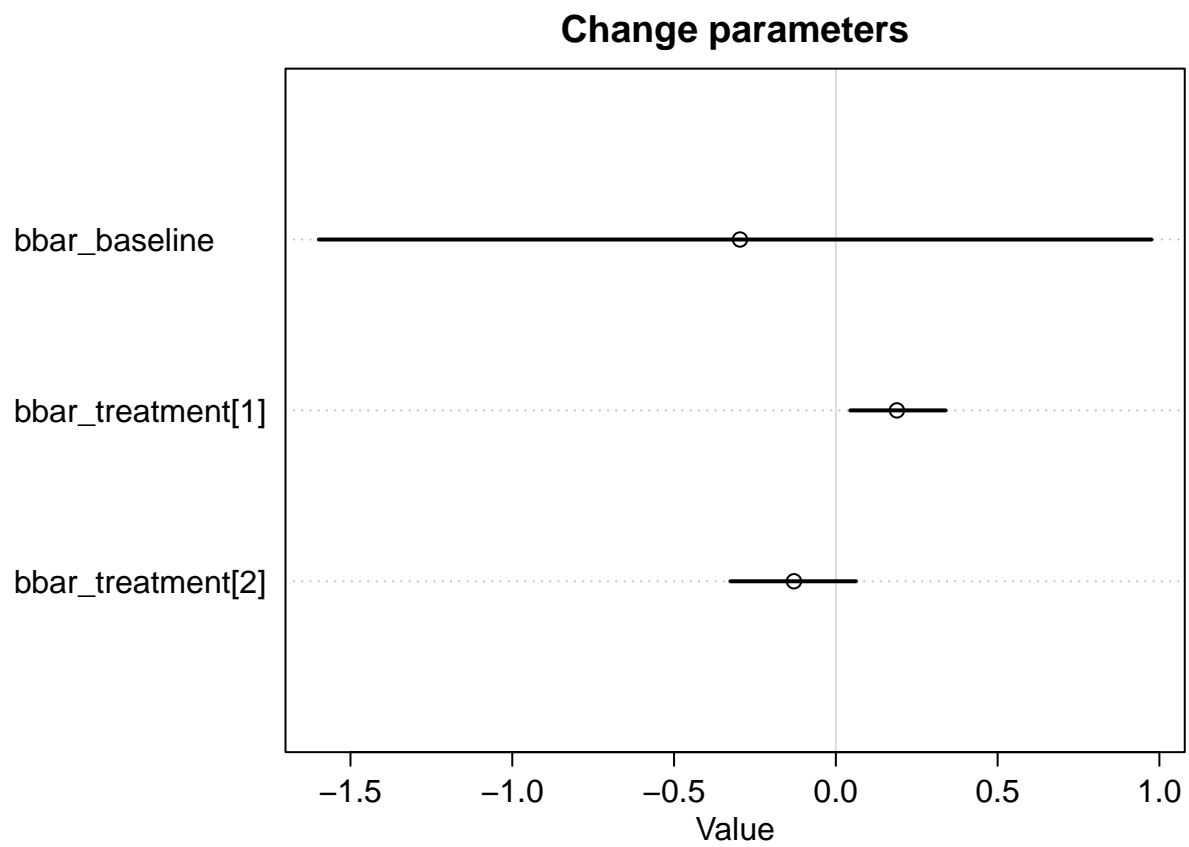
*Note.* † Indicates a measure of strength or positive attributes and negative change should be interpreted as improvement

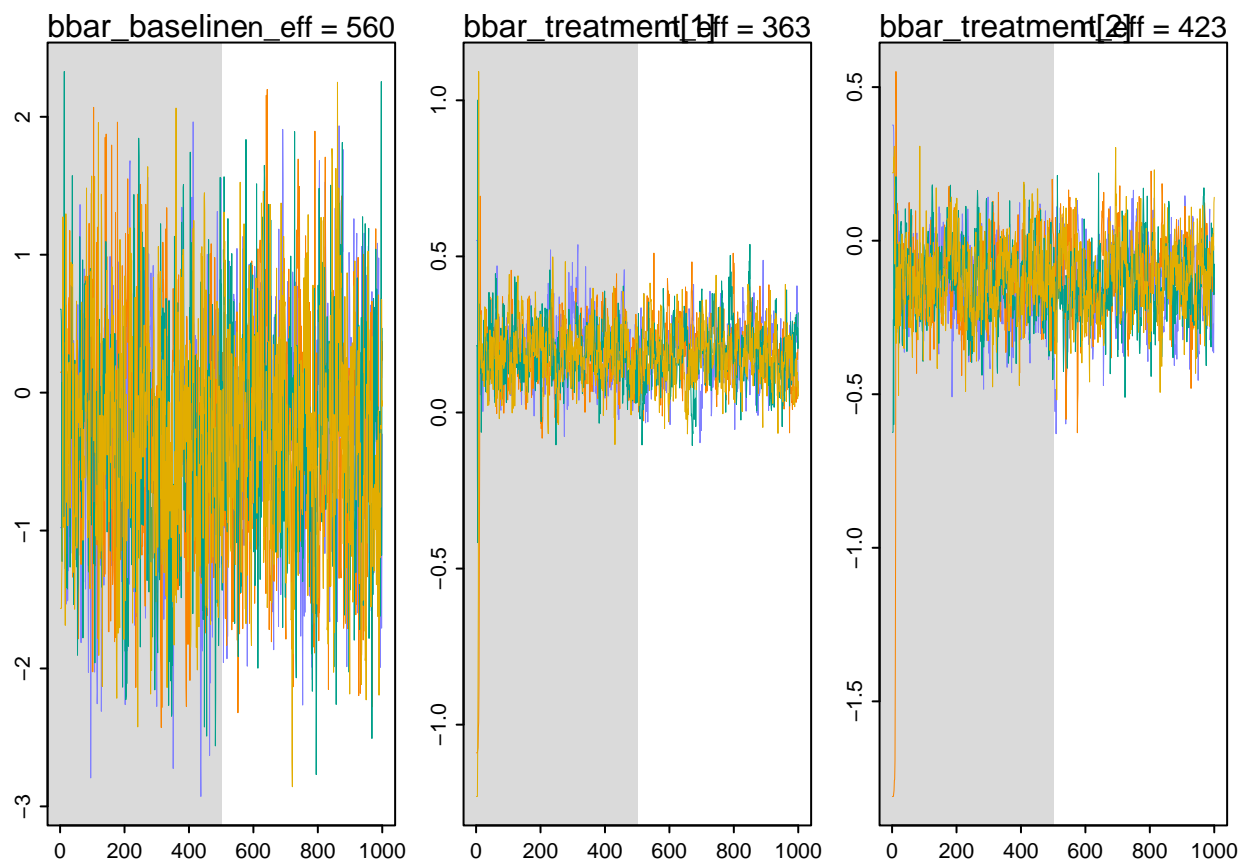
## Change model DTS †

Table 2: (#tab:dts) Raw means for DTS †.

Condition	Pre	Post
WET	38.8 (11.3)	42.5 (9.7)
NIW	39.0 (13.1)	36.3 (12.5)



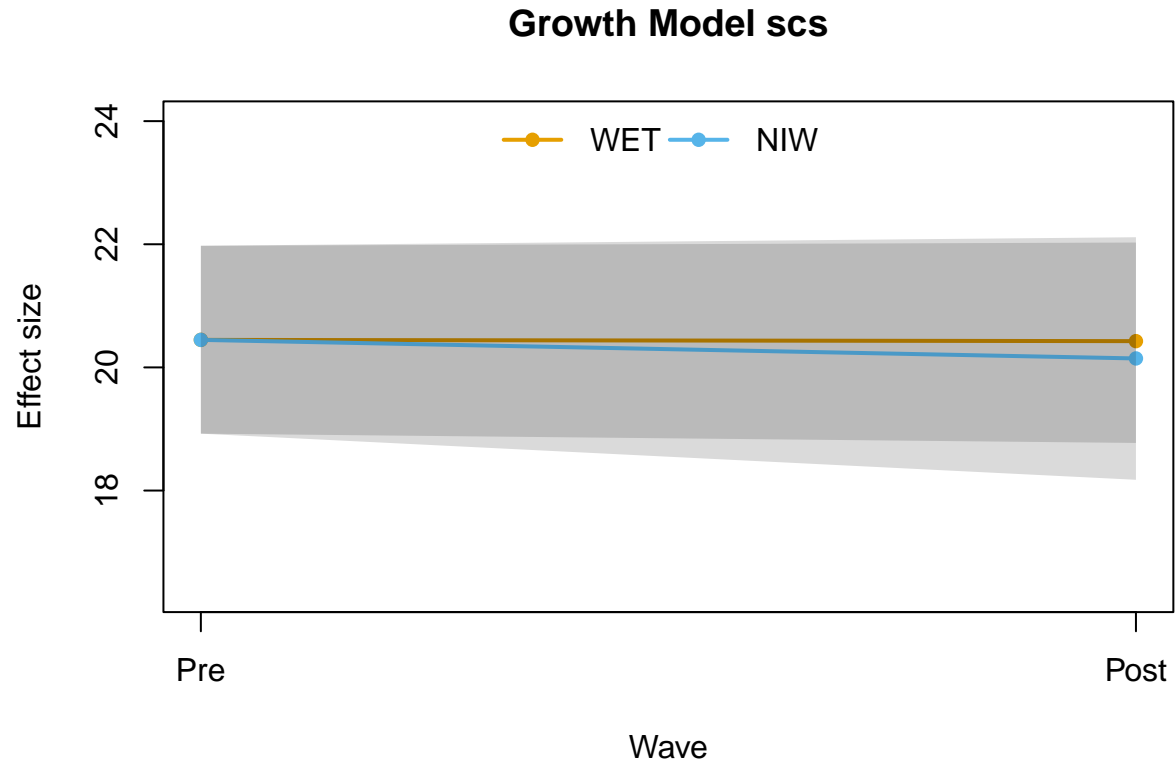


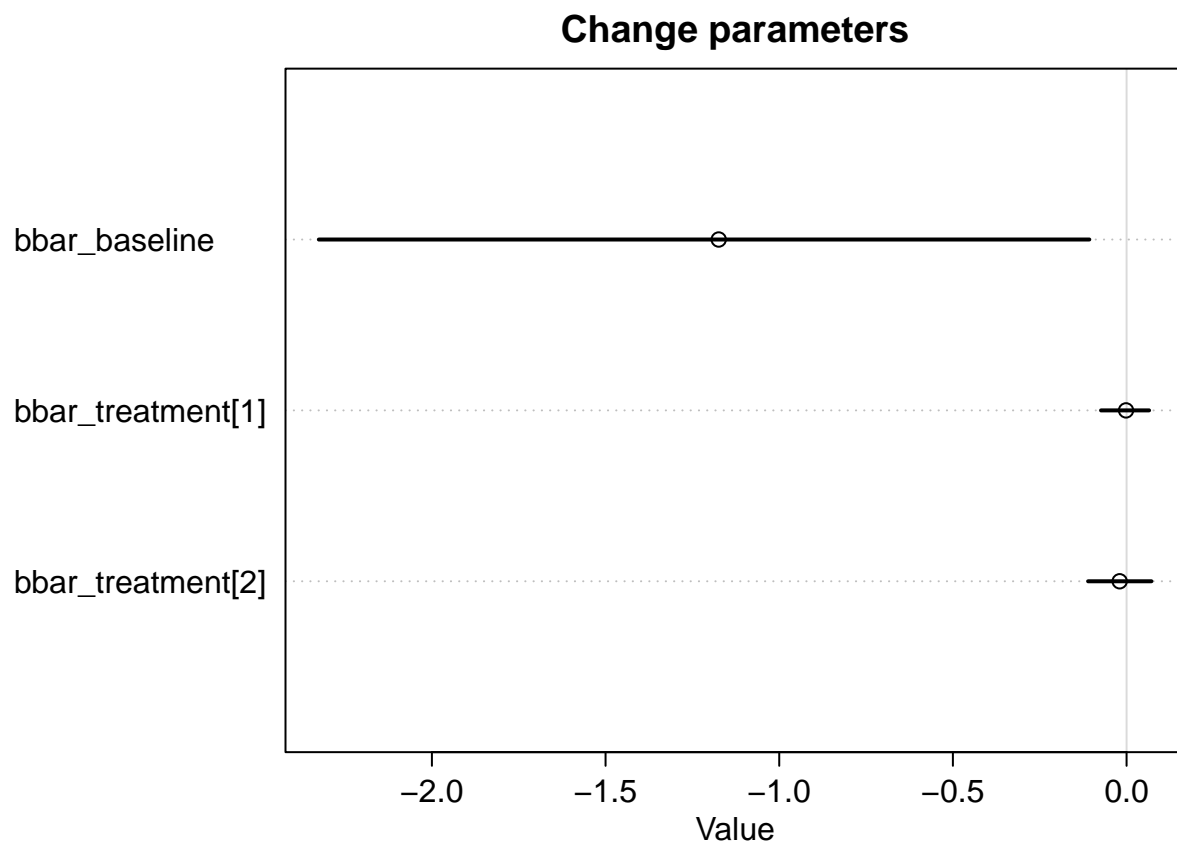


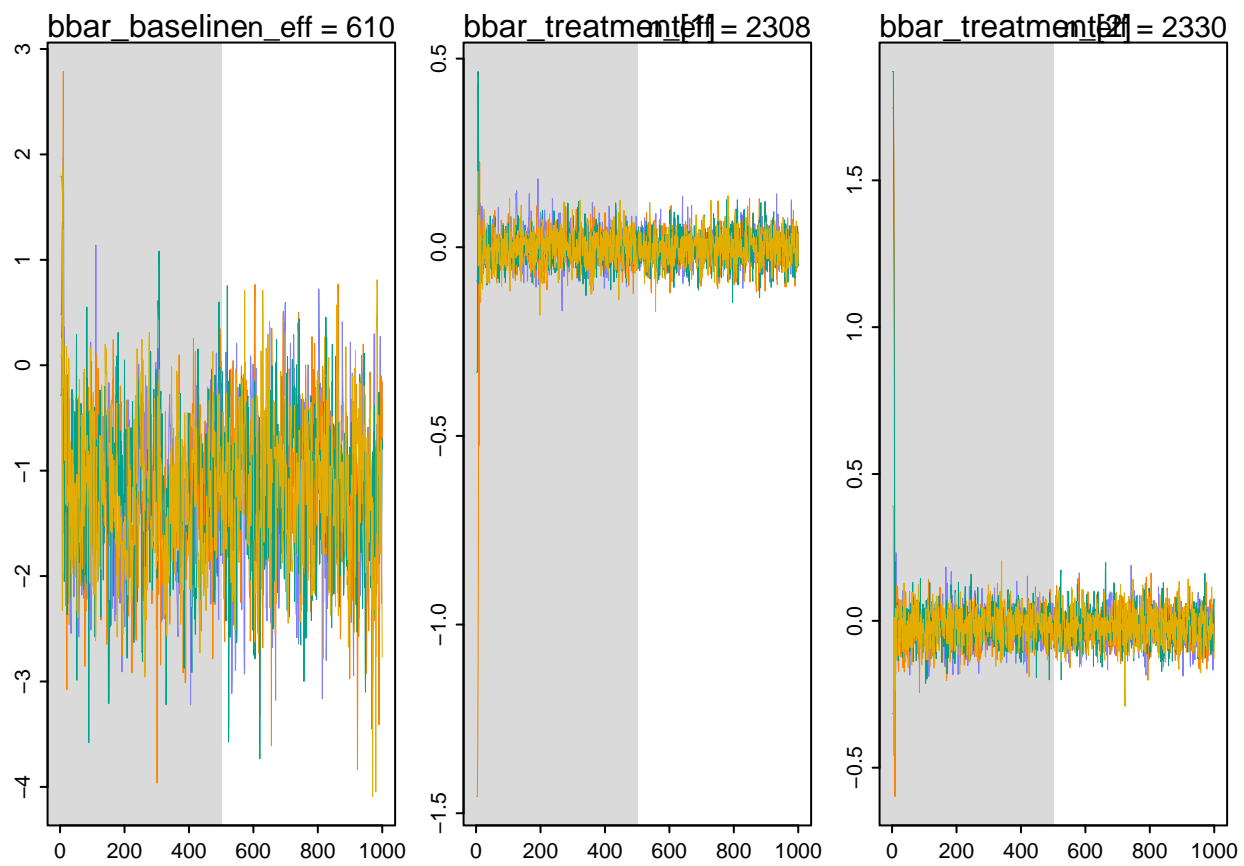
## Change model SCS †

Table 3: (#tab:scs) Raw means for SCS †.

