ATTACHMENTS

Attachment 1.: Table of administration of repeated measurement

Subject	Intervention type	Pre-test	1-week posttest	1-month posttest	$\bar{x}$:
1	I				
2	I				
3	I				
4	I				
5	II				
6	II				
7	II				
8	II				
9	P				
10	P				
11	P				
12	P				
...	...				
$\bar{x}$:					

Attachment 2.

Self-discrepancies questionnaire

	actual self	*ought self*	*ideal self*
list up to 10 qualities in each column			

Filling in this questionnaire often helps to clarify inner conflicts about who one feels one is compared with who one feels one ought or would like to be. These discrepancies may lead to self-judgements that increase one's vulnerability to anxiety and depression. In the 1st column list up to 10 qualities you believe you *actually* have – both "good" & "bad". In the 2nd, list up to 10 qualities you or others believe you *ought* to have. In the 3rd column list up to 10 qualities you or others would *ideally* like you to have.

To score, compare the qualities in the *actual-self* column with those in either the *ought-self* column (usually more relevant for anxiety vulnerability) or the *ideal-self* column (usually more relevant for depression vulnerability). Note which qualities match and which mismatch (i.e. are the opposite). Your self-discrepancy score is worked out by subtracting the total number of matches from the total number of mismatches.

Higgins E T et al *Self-discrepancies and emotional vulnerability: how magnitude, accessibility, & type of discrepancy influence affect.* Journal of Personality and Social Psychology 1986; 51(1): 5-15

Attachment 3.: Protocols of power analysis from G*power 3.1

a) F tests - ANOVA: Repeated measures, between factors

Analysis:	A priori: Compute required sample size		
Input:	Effect size f	=	0.25
	α err prob	=	0.05
	Power (1-β err prob)	=	0.95
	Number of groups	=	3
	Number of measurements	=	3
	Corr among rep measures	=	0.5
Output:	Noncentrality parameter λ	=	15.7500000
	Critical F	=	3.0507870
	Numerator df	=	2.0000000
	Denominator df	=	165
	Total sample size	**=**	**168**
	Actual power	=	0.9502803

b) F tests - ANOVA: Repeated measures, within-between interaction

Analysis:	A priori: Compute required sample size		
Input:	Effect size f	=	0.25
	α err prob	=	0.05
	Power (1-β err prob)	=	0.95
	Number of groups	=	3
	Number of measurements	=	3
	Corr among rep measures	=	0.5
	Nonsphericity correction ϵ	=	1
Output:	Noncentrality parameter λ	=	20.2500000
	Critical F	=	2.4608001
	Numerator df	=	4.0000000
	Denominator df	=	102
	Total sample size	**=**	**54**
	Actual power	=	0.9579391

c) F tests - ANOVA: Repeated measures, within factors

Analysis:	A priori: Compute required sample size		
Input:	Effect size f	=	0.25
	α err prob	=	0.05
	Power (1-β err prob)	=	0.95
	Number of groups	=	3
	Number of measurements	=	3
	Corr among rep measures	=	0.5
	Nonsphericity correction ϵ	=	1
Output:	Noncentrality parameter λ	=	16.8750000
	Critical F	=	3.1051566
	Numerator df	=	2.0000000
	Denominator df	=	84.0000000
	Total sample size	**=**	**45**
	Actual power	=	0.9597015