

Figure S1. SPIRIT flow diagram: Schedule of enrolment, interventions and assessments

	STUDY PERIOD						
	Enrolment	Allocation	Post-allocation				Close-out
TIMEPOINT	$-t_1$ & t_0	0	t_1	t_2	t_3	t_4	t_5
ENROLMENT:							
Eligibility screen	X						
Informed consent	X						
SCID-II	X						
MINI	X						
AQ	X						
Allocation		X					
INTERVENTIONS:							
GCBT			↔				
GST			↔				
ASSESSMENTS:							
Baseline variables	X						
CTQ-SF	X						
LSAS-SR	X		X	X	X	X	X
AVPDSI	X				X		X
IDS-SR	X		X	X	X	X	X
RSES	X		X	X	X	X	X
AAQ-II	X		X	X	X	X	X
DERS	X		X	X	X	X	X
SMI-2	X		X	X	X	X	X
WHOQol-Bref	X		X	X	X	X	X
SCID-II (APD)							X
MINI (SAD)							X

SCID-II Structured Clinical Interview for DSM-IV Axis II Personality Disorders, MINI Mini International Neuropsychiatric Interview, AQ Autism-Spectrum Quotient, GCBT Group Cognitive Behavioral Therapy, GST Group Schematherapy, CTQ-SF Childhood Trauma Questionnaire-Short Form, LSAS-SR Liebowitz Social Anxiety Scale Self-report, AVPDSI Avoidant Personality Disorder Severity Index, IDS-SR Inventory of Depressive Symptomatology Self-report, RSES Rosenberg Self-Esteem Scale, AAQ-II Acceptance and Action Questionnaire, DERS Difficulties in Emotion Regulation Scale, SMI-2 Schema Mode Inventory 2, WHOQol-Bref World Health Organisation Quality of Life-Bref, SCID-II (APD) Structured Clinical Interview for DSM-IV Axis II Personality Disorders section Avoidant Personality Disorder, MINI (SAD) Mini International Neuropsychiatric Interview section Social Anxiety Disorder.