Condition	Pre	Post
WET	33.1 (7.9)	33.3 (8.4)
NIW	32.2 (8.0)	32.0 (8.2)





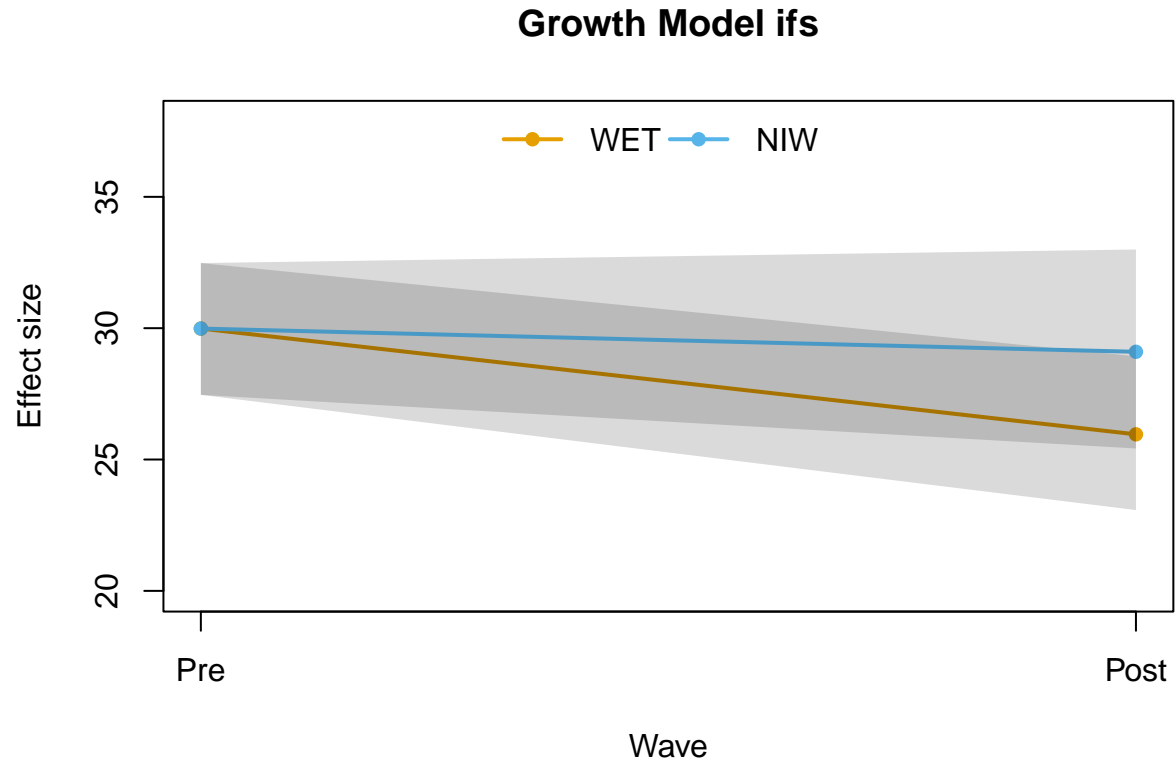


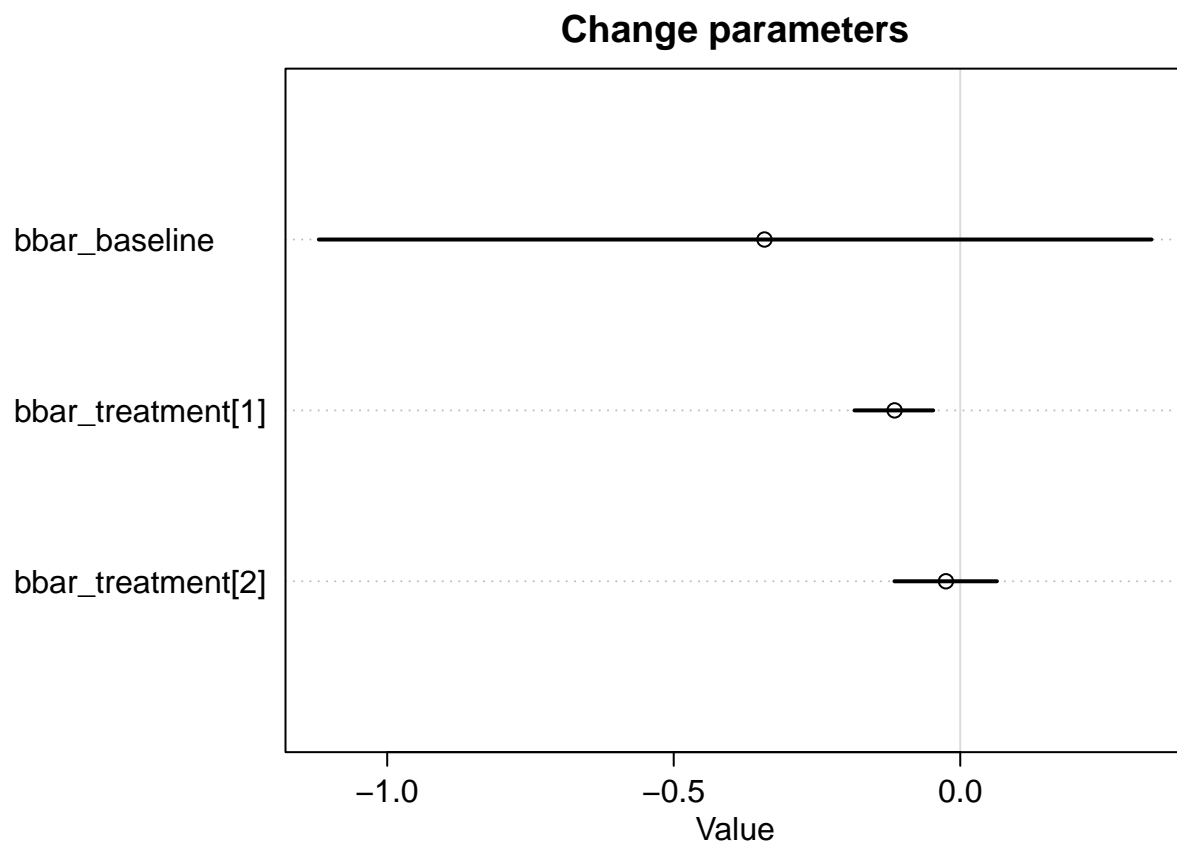


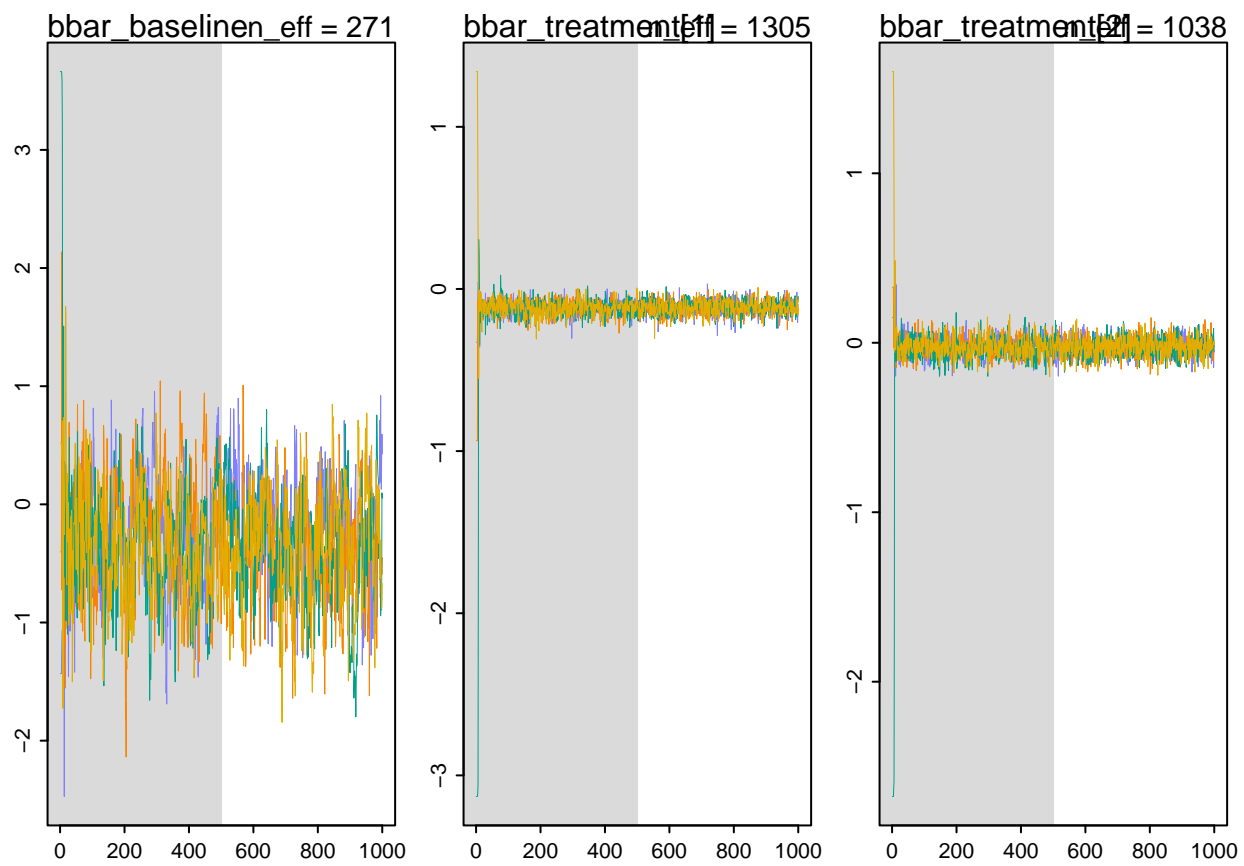
## Change model IFES

Table 4: (#tab:ifs) Raw means for IFES.

Condition	Pre	Post
WET	53.6 (13.1)	51.4 (13.6)
NIW	58.3 (16.2)	57.1 (14.6)



