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

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

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

*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.