**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).