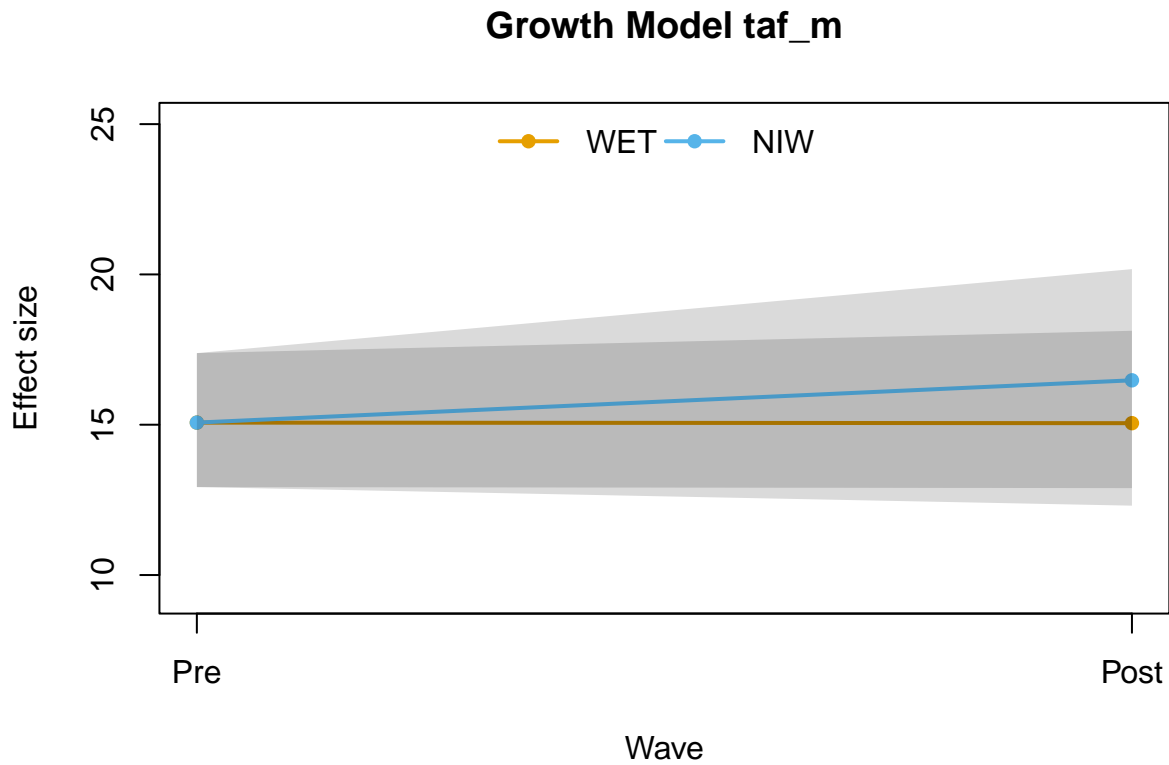


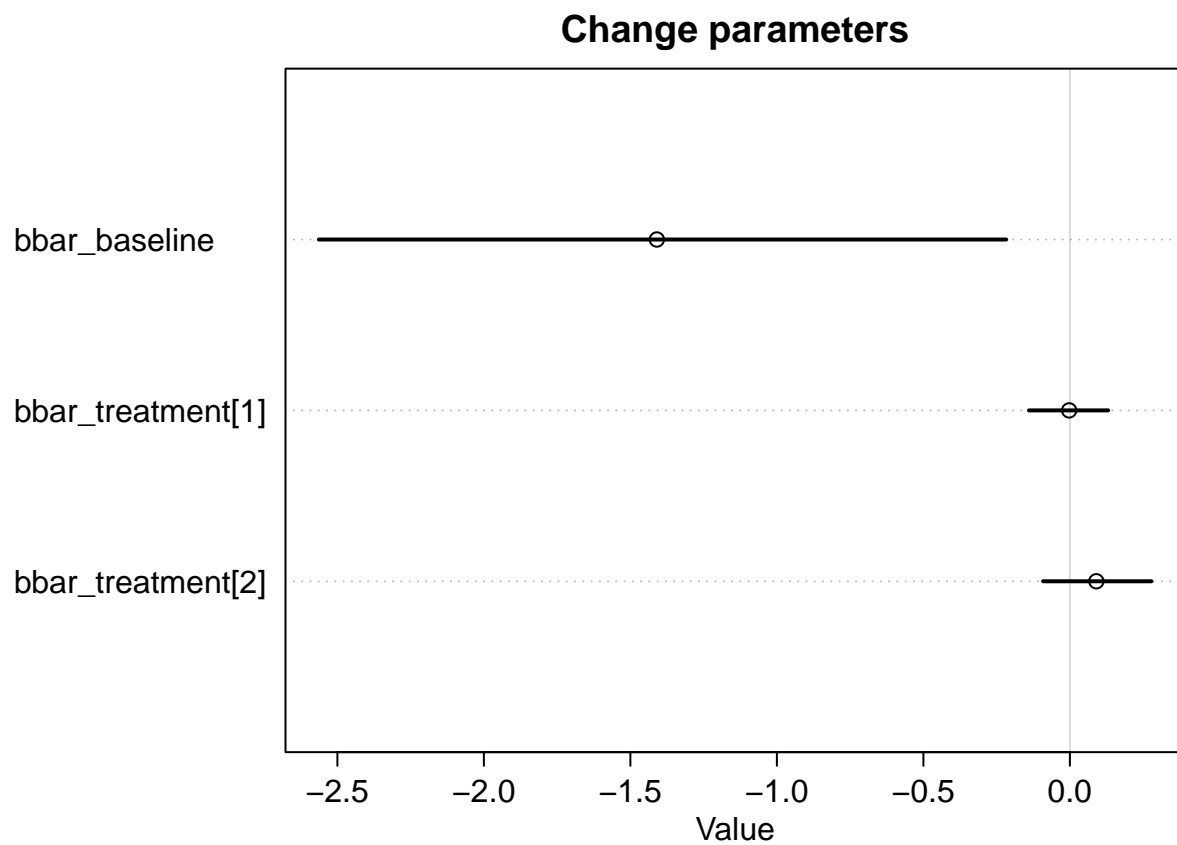


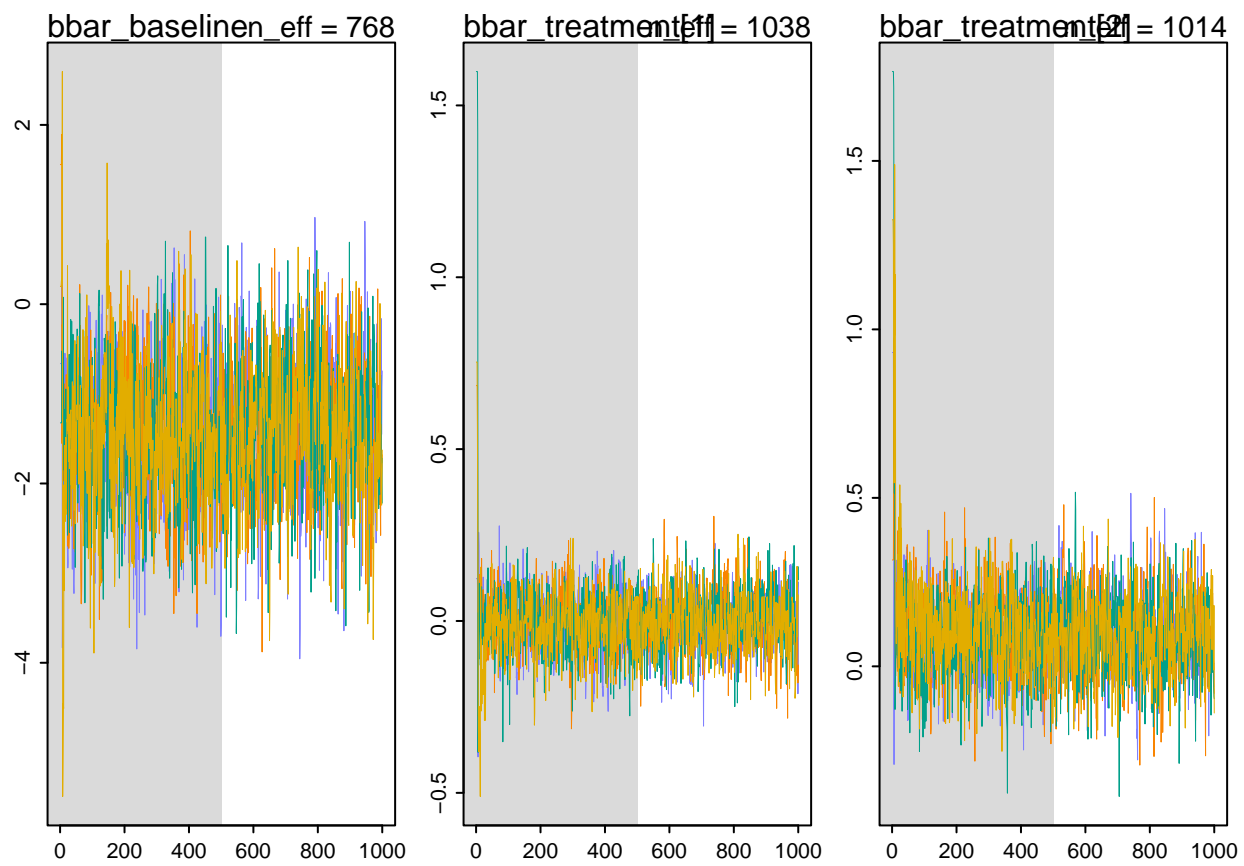
Change model Morality

Table 5: (#tab:taf\_m) Raw means for Morality.

Condition	Pre	Post
WET	14.3 (9.8)	14.9 (11.0)
NIW	20.0 (11.5)	21.6 (13.0)



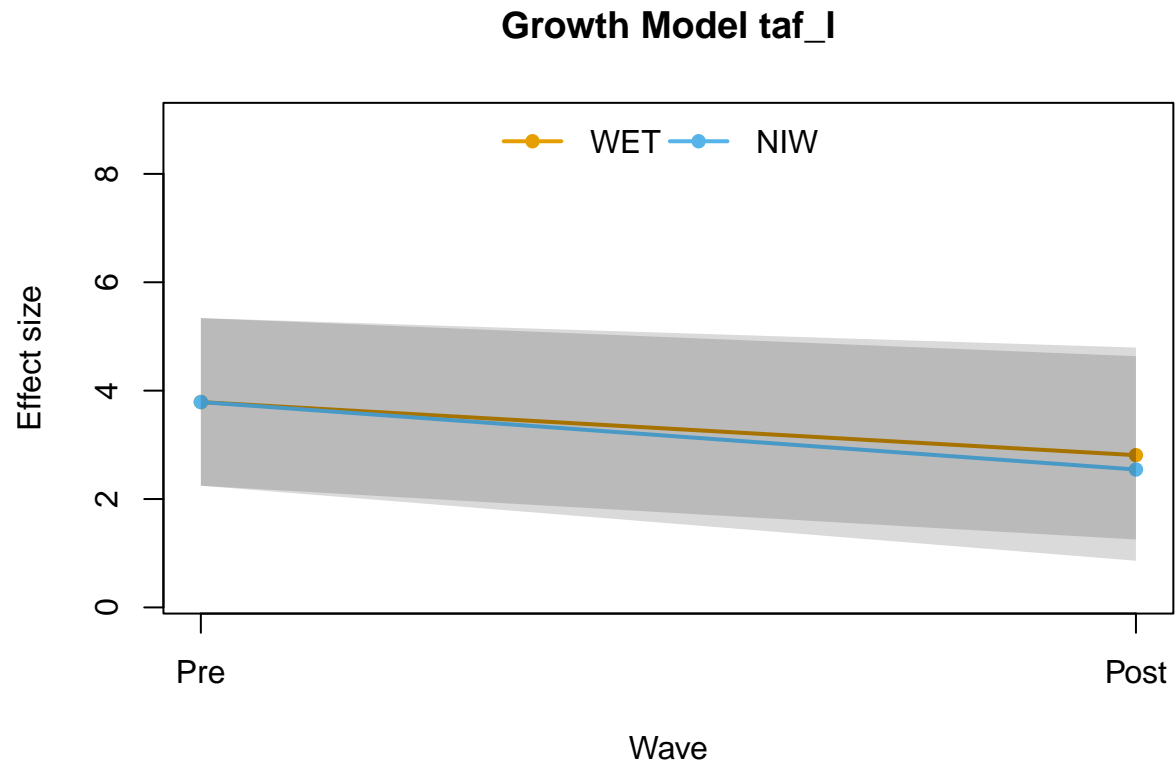


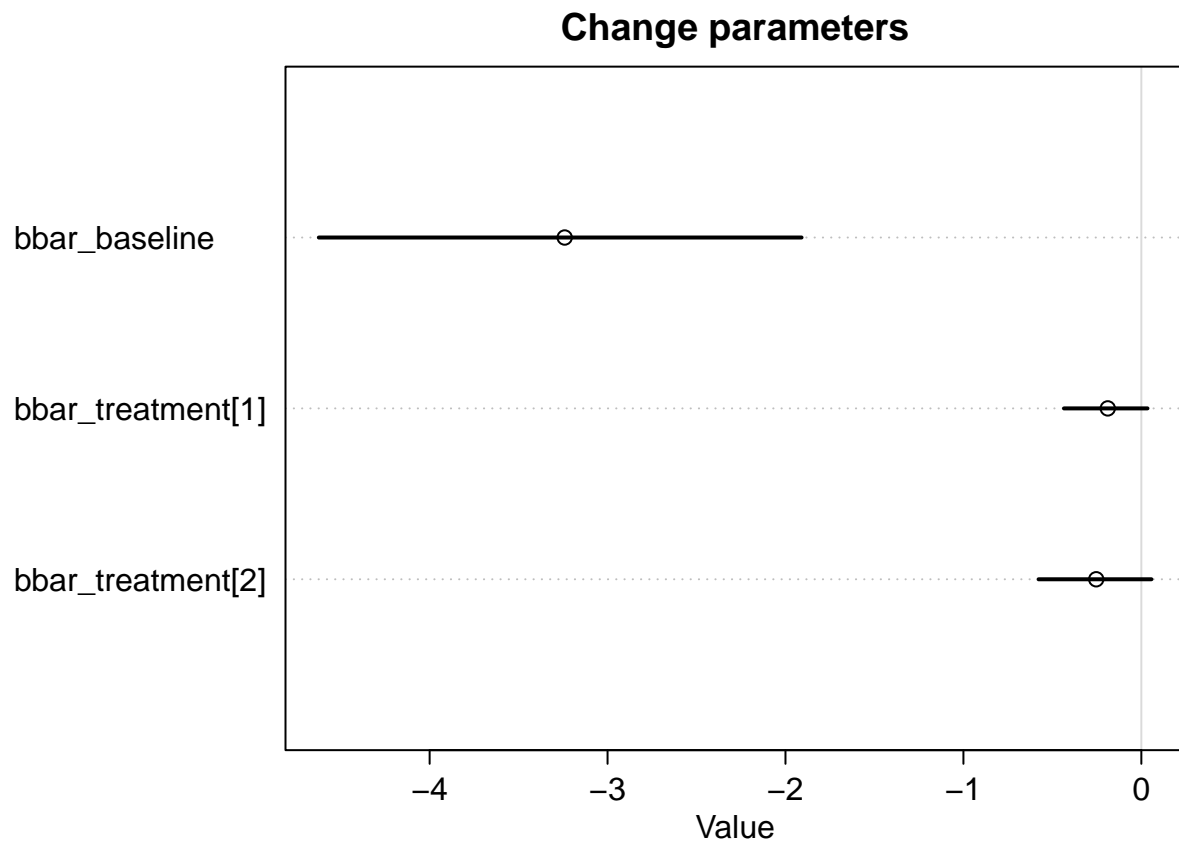


## Change model Likelihood

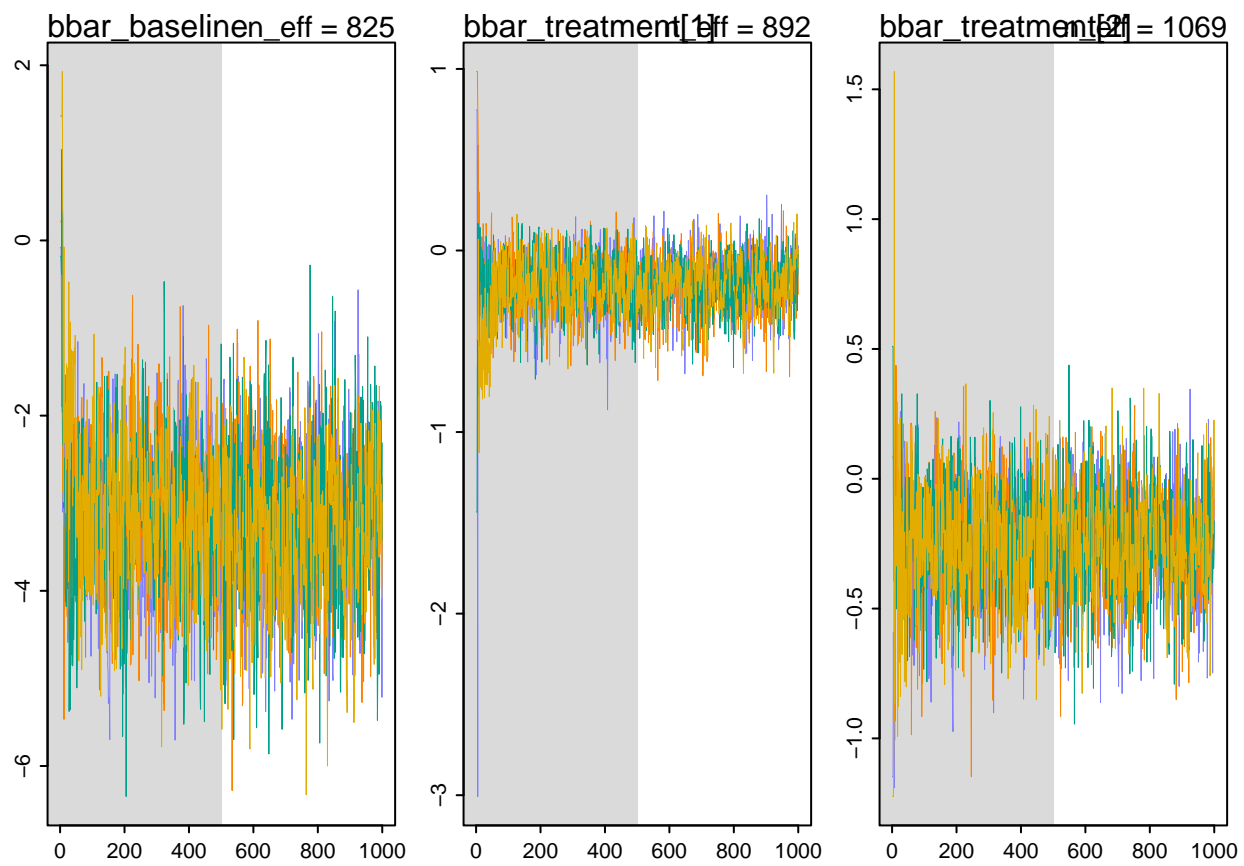
Table 6: (#tab:taf\_1) Raw means for Likelihood.

