

Online Resource 2 for: Mechanisms of change in psychological interventions for posttraumatic stress symptoms: A systematic review with recommendations. *Current Psychology*. Corresponding author: OMITTED FOR REVIEW.

Table A2.

Quality and risk of bias assessment of included studies - checklist and scores

Criterion	Allan et al. (2015)	Badura-Brack et al. (2015)	Boals & Murrell (2016)
1) Was method of randomization described?	No	No	No
2) Were assessors of outcomes and mechanisms blinded?	No	Yes	No
3) Was a power analysis provided and the sample size deemed large enough for adequate power?	No	No	No
4) Was information about participant flow and reasons for attrition provided?	No	No	No
5) Was the selection of mechanism(s) to be studied made explicit on clear theoretical grounds?	Yes	Yes	Yes
6) Were several potential mechanisms of change given consideration and studied?	Yes	No	No
7) Was delivery of adequate dose of intervention described?	Yes	Yes	Yes
8) Did the measures used for outcome and mechanisms have adequate psychometric qualities in the sample?	Yes	No	Yes
9) Was the outcome adequately controlled for baseline levels?	Yes	No	No
10) Were changes in the mechanism measured before the outcome?	Yes	No	No
11) Was the outcome also measured repeatedly and outcome -> mechanism effect studied?	No	No	No
12) Were several measurements made of both outcome and mechanism during treatment?	No	No	No
13) Was the indirect effect on symptoms via the mechanism explicitly analyzed and quantified?	Yes	No	No
TOTAL QUALITY SCORE	7	3	3

Note. Yes = Information provided in the main article, or in an earlier primary study referred to, indicated this to be the case. No = Information provided indicates this not to be case, or no adequate information on the question was available, or the question was not applicable to this study.

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Bomyea et al. (2015)	Bormann et al. (2012)	Bormann et al. (2014)	Bränström et al. (2010)	Cooper et al. (2017)	Foa & Rauch (2004)	Gallagher & Resick (2012)	Garland et al. (2016)	Ginzburg et al. (2009)	Hinton et al. (2009)	Jensen et al. (2018)
Yes	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes
Yes	No	No	No	No	No	No	No	No	Yes	No
No	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Yes	No	Yes	Yes	No	No	No	Yes	Yes	No	Yes
No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
No	No	No	No	No	No	No	No	Yes	Yes	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
No	No	Yes	Yes	Yes	Yes	No	No	No	Yes	No
No	No	No	No	Yes	No	No	No	No	No	Yes
No	No	No	No	Yes	No	No	No	No	No	No
No	No	No	No	Yes	No	No	No	No	No	No
Yes	Yes	Yes	No	No	No	Yes	Yes	No	No	Yes
5	4	8	7	8	3	4	7	4	7	8

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Kangaslampi et al. (2016)	Kuckertz et al. (2014)	McLean et al. (2017)	McLean, Su, & Foa (2015)	McLean, Yeh, et al. (2015)	Meiser-Stedman et al. (2017)	Mueser et al. (2008)	Norr et al. (2018)	Oman & Bormann (2015)	Pfeiffer et al. 2017)	Sautter et al. (2016)
Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No
No	Yes	No	No	No	No	Yes	No	Yes	No	No
No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
No	No	No	No	No	Yes	No	No	Yes	No	No
Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
No	No	Yes	No	Yes	No	No	No	No	Yes	Yes
Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
No	No	Yes	Yes	Yes	No	No	Yes	No	No	No
No	No	Yes	Yes	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes
7	4	10	8	9	8	6	9	9	7	5

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Scher et al. (2017)	Short et al. (2017)	Sikkema et al. (2013)	Smith et al. (2007)	Tol et al. (2010)	Tol et al. (2012)	Ye et al. (2018)	Zalta et al. (2014)	Zoellner et al. (2011)
No	Yes	No	Yes	Yes	No	No	No	No
Yes	No	No	No	No	No	No	No	No
No	No	Yes	Yes	Yes	Yes	No	No	No
Yes	Yes	No	Yes	Yes	Yes	Yes	No	No
Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Yes	Yes	No	No	Yes	No	Yes	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Yes	Yes	Yes	No	No	Yes	Yes	Yes	No
Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No
No	Yes	No	No	No	No	No	Yes	Yes
No	No	No	No	No	No	No	Yes	No
No	No	No	No	No	No	No	Yes	No
Yes	Yes	Yes	Yes	Yes	No	Yes	No	No
8	9	6	5	8	6	7	6	3