Table X.

*Effect Sizes of Between Groups*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Between-group difference at each time point (TranS-C vs. PE) | | | Between-group treatment effect on change (TranS-C vs. PE) | | |
| Outcome | *d*pre | *d*post | *d*6m | *d*pre-post | *d*pre-6m | *d*post-6m |
| Sleep and Circadian Outcomes |  |  |  |  |  |  |
| SD-TST weeknights\* | 0.06 | 0.23 | 0.10 | 0.20 | 0.05 | -0.15 |
| SD-BT weeknights\* | -0.11 | -0.18 | 0.04 | -0.07 | 0.15 | 0.22 |
| SD-TST weeknight-weekend discrepancy | -0.21 | 0.23 | -0.03 | 0.43 | 0.21 | -0.22 |
| SD-BT weeknight-weekend discrepancy | -0.18 | -0.14 | 0.10 | 0.03 | 0.30 | 0.27 |
| SD-WUP weeknight-weekend discrepancy | -0.37 | 0.14 | 0.18 | 0.50 | 0.54 | 0.04 |
| Sleepiness | 0.01 | -0.39 | -0.28 | -0.39 | -0.25 | 0.15 |
| PSQI | 0.00 | -0.29 | -0.32 | -0.30 | -0.38 | -0.08 |
| CBCL Sleep Composite | 0.04 | -0.37 | 0.00 | -0.40 | -0.07 | 0.33 |
| CMEP\* | -0.11 | 0.34 | 0.31 | 0.57 | 0.51 | -0.06 |
|  |  |  |  |  |  |  |
| Youth Self-Report Composite Risk Score\* | | | | | | |
| *Emotional health:* |  |  |  |  |  |  |
| CDRS | 0.09 | 0.00 | -0.08 | -0.12 | -0.21 | -0.08 |
| MASC | 0.03 | 0.04 | 0.09 | 0.02 | 0.10 | 0.08 |
| Composite | 0.09 | 0.04 | 0.01 | -0.01 | -0.02 | -0.01 |
| *Cognitive health:* |  |  |  |  |  |  |
| ACS | -0.09 | 0.11 | -0.15 | 0.19 | -0.12 | -0.31 |
| YSAS (school/cognitive items) | -0.08 | -0.26 | -0.13 | -0.21 | -0.07 | 0.14 |
| Composite | 0.04 | -0.21 | 0.01 | -0.27 | 0.04 | 0.31 |
| *Behavioral health:* |  |  |  |  |  |  |
| Sensation Seeking Scale | 0.15 | -0.02 | 0.08 | -0.17 | -0.07 | 0.11 |
| Alcohol and Substance Use | 0.01 | -0.09 | 0.02 | -0.12 | 0.01 | 0.13 |
| Composite | 0.09 | -0.08 | 0.06 | -0.18 | -0.02 | 0.16 |
|  |  |  |  |  |  |  |
| *Social health:* |  |  |  |  |  |  |
| YSAS: Friends | -0.06 | -0.22 | 0.02 | -0.15 | 0.05 | 0.20 |
| YSAS: Family | -0.12 | -0.09 | 0.07 | 0.01 | 0.17 | 0.15 |
| YSAS: Romantic | -0.14 | 0.00 | 0.00 | 0.12 | 0.20 | 0.08 |
| Composite | -0.19 | -0.17 | 0.04 | 0.00 | 0.15 | 0.14 |
| *Physical health:* |  |  |  |  |  |  |
| MAQ | 0.11 | 0.12 | 0.25 | 0.03 | 0.19 | 0.17 |
| PHQ | 0.15 | 0.20 | 0.08 | 0.11 | 0.05 | -0.06 |
| Composite | 0.04 | 0.04 | -0.13 | 0.06 | -0.11 | -0.17 |
|  |  |  |  |  |  |  |
| Parent-Reported Composite Risk Score | | | | | | |
| *Emotional Health* |  |  |  |  |  |  |
| Anxious/Depressed | -0.27 | -0.31 | -0.19 | -0.02 | 0.10 | 0.12 |
| Withdrawn/Depressed | -0.11 | -0.19 | -0.19 | -0.06 | -0.07 | -0.01 |
| Composite | -0.22 | -0.28 | -0.21 | -0.04 | 0.03 | 0.06 |
| *Cognitive Health* |  |  |  |  |  |  |
| Thought problems | -0.07 | -0.47 | -0.13 | -0.40 | -0.08 | 0.32 |
| Attention problems | 0.02 | -0.08 | -0.01 | -0.10 | -0.03 | 0.07 |
| Composite | -0.03 | -0.30 | -0.08 | -0.30 | -0.07 | 0.23 |
| *Behavioral Health* |  |  |  |  |  |  |
| Rule-Breaking Behavior | -0.03 | -0.40 | 0.05 | -0.38 | 0.08 | 0.46 |
| Aggressive Behavior | -0.16 | -0.04 | 0.04 | 0.12 | 0.19 | 0.07 |
| Composite | -0.11 | -0.25 | 0.05 | -0.13 | 0.16 | 0.29 |
| *Social Health* |  |  |  |  |  |  |
| Social Problems | -0.27 | -0.27 | -0.10 | -0.07 | 0.12 | 0.19 |
| Composite | -0.27 | -0.27 | -0.10 | -0.07 | 0.12 | 0.19 |
| *Physical Health* |  |  |  |  |  |  |
| Somatic Complaints | 0.14 | 0.05 | 0.00 | -0.07 | -0.10 | -0.03 |
| Composite | 0.14 | 0.05 | 0.00 | -0.07 | -0.10 | -0.03 |