Condition	Pre	Post
WET	5.6 (6.8)	5.4 (7.2)
NIW	6.9 (7.7)	6.6 (8.6)







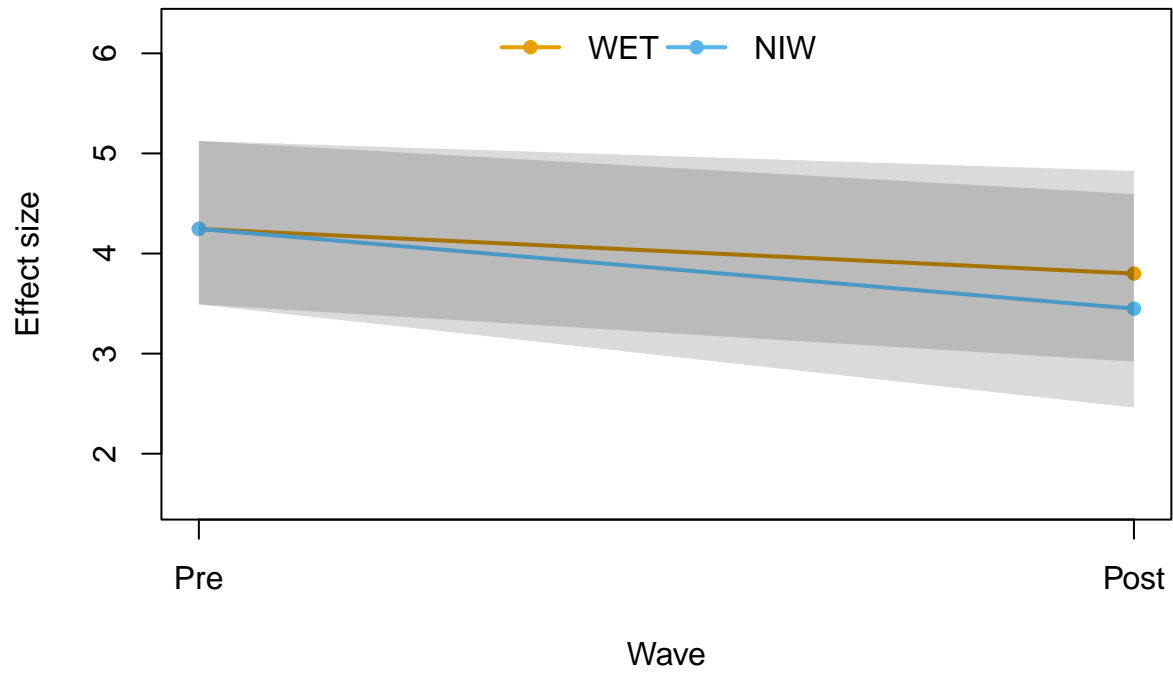


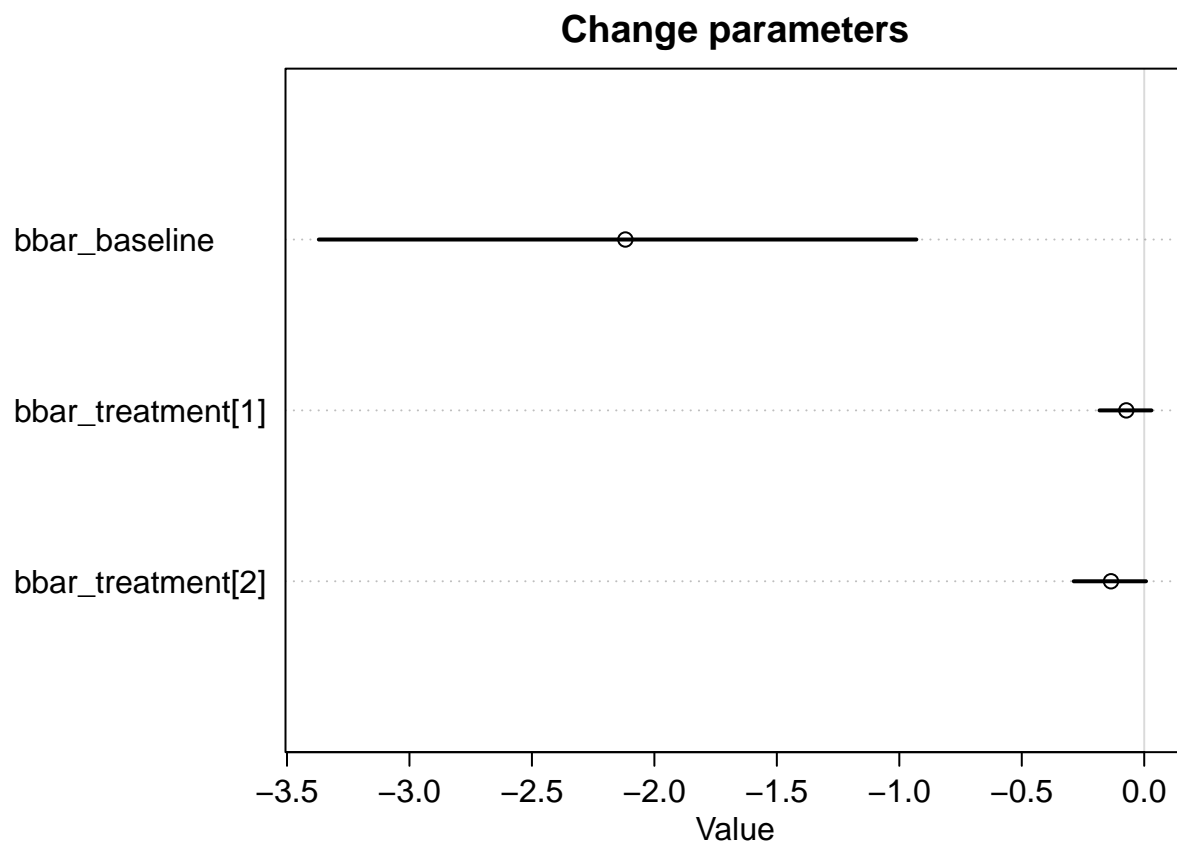
## Change model Self negative

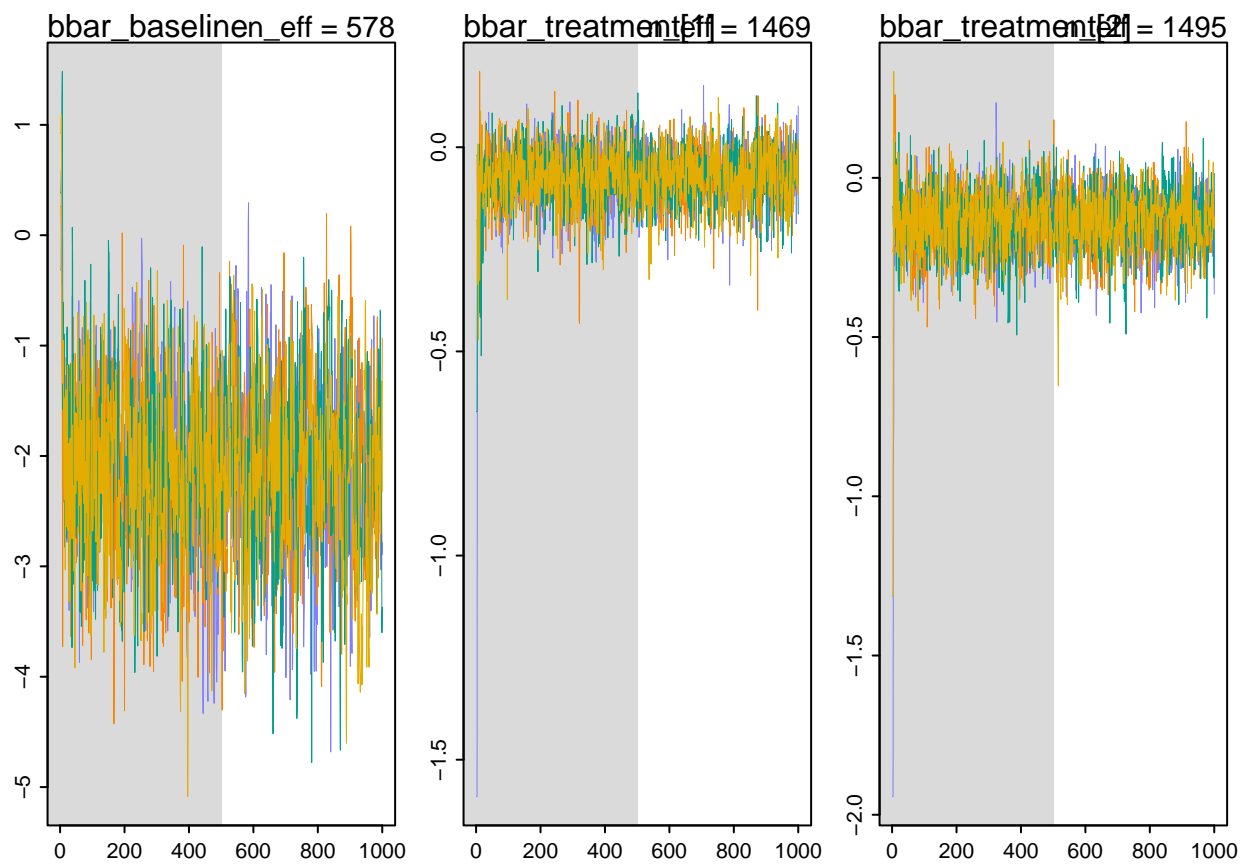
Table 7: (#tab:bcss\_self\_neg) Raw means for Self negative.

Condition	Pre	Post
WET	4.6 (4.2)	4.6 (5.0)
NIW	6.2 (4.8)	5.4 (4.4)

