

Online suppl table 3. *Between-Group Comparisons and Effect Sizes*

	CBTI vs CBTG			CBTI vs AP			CBTG vs AP		
	t (df) ^a	Effect sizes ^b	95% CI	t (df) ^a	Effect sizes ^b	95% CI	t (df) ^a	Effect sizes ^b	95% CI
SPAI-C									
Post ¹	6.34 (35)***	1.94	1.20–2.69	4.25(32)***	1.26	.55–1.97	1.58 (30)	–.57	–1.25–.10
FU ²	2.22(25)*	.83	.04–1.62						
FU ITT ³	3.26 (39)**	1.00	.35–1.65						
STABS									
Post ¹	4.18(35)***	1.03	.38–1.68	2.07(32)**	.84	.16–1.52	.65 (31)	–.34	–1.00–.32
FU ²	2.59(25)*	.97	.17–1.77						
FU ITT ³	2.95 (39)**	.90	.26–1.55						
SCARED-SAD-sub									
Post ¹	2.52 (35)*	.59	–.03–1.22	2.19 (31)*	.56	–.10–1.22	.02 (30)	–.11	–.77–.55
FU ²	1.57 (25)	.59	–.18–1.37						
FU ITT ³	1.51 (39)	.46	–.16–1.08						

Interference					
FU ²	2.28 (23.09)*	.82	.03–1.61		

¹ Comparison between the groups at post-treatment. ² Comparison between the groups at follow-up. ³ Comparison between the groups at

intention to treat follow-up. ^a *t* value, degrees of freedom ^b Hedges-corrected Cohen's *d*. * $p < .05$. ** $p < .01$. *** $p < .001$.