

Supplementary material: Appendix A

**Developing a Brief Cognitive Task Intervention to Reduce Long-standing Intrusive Memories of Trauma: A Feasibility Study with
Remote Delivery for Women in Iceland**

Reducing intrusive memories of trauma: Feasibility study

Clinical Psychology in Europe. <https://doi.org/10.32872/cpe.11237>

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Table S1. *Self-report measures of functioning and, impact of intrusions and ratings of adherence and credibility/expectancy for all participants (n = 12).*

Outcome	n	Mean	SD	Cohen's <i>d</i> Comparison to baseline	Cohen's <i>d</i> 95% CI	
					Lower	Upper
SDS ^a (work/school)						
Baseline	12	36.92	27.74			
Week 1	9	30.44	21.69	-0.37	-1.10	0.37
1-month	8	26.38	28.43	-0.53	-1.33	0.27
3-month	7	14.29	24.98	-0.83	-1.97	0.31
SDS ^a (social)						
Baseline	12	34.33	29.90			
Week 1	9	32.11	30.90	-0.12	-0.60	0.36
1-month	8	17.25	21.69	-0.57	-1.05	-0.08
3-month	7	15.29	26.77	-0.53	-1.09	0.04
SDS ^a (family life)						
Baseline	12	41.08	25.64			
Week 1	9	37.56	30.90	-0.11	-0.81	0.58

1-month	8	28.75	25.36	-0.40	-0.98	0.18
3-months	7	6.57	8.66	-1.14	-2.08	-0.19

WHODAS 2.0^b

Baseline	12	16.75	8.82			
Week 1	9	13.67	8.76	-0.24	-0.53	0.05
1-month	8	13.25	6.43	-0.55	-1.36	0.25
3-month	7	13.14	6.77	-0.52	-1.15	0.11

Impact of intrusive memories on concentration

Baseline	12	4.33	2.50			
Week 1	9	3.78	2.82	-0.16	-0.84	0.52
1-month	8	2.75	2.38	-0.80	-1.47	-0.13
3-month	7	1.71	2.06	-1.10	-1.81	-0.38

Impact of intrusive memories (general concentration)

Baseline	12	6.17	3.10			
Week 1	9	4.89	3.18	-0.23	-0.40	-0.05

1-month	8	4.62	2.62	-0.43	-0.84	-0.01
3-month	7	4.29	3.09	-0.45	-0.80	-0.10

Impact of intrusive memories (sleep)

Baseline	12	2.75	2.56			
Week 1	9	1.67	1.73	-0.51	-1.07	0.05
1-month	8	0.75	1.16	-0.57	-1.07	-0.07
3-month	7	1.43	2.15	-0.32	-0.80	0.15

**Impact of intrusive memories
(nightmares)**

Baseline	12	1.50	2.28			
Week 1	9	3.22	2.59	0.56	-0.09	1.21
1-month	8	0.62	0.74	-0.35	-0.80	0.11
3-month	7	0.00	0.00	-0.90	-2.28	0.48

Impact of intrusive memories (stress)

Baseline	12	4.25	2.99			
Week 1	9	1.33	2.24	-0.86	-1.66	-0.07
1-month	8	2.62	2.88	-0.50	-1.00	0.01

3-month	7	1.00	1.91	-0.91	-1.79	-0.02
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Impact of intrusion memories on (daily functioning)

Baseline	12	2.83	2.62			
Week 1	9	2.22	2.95	-0.19	-0.96	0.59
1-month	8	1.00	1.93	-0.80	-1.55	-0.05
3-month	7	0.71	1.25	-0.62	-1.20	-0,04

General impact of intrusive memories (distress)

Baseline	11	5.09	2.51			
Week 0	10	4.60	2.07	-0.29	-0.76	0.17
Week 1	10	4.80	3.16	-0.17	-0.75	0.40
Week 2	10	4.15	2.87	-0.42	-1.05	0.20
Week 3	7	4.64	3.45	-0.53	-1.31	0.25
Week 4	8	3.19	3.12	-0.98	-1.71	-0.25
Week 5	6	2.67	2.88	-1.24	-2.28	-0.19
3-month	4	3.50	3.70	-1.04	-2.35	0.26