## Growth Model bcss\_self\_neg



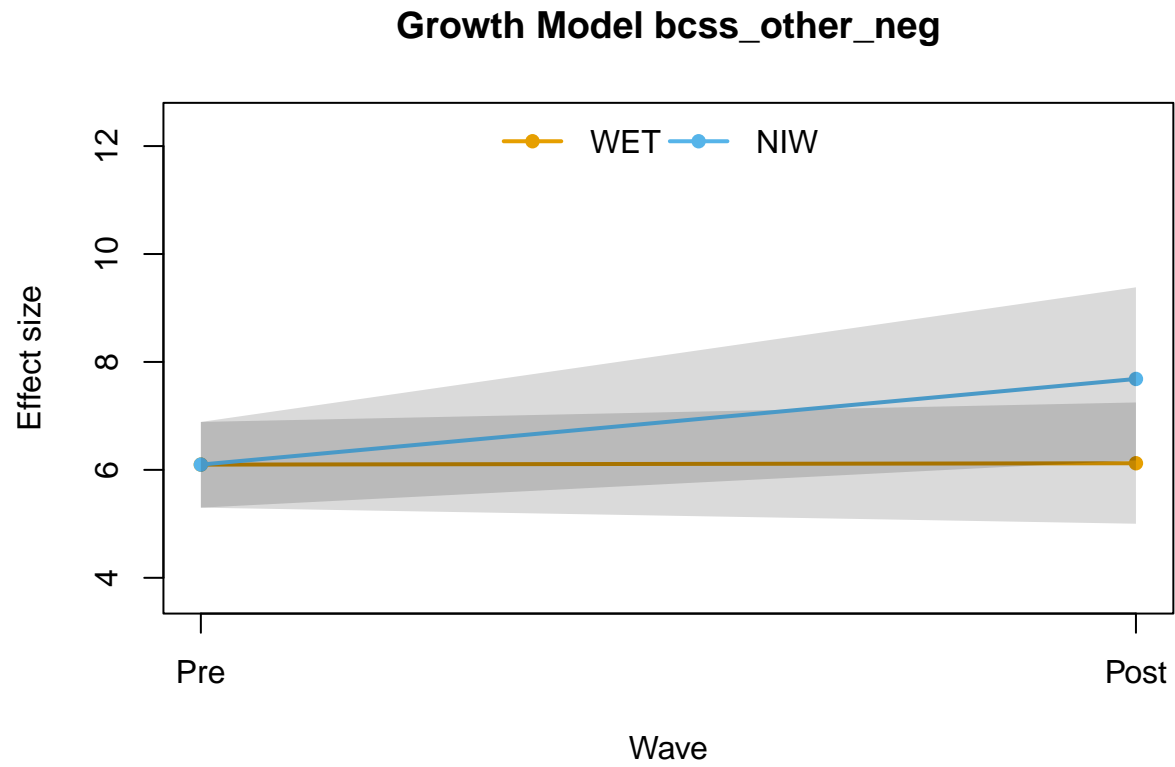


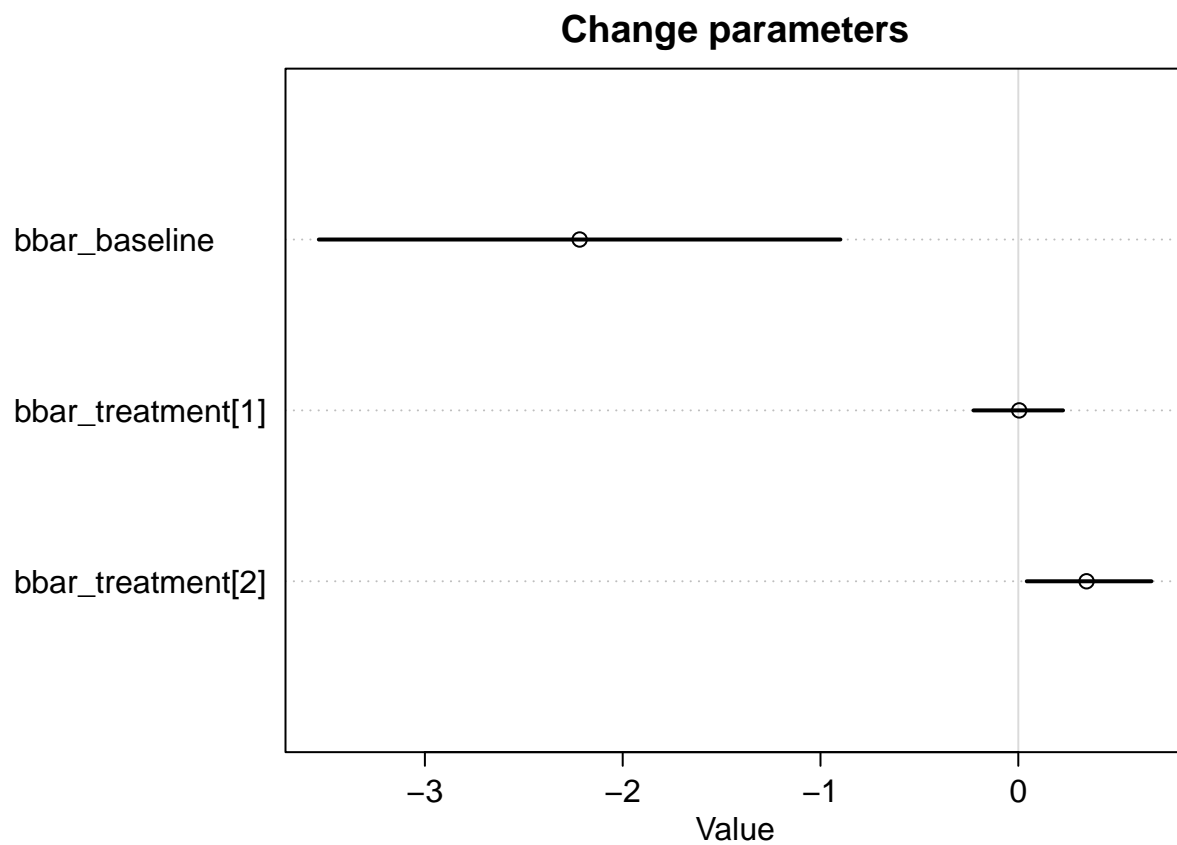


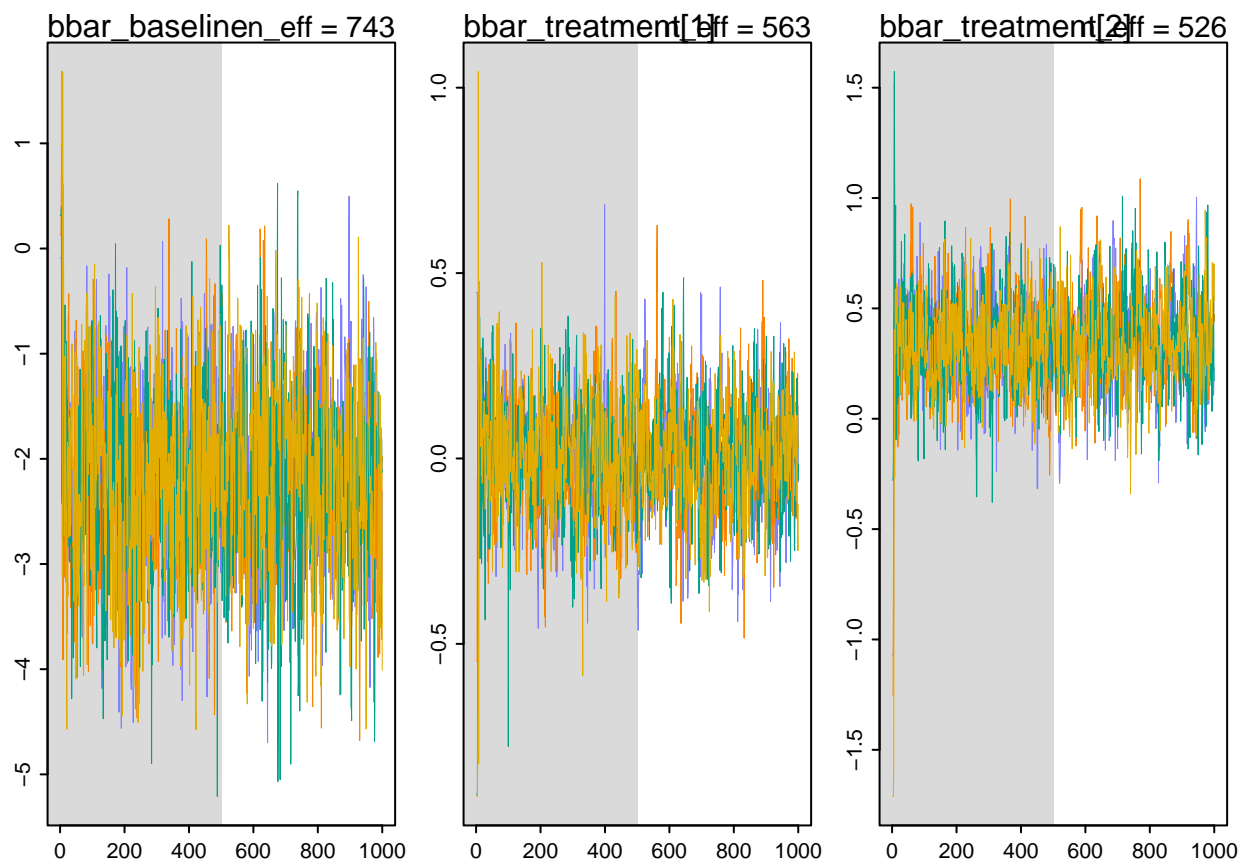
## Change model Other negative

Table 8: (#tab:bcss\_other\_neg) Raw means for Other negative.

Condition	Pre	Post
WET	6.2 (4.8)	6.5 (4.7)
NIW	7.3 (5.5)	8.7 (6.3)



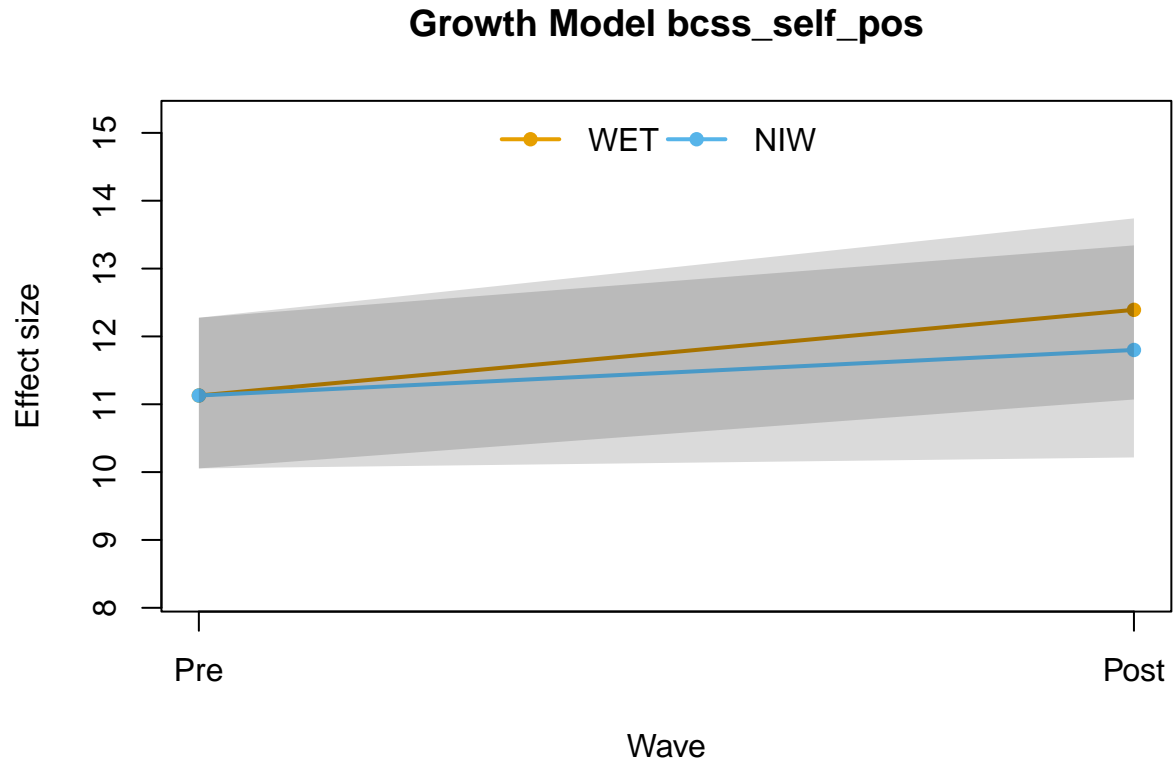




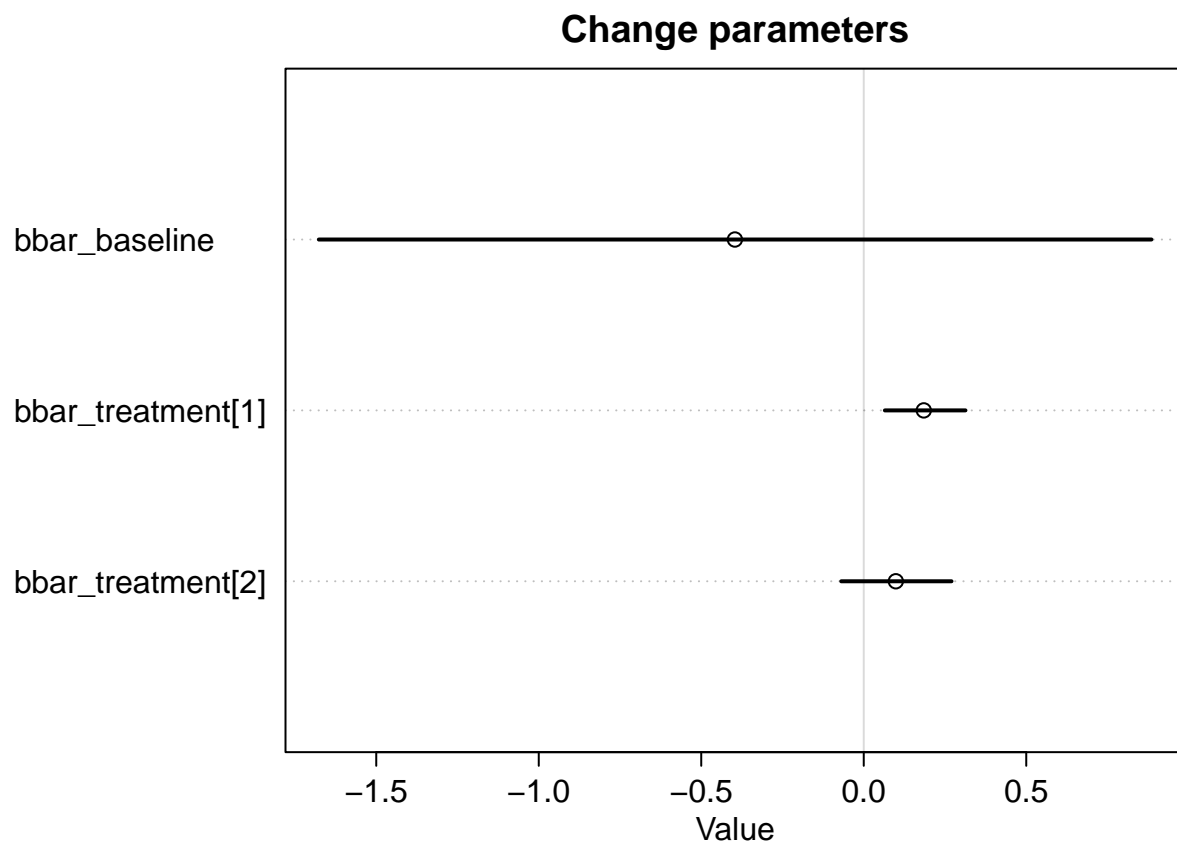
## Change model Self positive

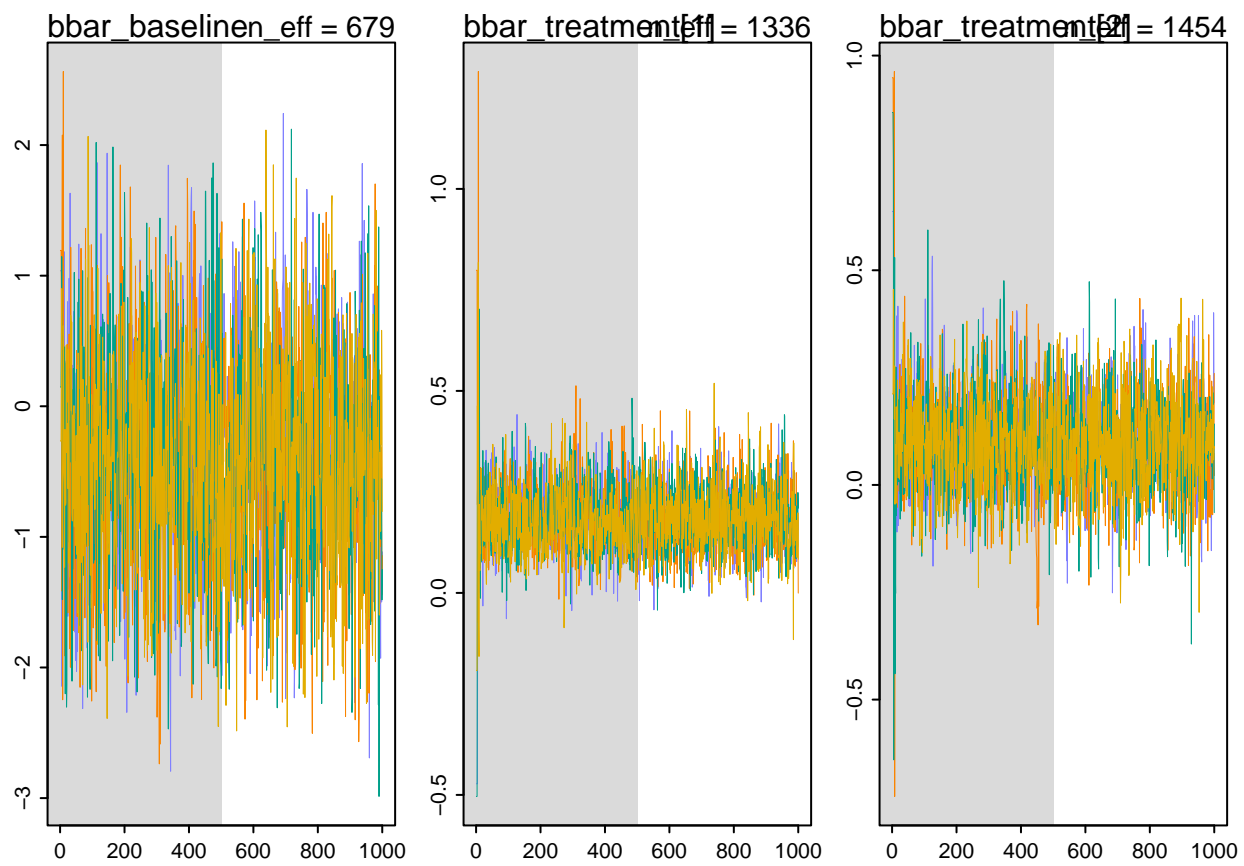
Table 9: (#tab:bcss\_self\_pos) Raw means for Self positive.

Condition	Pre	Post
WET	11.3 (5.6)	12.6 (5.8)
NIW	10.9 (5.9)	11.9 (6.2)





