

Appendix

A Small Data Set for the Demonstration with 14 Studies (2010-2018)

study	treatment	n	mean_pre	sd_pre	mean_post	sd_post	sessions
20839311	psy_edu	63	79.5	15.3	74.9	19.5	6
20839311	CBT.exp	61	81.3	14	74	20.4	6
21874605	TAU	75	82.8	19.4	72.6	25	6
21874605	mindful	71	83.1	16.2	66.2	23.6	6
22264669	placebo	10	72.3	12.2	61.7	11.1	10
22264669	somatic	10	81.6	9.5	53.9	15.3	10
25397825	TAU	27	70	18.6	59.2	22.9	8
25397825	somatic	28	76.2	14.4	41.2	27	8
25639570	PCT	15	77.4	12.1	53.6	28.7	10
25639570	CBT.exp	11	79.2	12.1	30	18.4	10
25809565	CBT.exp	29	68.4	14.7	38.3	22.3	10
25809565	CBT.exp.vtc	23	65.3	11.7	35.9	17.7	10
26167946	CBT.exp	141	77.6	17	52.9	31.2	10
26167946	PCT	143	77.9	16.8	60.1	29	10
26213789	psy_edu	28	82.9	17.8	72.6	20.1	12
26213789	CBT.sat	29	85.9	17.8	48.3	20	12
26241597	PCT	58	62.5	19	51.7	20	9
26241597	mindful	58	69.9	19	56.3	20.4	9
26613203	TAU	26	45.3	15.6	39	23.4	4
26613203	mindful	36	46.4	14.3	38	17.1	4
26854355	waitlist	42	74	10.6	70.6	19.8	16
26854355	CBT.exp	44	71.6	10.3	47.2	16.4	16
28715908	waitlist	30	71.4	15	64.2	21.8	10
28715908	CBT.exp	36	66.3	15.2	29.6	21.3	10
29145076	waitlist	26	58.5	14.2	44.2	23.6	36
29145076	mindful	21	64.3	20.5	34.2	19.6	36
29687524	PCT	17	85.4	20.6	51.8	33.2	10
29687524	CBT.exp	14	72.4	18	52.6	30.4	10

Note. “study” refers to the PubMed id for that study; n refers to sample size for each treatment in each study; “mean_pre” and “mean_post” stand for the mean of the outcome measured in the pre- and post-tests; “sd_pre” and “sd_post” stand for the standard deviation of the outcome measured in the pre- and post-tests; “sessions” refers to the average number of treatment sessions for each treatment; “psy_edu” stands for psycho-education therapy; “CBT.exp” is a short hand for “cognitive behavioral therapy with prolonged exposure; TAU refers to treatment-as-usual; “mindful” is mindfulness based treatment; “somatic” refers to somatic psychotherapy, such as acupuncture or rTMS; “CBT.exp.vtc” is the online video conferencing version of CBT.exp; “PCT” stands for present centered therapy; CBT.sat refers to a manualized cognitive-behavioral conjoint therapy that incorporates psychoeducation and prolonged exposure session. Additionally, the data of the study #21874605 were retrieved from <https://clinicaltrials.gov/ct2/show/results/NCT00120627?term=Jill+E.+Bormann&draw=2&rank=3>. The data of the study 26167946 were retrieved from an earlier study (PubMed id: 17327524).