Supplementary Table S2*. Multilevel Regression: Time and Interaction Effects*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Control variables |  |  |  |  |  |
|  | NES | NDQ | Constant | Post-treatment | Follow-up 1 | Follow-up 2 | Follow-up 3 |
|  | b | (SE) | b | (SE) | b | (SE) | b | (SE) | b | (SE) | b | (SE) | b | (SE) |
| NFQa | 0.03 | (0.01)\* | 0.04 | (0.01)\*\*\* | 1.39 | (0.25)\*\*\* | -1.63 | (0.31)\*\*\* | -1.95 | (0.31)\*\*\* | -1.86 | (0.31)\*\*\* | -1.94 | (0.32)\*\*\* |
| NFQb | 0.05 | (0.03)\* | 0.10 | (0.02)\*\*\* | 5.54 | (0.50)\*\*\* | -3.66 | (0.60)\*\*\* | -4.05 | (0.61)\*\*\* | -3.99 | (0.61)\*\*\* | -3.85 | (0.62)\*\*\* |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| NDQ | 0.61 | (0.12)\*\*\* | n.a. |  | 29.84 | (1.24)\*\*\* | -5.11 | (1.30)\*\*\* | -7.50 | (1.35)\*\*\* | -6.73 | (1.37)\*\*\* | -9.75 | (1.43)\*\*\* |
| NES | n.a. |  | 0.51 | (0.12)\*\*\* | 36.74 | (2.79)\*\*\* | -17.35 | (3.29)\*\*\* | -21.49 | (3.35)\*\*\* | -19.51 | (3.35)\*\*\* | -24.09 | (3.41)\*\*\* |
| ZIL | 0.69 | (0.17)\*\*\* | 0.13 | (0.15)ns | 55.79 | (3.39)\*\*\* | -11.10 | (4.13)\*\* | -11.16 | (4.19)\*\* | -7.46 | (4.18)\* | -11.78 | (4.25)\*\* |
| SCL  | 3.20 | (0.95)\*\*\* | 0.49 | (0.72)ns | 249.80 | (16.61)\*\*\* | -44.33 | (19.37)\* | -42.15 | (19.66)\* | -38.90 | (19.62)\* | -52.97 | (19.94)\*\* |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DNLa | 0.03 | (0.01)\*\* | 0.03 | (0.01)\*\* | 1.07 | (0.24)\*\*\* | -1.37 | (0.29)\*\*\* | -1.38 | (0.30)\*\*\* | -1.50 | (0.30)\*\*\* | -1.67 | (0.30)\*\*\* |
| DNLb | 0.07 | (0.03)\*\* | 0.06 | (0.02)\*\* | 4.89 | (0.54)\*\*\* | -2.71 | (0.64)\*\*\* | -2.92 | (0.66)\*\*\* | -3.12 | (0.66)\*\*\* | -3.37 | (0.66)\*\*\* |
| DNLc  | -0.07 | (0.02)\*\*\* | -0.04 | (0.01)\*\*\* | 4.24 | (0.33)\*\*\* | 1.29 | (0.37)\*\*\* | 1.53 | (0.39)\*\*\* | 1.64 | (0.39)\*\*\* | 1.74 | (0.39)\*\*\* |

*Note. \** p *< .05. \*\** p *< .01. \*\*\** p *< .001. ns = not significant; significance levels are not corrected for multiple testing. To test for Time and interaction effects (Time × Group), a multilevel regression analysis was conducted. The non-standardized regression coefficients are indicative of pre-post treatment changes. Four scores were excluded from the multilevel analyses because otherwise assumptions would be violated (z-score > |3.29|). NFQa = Nightmare Frequency Questionnaire: nightmares per week; NFQb = Nightmare Frequency Questionnaire: nights with nightmares per week; NDQ = Nightmare Distress Questionnaire; NES = Nightmare Effect Survey; ZIL = Self-Report Questionnaire PTSD Symptoms; SCL = Symptom Check List; DNLa = Daily Nightmare Log: nightmares per week; DNLb = Daily Nightmare Log: nights with nightmares per week; DNLc = Daily Nightmare Log: sleep quality. Post-treatment = 3 months after Baseline; Follow-up 1 = 3 months after post-treatment assessment; Follow-up 2 = 6 months after post-treatment assessment; Follow-up 3 = 9 months after post-treatment assessment.*