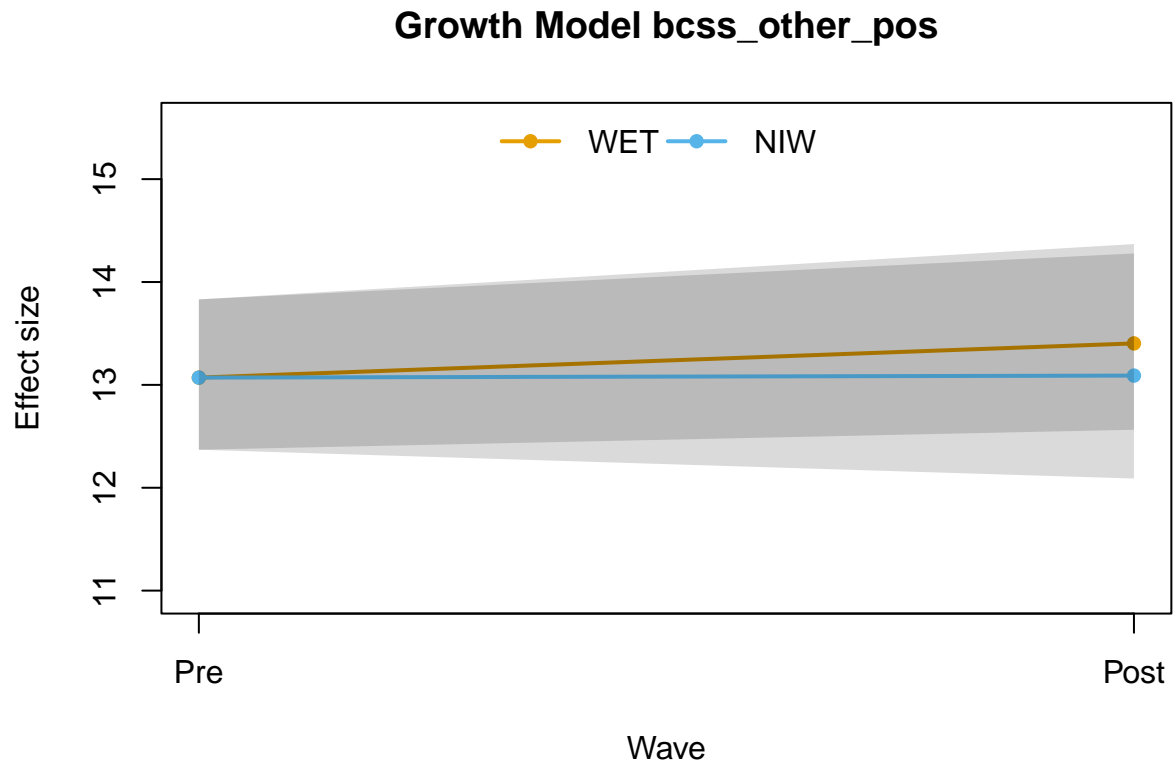


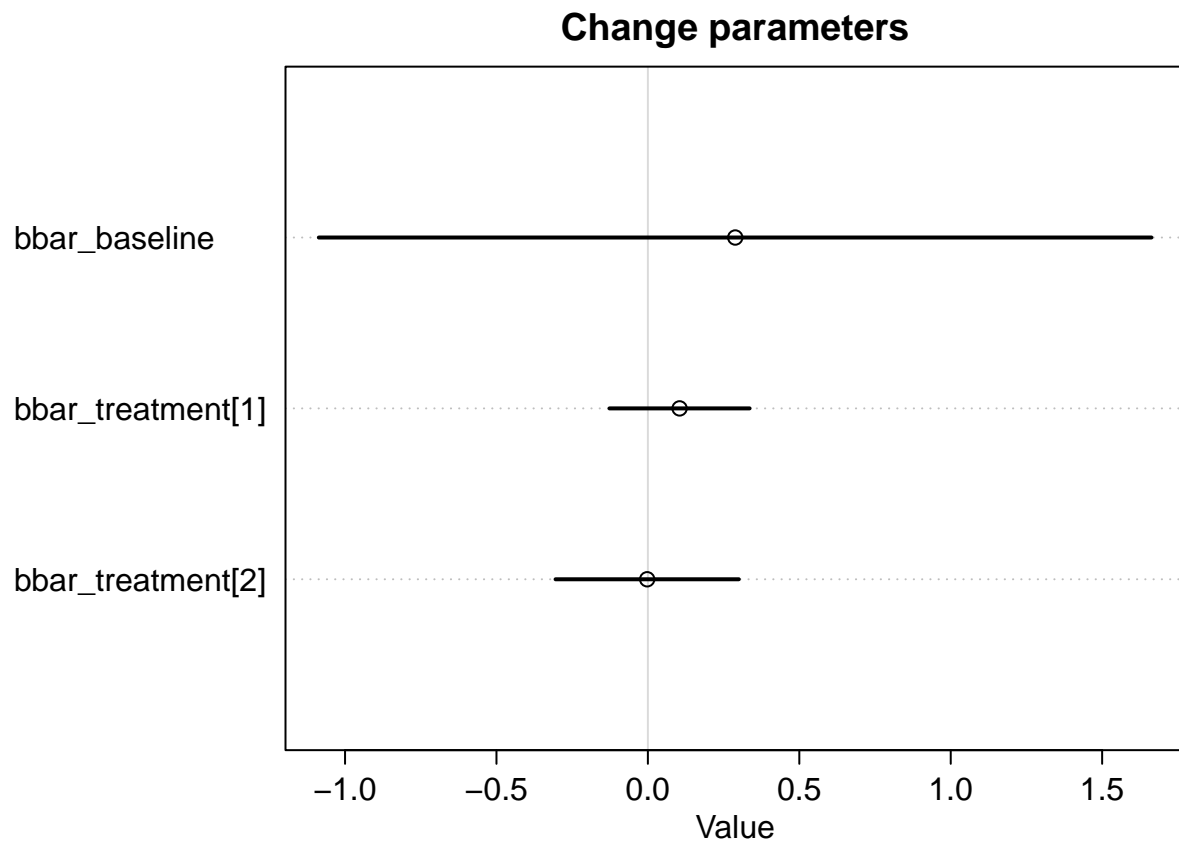


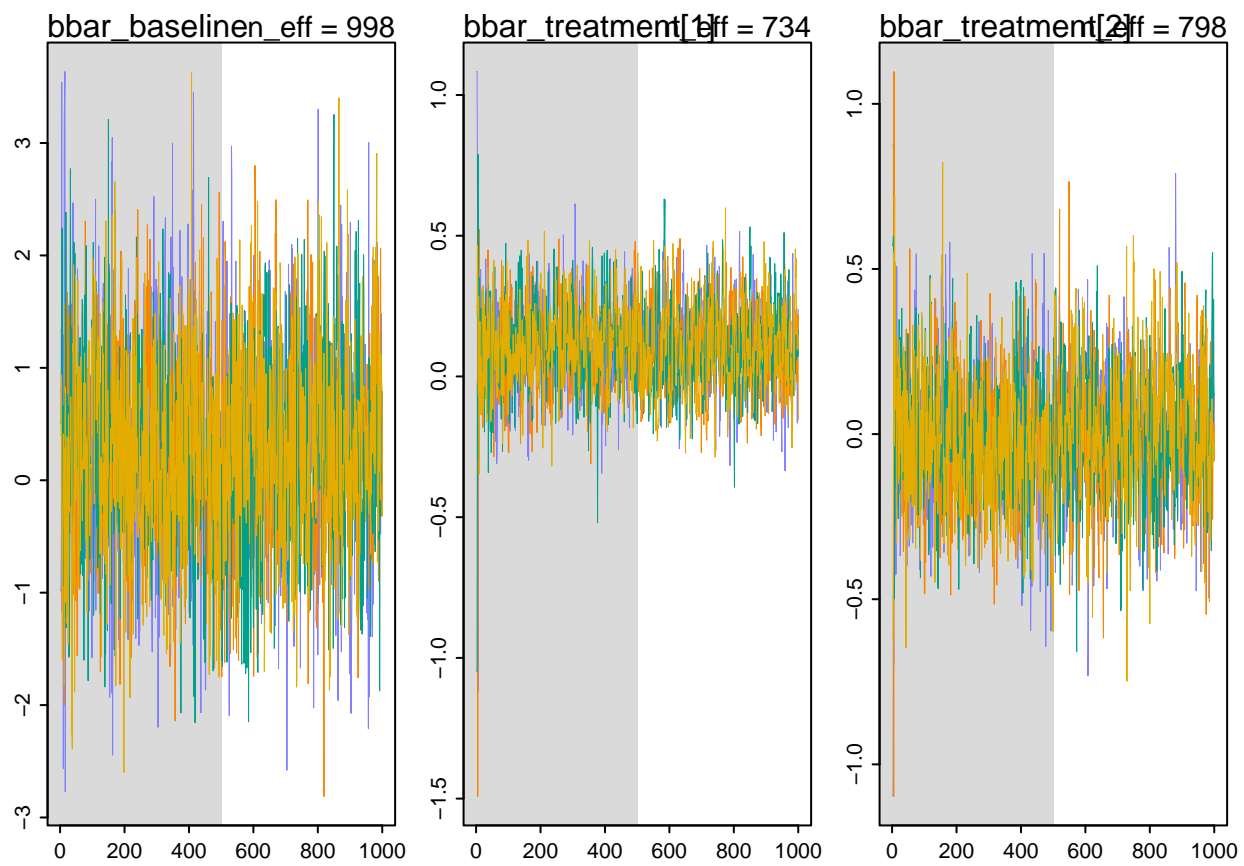
## Change model Other positive

Table 10: (#tab:bcss\_other\_pos) Raw means for Other positive.

Condition	Pre	Post
WET	12.8 (4.4)	12.9 (4.4)
NIW	13.3 (5.3)	13.6 (4.9)





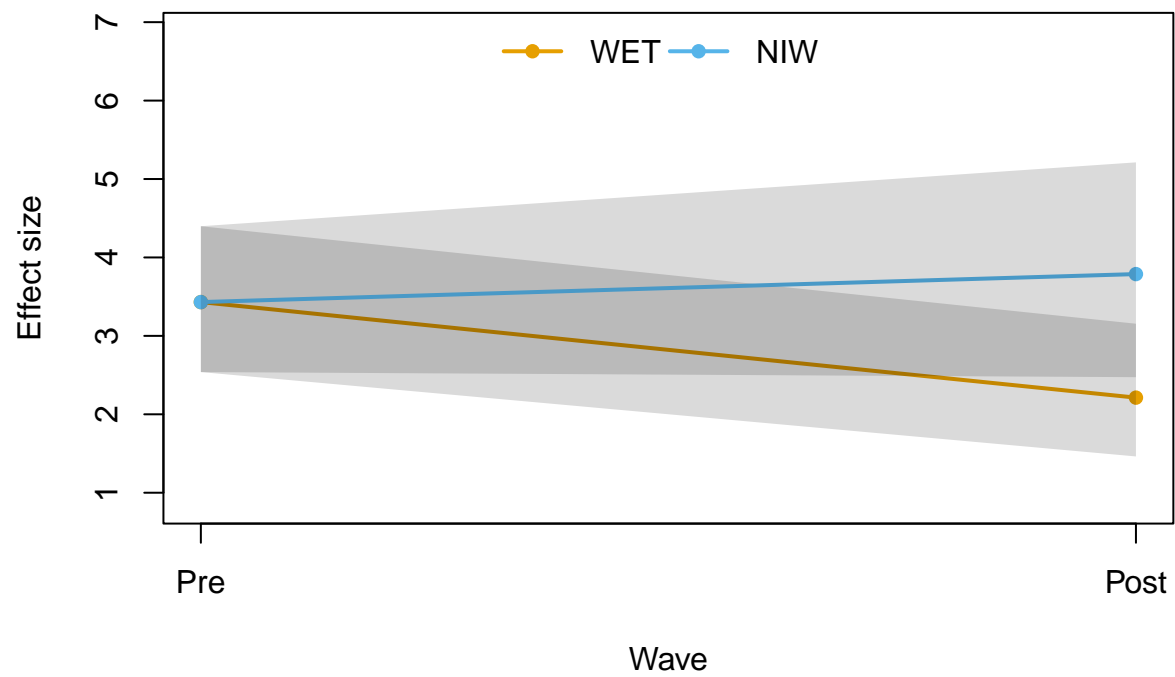


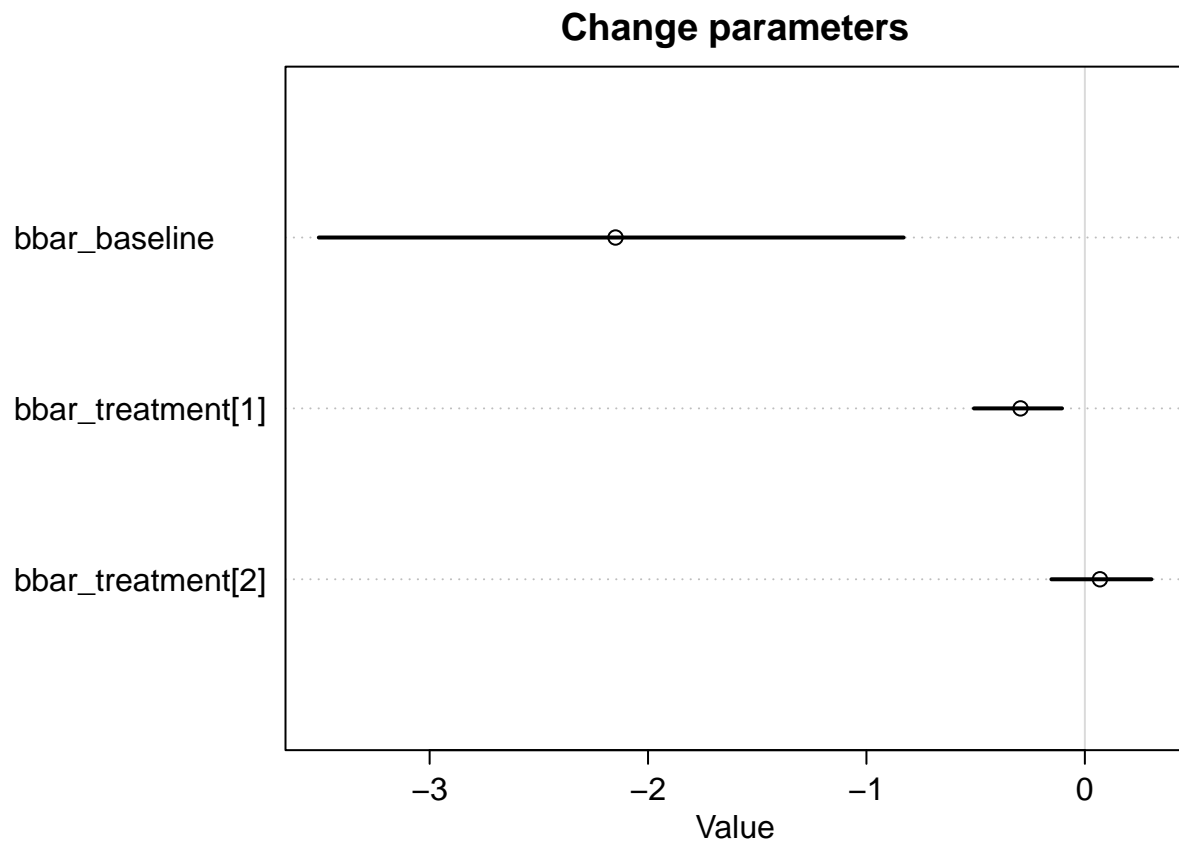
## Change model (Lack of) Cognitive Confidence

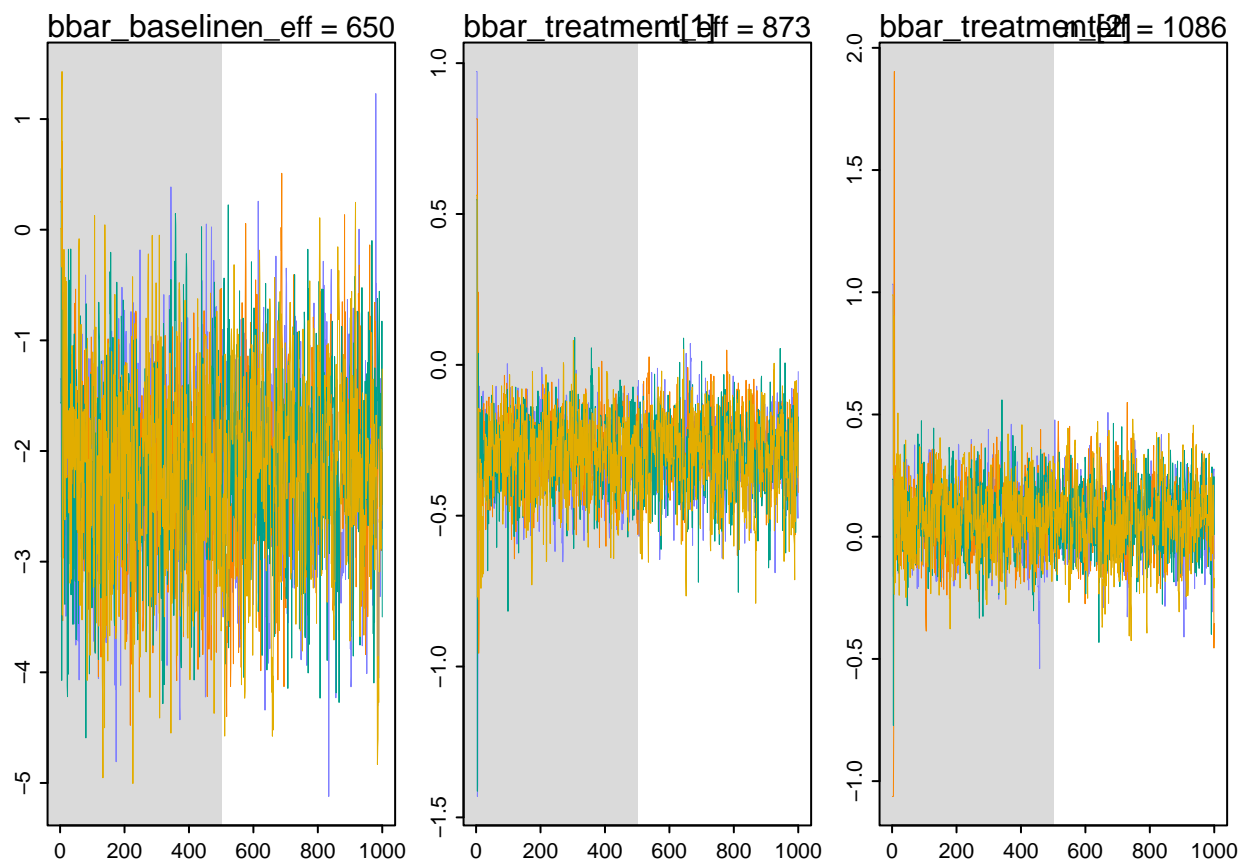
Table 11: (#tab:mcq\_confidence) Raw means for (Lack of) Cognitive Confidence.

