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Attentional bias modification training for insomnia: A double-blind placebo controlled randomized trial

Lancee, J.; Yasiney, S.L.; Brendel, R.S.; Boffo, M.; Clarke, P.J.F.; Salemink, E.

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S4 Table – Multilevel regression analyses effects for time, condition, and time × condition

	ISI		PSQI		CESD		HADS-A		DBAS		APSQ	
	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)
<u>ABM training</u>												
Constant	14.58	(0.38) ^{***}	12.54	(0.35) ^{***}	14.53	(0.72) ^{***}	6.34	(0.33) ^{***}	5.16	(0.18) ^{***}	35.61	(0.96) ^{***}
Post	-1.69	(0.38) ^{***}	-1.28	(0.36) ^{***}	1.15	(0.75) ^{ns}	-0.74	(0.36) [*]	-0.16	(0.13) ^{ns}	-5.00	(0.93) ^{***}
Follow-up	-1.86	(0.39) ^{***}	-1.39	(0.37) ^{***}	-0.59	(0.78) ^{ns}	-1.08	(0.34) ^{**}	-0.18	(0.13) ^{ns}	-5.09	(0.95) ^{***}
ABM	0.16	(0.53) ^{ns}	0.08	(0.49) ^{ns}	1.18	(1.01) ^{ns}	-0.67	(0.46) ^{ns}	0.08	(0.25) ^{ns}	0.50	(1.35) ^{ns}
ABM x post	0.22	(0.52) ^{ns}	-0.01	(0.50) ^{ns}	0.54	(1.03) ^{ns}	0.79	(0.46) ^{ns}	0.07	(0.18) ^{ns}	1.13	(1.28) ^{ns}
ABM x follow-up	0.54	(0.53) ^{ns}	0.19	(0.50) ^{ns}	1.52	(1.08) ^{ns}	0.83	(0.47) ^{ns}	0.17	(0.18) ^{ns}	1.14	(1.30) ^{ns}
<u>Placebo training</u>												
Constant	14.74	(0.37) ^{***}	12.62	(0.34) ^{***}	15.70	(0.70) ^{***}	5.67	(0.32) ^{***}	5.24	(0.17) ^{***}	36.11	(0.94) ^{***}
Post	-1.48	(0.36) ^{***}	-1.29	(0.34) ^{***}	1.69	(0.71) [*]	0.05	(0.32) ^{ns}	-0.09	(0.12) ^{ns}	-3.88	(0.89) ^{***}
Follow-up	-1.31	(0.36) ^{***}	-1.21	(0.34) ^{***}	0.93	(0.73) ^{ns}	-0.25	(0.32) ^{ns}	-0.00	(0.13) ^{ns}	-3.95	(0.89) ^{***}

Note. The non-standardized regression coefficients are indicative of the relative change between pre- and post-test; * = $P < 0.05$; ** = $P < 0.01$; *** = $P < 0.001$; if the variables that were associated with non-response (PSQI; terminal wakefulness; amount of training sessions completed. CESD; HADS-A; number of awakening) correlated with the dependent variable, these variables were added as covariate. ISI = Insomnia Severity Index; PSQI = Pittsburgh Sleep Quality Index; CESD = Centre of Epidemiological Studies Depression scale; HADS-A = Hospital Anxiety and Depression Scale; DBAS = Dysfunctional Belief and Attitudes about Sleep scale; APSQ = Anxiety and Preoccupation about Sleep Questionnaire.

S4 Table – Continued

	TST		SE		SOL		WASO		TWAK	
	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)
<u>ABM training</u>										
Constant	337.09	(7.81) ^{***}	68.39	(1.34) ^{***}	41.84	(3.17) ^{***}	47.24	(4.41) ^{***}	55.31	(4.02) ^{***}
Post	18.11	(7.98) [*]	1.78	(1.47) ^{ns}	0.28	(3.42) ^{ns}	0.06	(5.24) ^{ns}	-1.97	(4.04) ^{ns}
ABM	-4.49	(11.02) ^{ns}	-0.16	(1.89) ^{ns}	-3.97	(4.47) ^{ns}	8.90	(6.23) ^{ns}	2.10	(5.67) ^{ns}
ABM x post	3.47	(11.14) ^{ns}	-0.27	(2.06) ^{ns}	-0.49	(4.77) ^{ns}	4.84	(7.34) ^{ns}	-7.38	(5.60) ^{ns}
<u>Placebo training</u>										
Constant	332.60	(7.80) ^{***}	68.24	(1.34) ^{***}	37.86	(3.15) ^{***}	56.13	(4.40) ^{***}	57.41	(3.99) ^{***}
Post	21.58	(7.79) ^{**}	1.51	(1.44) ^{ns}	-0.22	(3.33) ^{ns}	4.91	(5.13) ^{ns}	-9.34	(3.88) [*]

Note. The non-standardized regression coefficients are indicative of the relative change between pre- and post-test; * = P < 0.05; ** = P < 0.01; *** = P < 0.001; if the variables that were associated with non-response (PSQI; terminal wakefulness; amount of training sessions completed. CESD; HADS-A; number of awakening) correlated with the dependent variable, these variables were added as covariate. TST = Total sleep time; SE = Sleep efficiency; SOL = Sleep onset latency; WASO = Wake after sleep onset; TWAK = Terminal wakefulness.

S4 Table – Continued

	NWAK		SQ		APSQ diary		Attention bias	
	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)	<i>b</i>	(<i>SE</i>)
<u>ABM training</u>								
Constant	1.42	(0.14) ^{***}	2.84	(0.06) ^{***}	26.69	(1.00) ^{***}	4.68	(3.42) ^{ns}
Post	0.44	(0.12) ^{***}	0.264	(0.26) ^{***}	-1.01	(0.79) ^{ns}	-0.05	(5.37) ^{ns}
ABM	0.04	(0.20) ^{ns}	-0.02	(0.09) ^{ns}	1.54	(1.42) ^{ns}	-6.08	(4.78) ^{ns}
ABM x post	0.07	(0.17) ^{ns}	-0.11	(0.10) ^{ns}	1.32	(1.10) ^{ns}	-0.34	(7.47) ^{ns}
<u>Placebo training</u>								
Constant	1.46	(0.14) ^{***}	2.83	(0.06) ^{***}	28.23	(1.00) ^{***}	-1.40	(3.33) ^{ns}
Post	0.51	(0.12) ^{***}	0.15	(0.07) [*]	0.31	(0.77) ^{ns}	0.29	(5.20) ^{ns}

Note. The non-standardized regression coefficients are indicative of the relative change between pre- and post-test; * = P < 0.05; ** = P < 0.01; *** = P < 0.001; if the variables that were associated with non-response (PSQI; terminal wakefulness; amount of training sessions completed. CESD; HADS-A; number of awakening) correlated with the dependent variable, these variables were added as covariate. NWAK = Number of nightly awakenings; SQ = Sleep Quality; APSQ = Anxiety and Preoccupation about Sleep Questionnaire – diary version.