**Supplementary Material**

*Table 1.* Analyses with patients who meet 5 or more BPD criteria for the primary and secondary hypotheses at the primary endpoint T4

|  |  |  |  |
| --- | --- | --- | --- |
|  | Estimate | *t* | *p* |
| Primary outcome |  |  |  |
| **CAPS-5 total** |  |  |  |
| Time‡ | -19.69 (2.04) | -9.67 | <.001 |
| Time x condition§ | -2.32 (2.76) | -0.84 | .400 |
| Continuous secondary outcomes |  |  |  |
| **PCL-5 total** |  |  |  |
| Time‡ | -23.42 (1.91) | -12.27 | <.001 |
| Time x condition§ | -1.43 (2.73) | -0.53 | .600 |
| **SCID-5-PD number of BPD criteria** |  |  |  |
| Time‡ | -3.69 (0.35) | -10.66 | <.001 |
| Time x condition§ | -0.07 (0.46) | -0.15 | .885 |
| **PAIBOR** |  |  |  |
| Time‡ | -7.44 (1.46) | -5.10 | <.001 |
| Time x condition§ | -3.76 (2.01) | -1.87 | 0.062 |
| Binary secondary outcomes |  |  |  |
| **PTSD treatment response** |  |  |  |
| Condition§ | 0.45 (0.54) | -0.62, 1.51† | .402 |
| **PTSD remission** |  |  |  |
| Condition§ | 0.56 (0.64) | -0.69, 1.80† | .383 |
| **EMDR dropout** |  |  |  |
| Condition§ | -0.98 (0.45) | -1.86, -1.06† | .028 |

CAPS-5 = Clinician Administered PTSD Scale for DSM-5; PCL-5 = PTSD Checklist for DSM-5; SCID-5-PD = Structured Clinical Interview for DSM-5 Personality disorders; BPD = Borderline Personality Disorder; PAI-BOR: Personality Assessment Inventory-Borderline features scale.  
‡ T0 is reference  
§ EMDR-DBT is reference  
† 95% Wald confidence intervals

*Table 2.* Analyses with original (non-imputed) data for the primary and secondary hypotheses at the primary endpoint T4

|  |  |  |  |
| --- | --- | --- | --- |
|  | Estimate | *t* | *p* |
| Primary outcome |  |  |  |
| **CAPS-5 total** |  |  |  |
| Time‡ | -19.31 (2.29) | -8.45 | < .001 |
| Time x condition§ | -1.50 (3.01) | -0.50 | .618 |
| Continuous secondary outcomes |  |  |  |
| **PCL-5 total** |  |  |  |
| Time‡ | -27.75 (3.61) | -7.68 | < .001 |
| Time x condition§ | 2.68 (4.90) | 0.55 | .585 |
| **SCID-5-PD BPD criteria** |  |  |  |
| Time‡ | -3.39 (0.41) | -8.35 | < .001 |
| Time x condition§ | 0.11 (0.55) | 0.20 | .846 |
| **OQ-45 total** |  |  |  |
| Time‡ | -20.53 (4.84) | -4.24 | < .001 |
| Time x condition§ | -2.57 (6.71) | .38 | .702 |
| **WHODAS 2.0 mean** |  |  |  |
| Time‡ | -0.41 (0.15) | -2.70 | .008 |
| Time x condition§ | -0.09 (0.20) | -0.43 | .666 |
| **EQ VAS** |  |  |  |
| Time‡ | 11.49 (4.82) | 2.38 | .019 |
| Time x condition§ | -4.76 (6.52) | -0.73 | .468 |
| **PAIBOR** |  |  |  |
| Time‡ | -6.38 (1.92) | -3.32 | .001 |
| Time x condition§ | -3.05 (2.60) | -1.18 | 0.243 |
| Binary secondary outcomes |  |  |  |
| **Treatment response** |  |  |  |
| Condition§ | 0.82 (1.11) | -1.35, 2.99† | .460 |
| **PTSD remission** |  |  |  |
| Condition§ | -0.35 (0.65) | -1.63, 0.94† | .598 |

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† 95% Wald confidence intervals

*Table 3.* Analyses comparing treatment completers and dropouts at the primary endpoint T4

|  |  |  |  |
| --- | --- | --- | --- |
|  | Estimate | *t* | *p* |
| **CAPS-5 total** |  |  |  |
| Time‡ x dropout# | -0.14 (2.59) | -0.06 | .956 |
| **PCL-5 total** |  |  |  |
| Time‡ x dropout# | 0.21 (2.75) | 0.08 | .939 |
| **SCID-5-PD number of BPD criteria** |  |  |  |
| Time‡ x dropout# | 0.36 (0.41) | 0.88 | .378 |
| **PAIBOR** |  |  |  |
| Time‡ x dropout# | -1.87 (1.75) | -1.07 | .286 |
| **Treatment response** |  |  |  |
| Condition§ | -0.30 (0.50) | -1.27, 0.67† | .542 |
| **PTSD remission** |  |  |  |
| Condition§ | 0.75 (0.58) | -0.39, 1.88† | .196 |

CAPS-5 = Clinician Administered PTSD Scale for DSM-5; PCL-5 = PTSD Checklist for DSM-5; SCID-5-PD = Structured Clinical Interview for DSM-5 Personality disorders; BPD = Borderline Personality Disorder; PAI-BOR: Personality Assessment Inventory-Borderline features scale.  
‡ T0 is reference  
# Dropout is reference  
§ EMDR-DBT is reference  
† 95% Wald confidence intervals

**Protocol deviations during the COVID-pandemic**  
Due to the COVID-19 pandemic and subsequent government regulations, the following adjustments were made to the original research protocol:

1. Face-to-face interactions were halted from March 15, 2020. During the first two weeks of the pandemic, therapists maintained weekly telephone or video-call contact with their patients, addressing any psychological impact, family concerns, or urgent issues. Crisis interventions were available in-person at Sinai Centrum if needed.
2. From the first week of April 2020, weekly EMDR sessions resumed via online video calls. Adhering to the EMDR protocol, which aimed for 12 to 18 sessions within 20 weeks, proved challenging during the 2020-2022 period due to nationwide COVID-19 restrictions. From the mid of June 2020, EMDR sessions were restarted in-person.
3. Commencing on April 28, 2020, weekly DBT group sessions resumed via online video calls. Meanwhile, biweekly individual DBT sessions continued over the phone. Individual and group DBT sessions resumed in-person from mid-June 2020.
4. Throughout the pandemic, data collection continued for all assessments. Online questionnaires continued as usual, while screening and interview appointments transitioned to online video calls whenever feasible, ensuring continuity in data collection.