Condition	Pre	Post
WET	10.1 (4.1)	9.5 (4.2)
NIW	11.4 (4.3)	12.2 (4.1)

## Growth Model mcq\_confidence





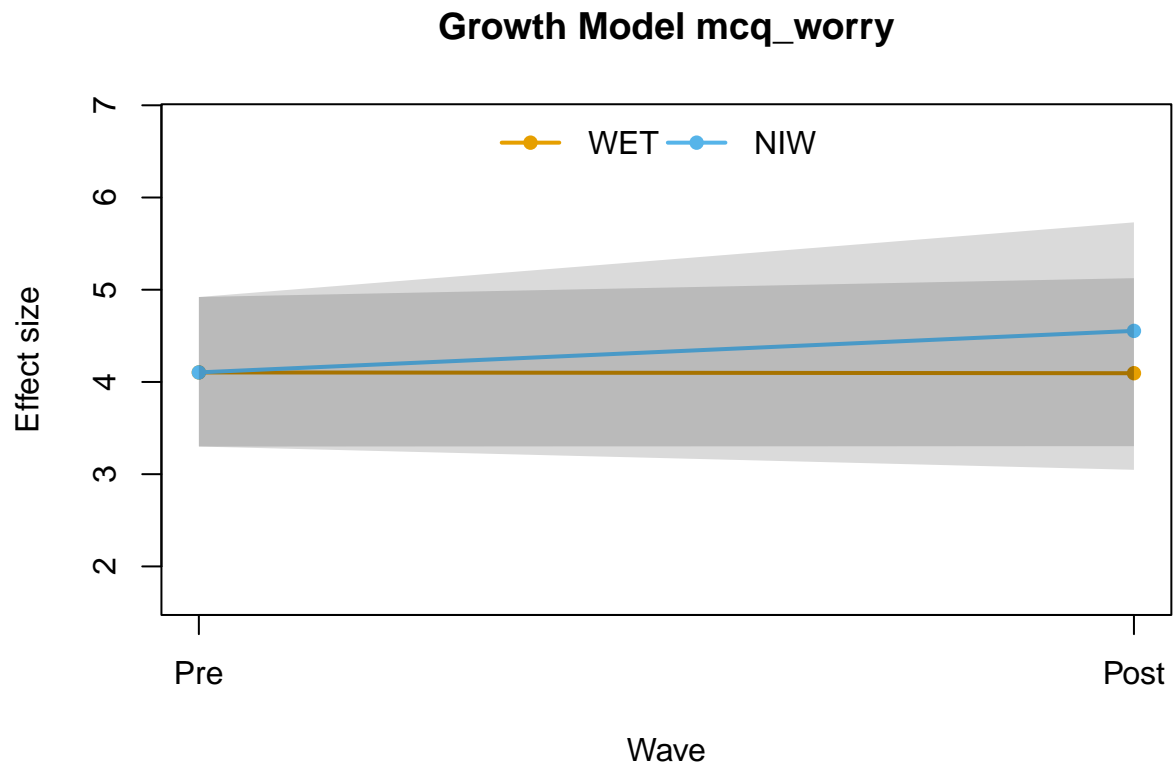


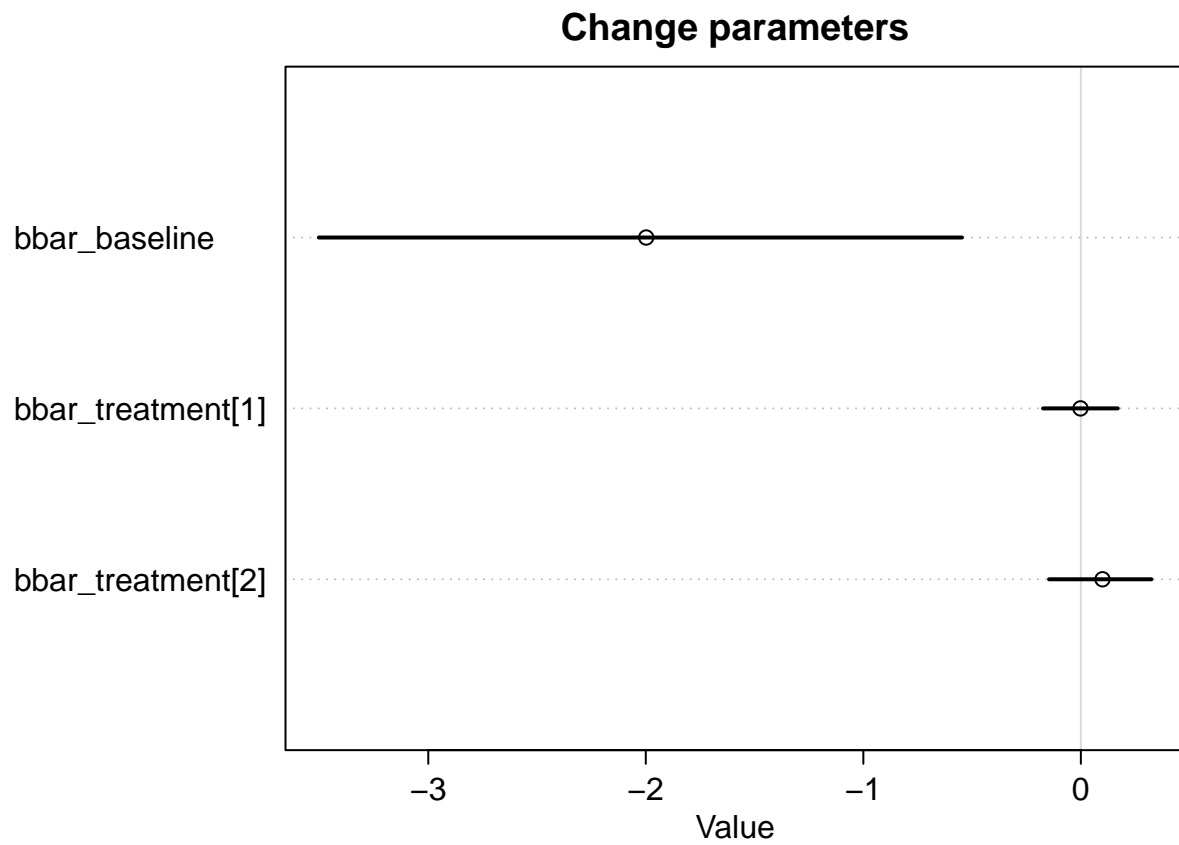


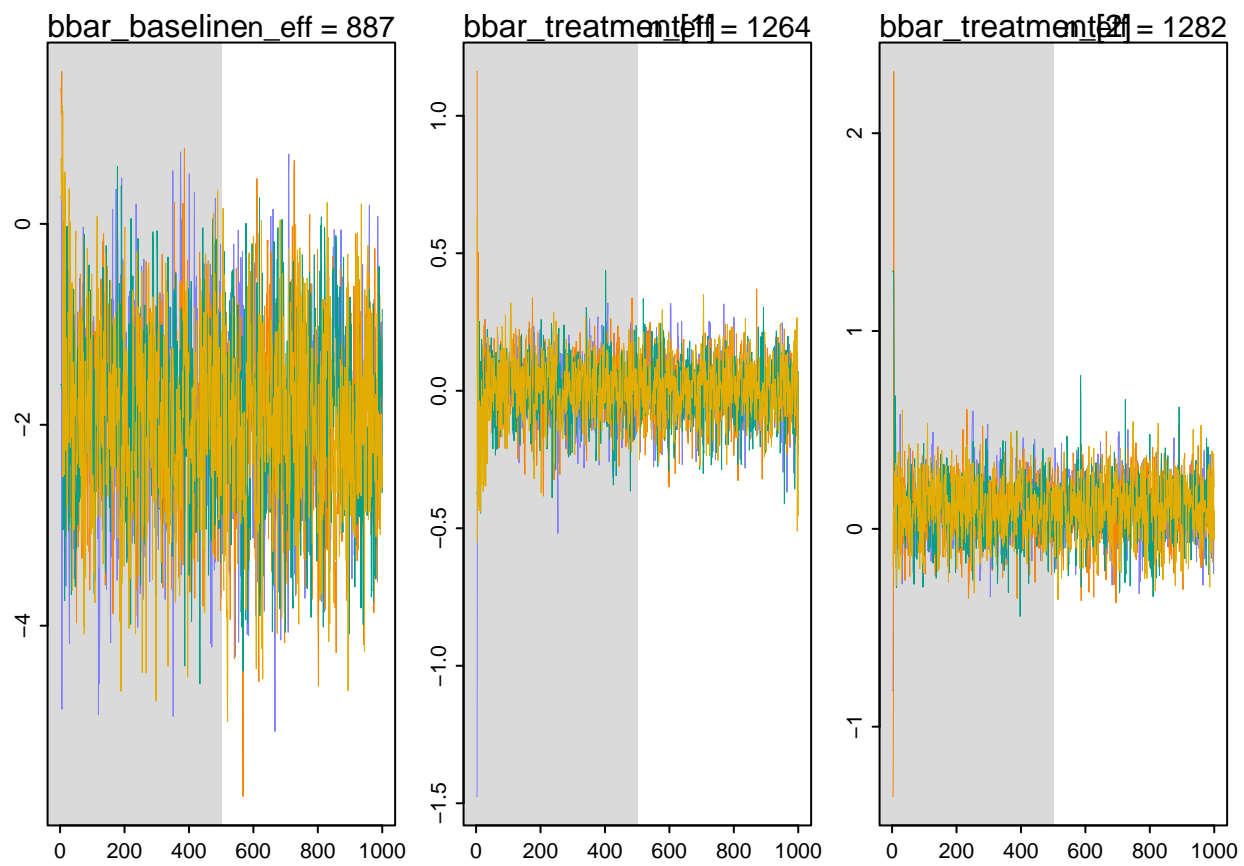
## Change model Positive Beliefs about Worry

Table 12: (#tab:mcq\_worry) Raw means for Positive Beliefs about Worry.

Condition	Pre	Post
WET	10.3 (4.1)	10.7 (4.2)
NIW	11.2 (3.5)	11.8 (4.3)