General impact of intrusive memories (vividness)						
Baseline	11	6.64	1.96			
Week 0	10	6.20	2.10	-0.24	-0.84	0.36
Week 1	10	6.50	2.72	-0.08	-0.64	0.48
Week 2	10	5.80	3.05	-0.33	-1.03	0.36
Week 3	7	5.21	3.46	-0.46	-0.86	-0.05
Week 4	8	4.19	3.76	-0.80	-1.42	-0.18
Week 5	6	4.00	3.29	-0.82	-1.46	-0.18
3-month	4	4.25	2.63	-1.11	-2.36	0.13

Duration of concentration disruption		% < 1 minute	% 1-5 minutes	% 5-10 minutes	%10-30 minutes	% 30-60 minutes	% > 60 minutes
Baseline	12	33.3	8.3	8.3	25.0	25.0	0
Week 1	9	11.1	11.1	11.1	44.4	11.1	11.1
1-month	8	12.5	50.0	25.0	0	12.5	0
3-month	7	42.3	28.6	0	14.3	0	14.3

Note. ^a Sheehan Disability Scale. ^b World Health Organization Disability Assessment Schedule 2.0.

Supplementary material: Appendix B

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Table S2. *Self-report measures of ratings of sleep, health, sick leave, time perspective, and perception of future self for all participants (n = 12).*

Outcome		n	Mean	SD	Cohen's <i>d</i> Comparison to baseline	Cohen's <i>d</i> 95% CI	
						Lower	Upper
PSQI-A ^a							
	Baseline	12	8.25	4.83			
	Week 1	9	5.33	4.69	-0.49	-0.80	-0.17
	1-month	8	6.00	4.24	-0.36	-0.63	-0.09
	3-month	7	5.14	3.58	-0.52	-1.13	0.09
SRHR ^b							
	Baseline	12	2.17	0.83			
	Week 1	9	2.11	0.93	0.00	-0.38	0.38
	1-month	8	2.12	0.64	0.17	-0.20	0.54
	3-month	7	2.29	0.76	0.36	-0.16	0.88
SCI-02 ^c							
	Baseline	12	4.67	2.06			
	Week 1	9	3.33	2.50	-0.33	-0.81	0.15

1-month	8	3.00	1.69	-0.97	-1.83	-0.11
3-month	7	3.43	2.51	-0.60	-1.63	0.43
Sick Leave (total days)						
Baseline	10	6.30	9.42			
Week 1	8	5.06	10.23	-0.30	-0.68	0.09
1-month	8	6.00	10.10	-0.28	-0.53	-0.03
3-month	6	6.83	11.74	-0.33	-0.85	0.19
Sick Leave (work days)						
Baseline	10	5.70	9.75			
Week 1	8	4.06	10.50	-0.32	-0.73	0.10
1-month	8	5.12	10.20	-0.25	-0.55	0.06
3-month	6	6.50	11.64	-0.27	-0.77	0.24
TSQ^d (Past)						
Baseline	12	204.67	62.29			
Week 1	9	180.44	74.86	-0.20	-0.71	0.32
1-month	8	129.62	62.51	-0.92	-2.17	0.33
3-month	7	110.29	64.52	-1.04	-1.94	-0.14

TSQ ^d (Present)							
Baseline	12	154.75	32.22				
Week 1	9	153.33	33.04	0.11	-0.48	0.70	
1-month	8	144.50	41.32	-0.28	-1.00	0.45	
3-month	7	154.71	51.38	0.04	-0.55	0.63	
TSQ ^d (Future)							
Baseline	12	162.33	84.66				
Week 1	9	198.89	60.36	0.44	0.01	0.86	
1-month	8	156.75	75.18	0.18	-0.03	0.40	
3-month	7	184.57	43.22	0.62	-0.05	1.28	
FSQ ^e (Before primary trauma; 3-month)							
Image Clarity	7	69.9	33.5				
Positivity of Image	7	53.6	31.4				
Observer vs Field Perspective (% Observer)	7	71.4%					
FSQ ^e (After primary trauma; 3-month)							

Image Clarity	7	72.9	25.3
Positivity of Image	7	82.4	22.2
Observer vs Field Perspective (% Observer)	7	57.1%	

Note: ^aThe Pittsburgh Sleep Quality Index Addendum for PTSD. ^bSelf-rated health rating. ^cSleep Condition Indicator. ^dThe Time Perspective Questionnaire. ^eThe Future Self Questionnaire - shortened version.