# M and SD from previous studies

# Key quotes

The paragraphs of results for the primary outcome measures are presented below. The key results are highlighted in bold and will be discussed further below.

### Discomfort

“Both conditions recorded similarly low levels of discomfort (<11/100) at baseline and increased to the same point after the distress induction (distinction self as context +12.7; hierarchical self as context: +16.3; see Figure 1). Thereafter, **distinction resulted in a very small increase in discomfort (+.76), while hierarchy resulted in a decrease (-7.57).** A mixed between within 3x2 ANOVA revealed a highly significant main effect for time [Wilkes Lambda = .53, F (2, 33)= 14.58, p= .000, partial eta squared= .47], but not for condition [F (1, 34)= 1, p= .32, partial eta squared= .03]. **The interaction effect was also non-significant [Wilkes Lambda= .95, [F (2, 33)= .81, p= .45, partial eta squared= .05].** Two dependent t-tests investigated which time point was influencing the significant effect. The results showed a significant increase in discomfort from baseline to post-distress induction (p= .000), but not from post-distress induction to post-intervention (p= .31).” (p. 381)

### Anxiety

“Both conditions recorded similarly low levels of anxiety (<10/100) at baseline, and both increased at post-distress induction (distinction: +8.06; hierarchy: +13.57; see Figure 2). **Anxiety subsequently decreased for both conditions, although the larger change was recorded for the hierarchical intervention (distinction: -.03; hierarchy: -3.86).** A mixed between within 3x2 ANOVA revealed a highly significant main effect for time [Wilkes Lambda= .54, F (2, 33)= 14.12, p= .000, partial eta squared= .46], but not for condition [F (1, 34)= .021, p= .89, partial eta squared= .00]. **The interaction effect was non-significant [Wilkes Lambda= .94, [F (2, 33)= .1.14, p= .33, partial eta squared= .07].** Two dependent t-tests showed a significant increase in anxiety from baseline to post-distress induction (p= .000), but not from post-distress induction to post-intervention (p= .46).” (p. 381)

### Stress

“Both conditions recorded low stress (<11/100) at baseline, and both increased at post-induction (distinction: +7.43; hierarchy: +9.48; see Figure 3). Thereafter, however, **distinction resulted in an increase in stress (+4.71), while hierarchy reduced stress (-8.82).** A mixed between within 3x2 ANOVA revealed a highly significant main effect for time [Wilkes Lambda= .65, F (2, 33)= 8.74, p= .001, partial eta squared= .35], but not for condition [F (1, 34)= .1, p= .76, partial eta squared= .00]. However, **the interaction was significant [Wilkes Lambda= .83, [F (2, 33)= 3.46, p= .04, partial eta squared= .17].** Two dependent t-tests showed a significant increase in stress from baseline to post-distress induction for both conditions (both ps <.05). The increase in distinction from post-distress induction to post-intervention was not significant (p= .23), but the decrease for hierarchy at the same time point was significant (p= .02).” (p. 382)