

**Electronic Supplemental Material 1**

## Full participant details from the clinical subsample

Two hundred and eighteen patients attended a 10-week trauma recovery program designed to treat posttraumatic disorder (PTSD) in military veterans and first responders. This subgroup comprised of 195 males and 23 females aged between 18 and 71 years ( $M = 48.72$  years,  $SD = 12.84$  years), with a primary diagnosis of PTSD. A further 225 patients attended a two-and-a-half-week substance use program. This subgroup comprised of 110 males and 115 females aged between 20 and 78 years ( $M = 48.08$  years,  $SD = 12.24$  years), suffering with alcohol or other drug dependency and comorbid depression and/or anxiety. One hundred and thirty-one patients attended a 20-week schema therapy program. This group comprised of 32 males and 99 females aged between 21 and 75 years ( $M = 39.63$  years,  $SD = 12.64$  years), with a primary diagnosis of depression, anxiety, and borderline personality disorder.