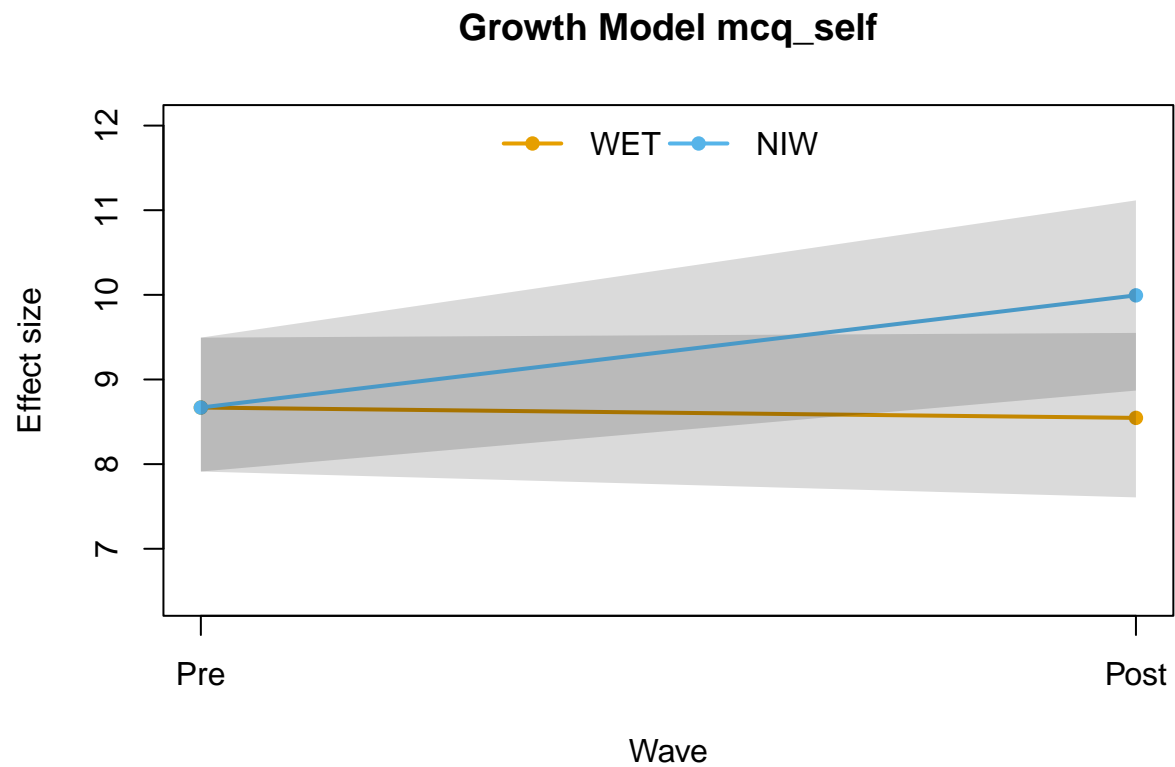


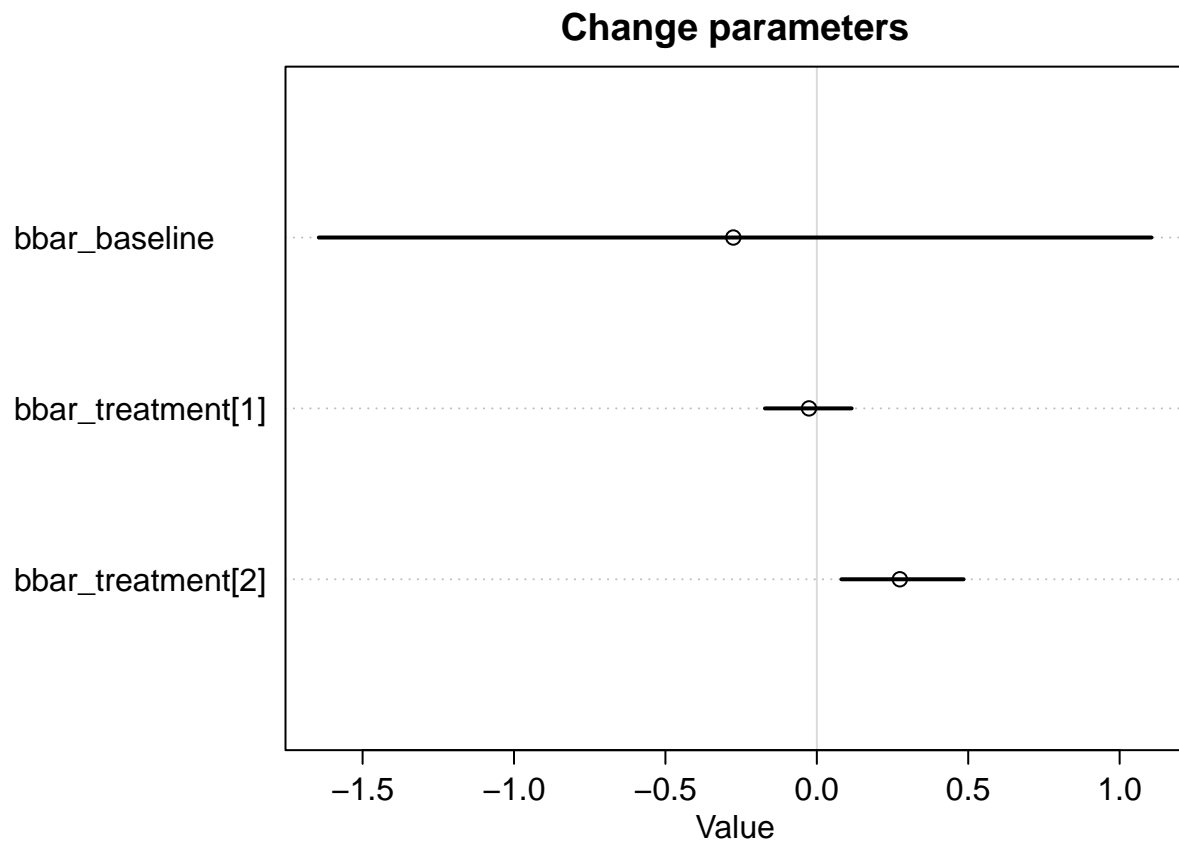


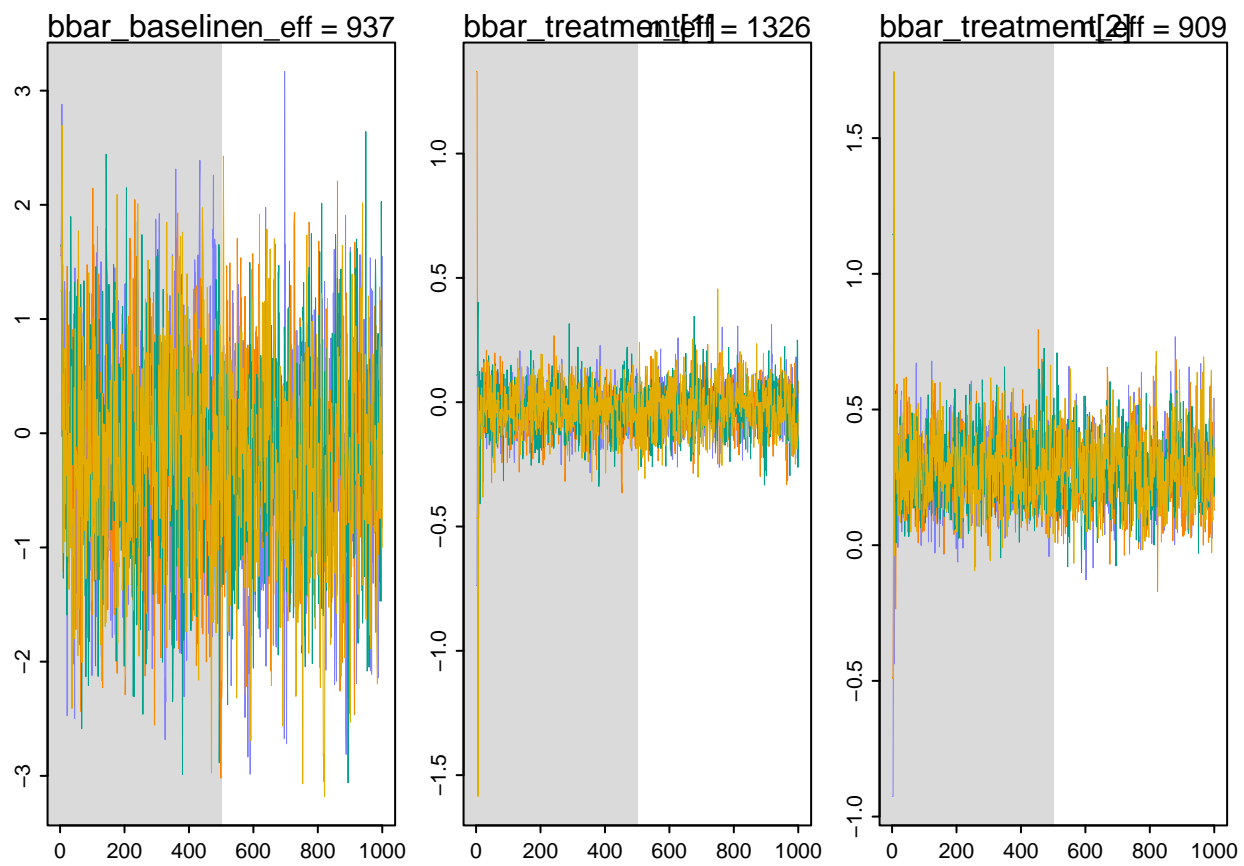
## Change model Cognitive Self-Consciousness

Table 13: (#tab:mcq\_self) Raw means for Cognitive Self-Consciousness.

Condition	Pre	Post
WET	14.4 (4.3)	14.5 (4.1)
NIW	15.5 (4.6)	16.3 (4.9)





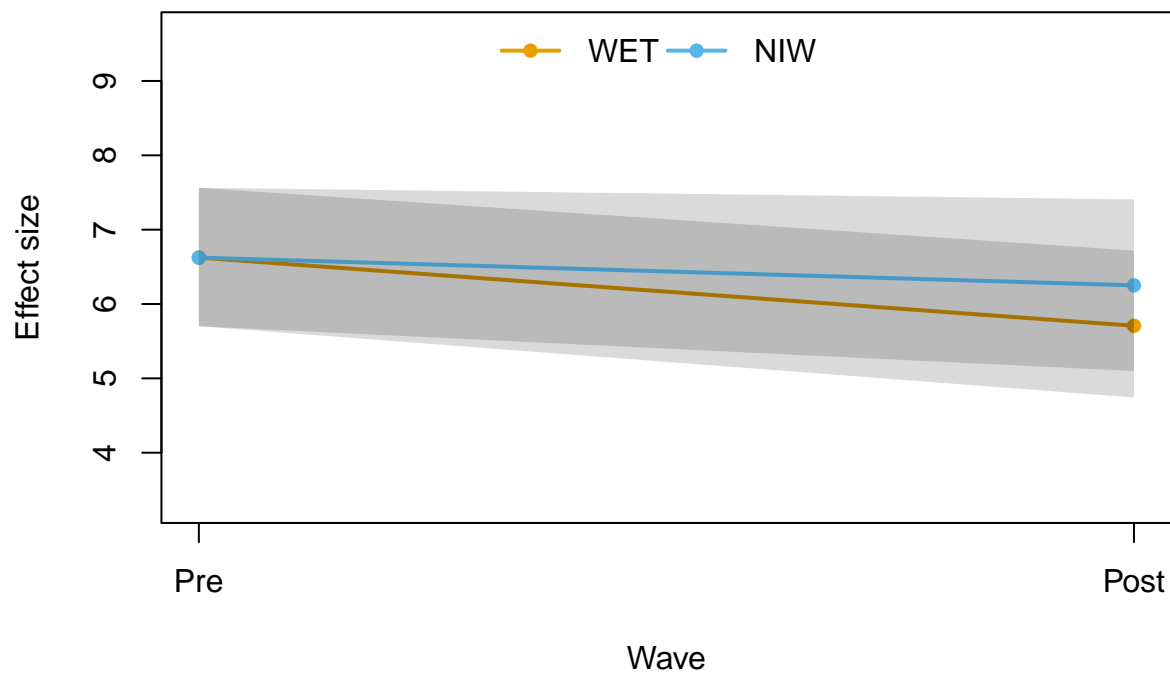


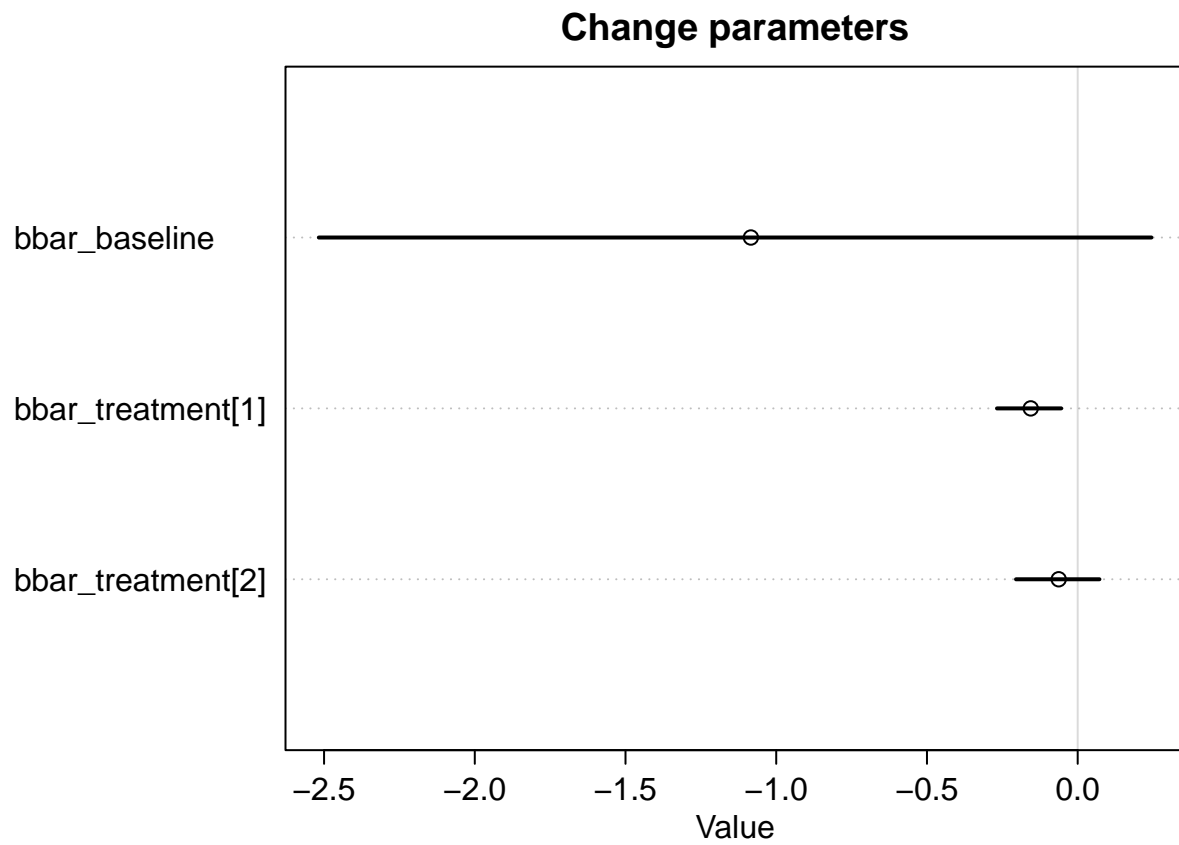
## Change model Uncontrollability and Danger

Table 14: (#tab:mcq\_danger) Raw means for Uncontrollability and Danger.

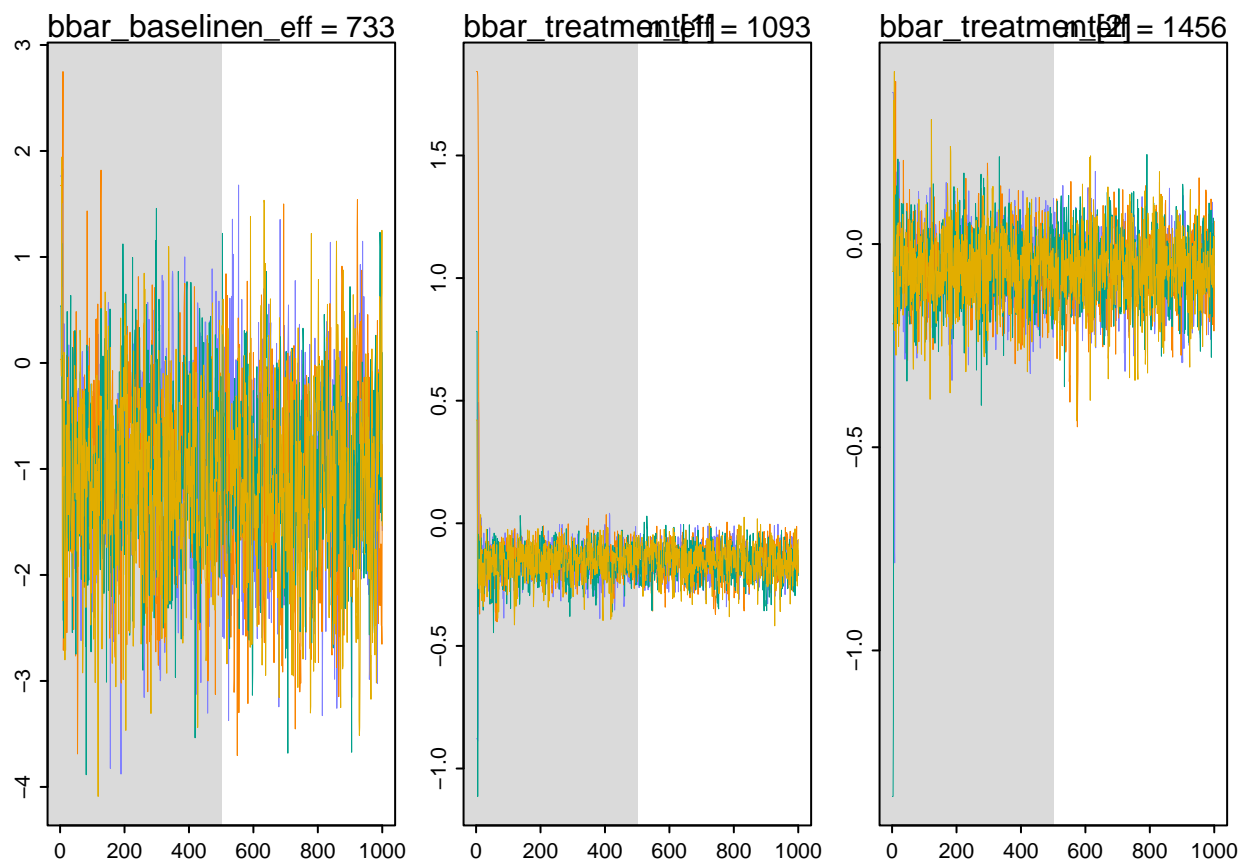
Condition	Pre	Post
WET	12.8 (4.3)	12.1 (4.3)
NIW	13.6 (5.4)	13.3 (5.4)

### Growth Model mcq\_danger









## Change model Need to Control Thoughts

Table 15: (#tab:mcq\_control) Raw means for Need to Control Thoughts.

Condition	Pre	Post
WET	10.6 (3.4)	10.3 (3.3)
NIW	12.3 (4.2)	11.5 (4.9)

### Growth Model mcq\_control

