

SUPPLEMENTARY MATERIAL

Imagery Rescripting versus Cognitive Restructuring for Social Anxiety: Treatment Effects and Working Mechanisms

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Supplementary Material: IMRS VS. COGNITIVE RESTRUCTURING IN SOCIAL ANXIETY

Table S1.

Positive and Negative Emotions: Means, Standard Deviations, Main Effects, and Interaction Effects.

	Group	Pre (t1)	Post (t2)	Main effect		Interaction effect
		<i>M (SD)</i>	<i>M (SD)</i>	Condition <i>F</i> (1, 74)	Time <i>F</i> (1, 74)	Condition x Time <i>F</i> (2, 74)
<i>PANAS-X: Basic negative emotion</i>						
Fear	ImRs	13.32 (4.88)	9.32 (3.06)	0.25	74.36***	0.18
	CR	12.56 (4.50)	9.07 (3.28)			
	NIC	13.48 (4.26)	9.40 (3.35)			
Hostility	ImRs	7.64 (2.46)	7.08 (2.36)	1.17	11.28***	0.59
	CR	8.04 (3.78)	6.75 (2.30)			
	NIC	7.08 (1.73)	6.12 (0.33)			
Guilt	ImRs	12.36 (4.26)	7.88 (1.76)	0.17	37.00***	2.90 (<i>p</i> =.061)
	CR	10.78 (4.14)	8.93 (3.85)			
	NIC	10.76 (4.88)	8.44 (2.87)			
Sadness	ImRs	9.72 (4.34)	7.12 (2.86)	0.02	37.02***	0.40
	CR	9.30 (4.14)	7.48 (3.86)			
	NIC	9.44 (4.22)	7.08 (2.10)			
<i>PANAS-X: Basic positive emotion</i>						
Joviality	ImRs	14.68 (5.07)	22.72 (7.92)	2.06	71.39***	3.41*
	CR	14.56 (6.24)	19.81 (7.68)			
	NIC	13.61 (5.04)	17.36 (5.23)			

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Table S1 (continued)

	Group	Pre (t1)	Post (t2)	Main effect		Interaction effect
		<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	Condition <i>F</i> (1, 74)	Time <i>F</i> (1, 74)	Condition x Time <i>F</i> (2, 74)
Self-assurance	ImRs	9.84 (3.27)	15.52 (5.11)	2.35	61.23***	13.32***
	CR	10.85 (4.99)	13.89 (4.89)			
	NIC	10.12 (3.46)	10.72 (4.03)			
Attentiveness	ImRs	11.80 (2.18)	13.16 (2.98)	0.54	0.00	8.24***
	CR	11.74 (2.68)	11.89 (2.79)			
	NIC	12.64 (3.17)	11.08 (3.25)			

Note: PANAS-X = The Positive and Negative Affect Schedule -Extended; ImRs = Imagery Rescripting (*n*=25); CR = Cognitive restructuring (*n*=27); NIC = No-intervention control condition (*n*=25). **p*<0.05; *** *p*≤0.001.