Table S1. Sensitivity analysis: Sample, task and compliance measures, self-report measures ($N = 107$)

Sample Characteristics		Condition						Between conditions comparisons
		Control ($n = 36$)		Tetris ($n = 35$)		D-Corsi ($n = 36$)		
Age (years)		*Mean*	*SD*	*Mean*	*SD*	*Mean*	*SD*	
		27.45	10.59	29.06	9.77	30.43	11.13	$F(2,104) = .49$
		n	*%*	*n*	*%*	*n*	*%*	
Gender								
	Female	25	69.4	23	65.7	19	52.8	χ^2 (2) = .31
	Male	11	30.6	12	34.3	17	47.2	
First language								
	English	17	47.2	23	65.7	22	61.1	χ^2 (4) = .37
	Asian	16	44.4	9	25.7	12	33.3	
	Other	3	8.3	3	8.6	2	5.6	
Main occupation								
	Student	29	80.6	24	68.6	21	58.3	χ^2 (2) = .12
	Other	7	19.4	11	31.4	15	41.7	
		n	*%*	*n*	*%*	*n*	*%*	
Task and compliance measures								
Prior Tetris experience		35	97	35	100	35	97[+]	
		Mean rank		*Mean rank*		*Mean rank*		
Attention to film		59.57		48.54		53.74		H (2) = 2.73
Diary adherence		50.85		56.83		54.40		H (2) = .69
Task enjoyment		40.56		68.24		53.60		$H(2)=14.14^{**}$
		Pairwise comparisons		*Mean ranks*		*U, z*		
		Control, Tetris		27.01, 45.24		306.5, -3.72***		
		Control, D-Corsi		32.04, 40.96		487.5, -1.81		
		Tetris, D-Corsi		41.00, 31.14		455.0, -2.01*		
		Mean	*SD*	*Mean*	*SD*	*Mean*	*SD*	
Self-report measures								
	Depression	13.53	4.62	12.23	3.34	12.42	3.41	F (2,104) =1.2
	Anxiety	16.69	5.20	16.94	5.81	16.36	4.89	F (2,104) = .11
	IES-R	15.03	5.62	14.31	4.63	14.50	5.06	F (2,104) = .19
		Mean Difference[#]	*SD*	*Mean Difference*[#]	*SD*	*Mean Difference*[#]	*SD*	
Visual analogue scales: Pre to post film								
	Sad	42.75	28.68	40.43	26.32	35.17	28.45	F (2,104) = .70
	Hopeless	18.75	31.02	16.11	26.43	16.72	30.41	F (2,104) = .08
	Fearful	38.17	30.53	27.11	31.81	32.78	31.20	$F(2,104) = 1.12$
	Horrified	49.22	32.71	48.00	32.14	48.72	31.12	F (2,104) = .01
	Depressed	27.61	27.82	24.29	26.11	17.86	23.92	$F(2,104) = 1.31$

$N = 107$. Scale 0-100. ***$p < .001$, **$p < .01$, *$p < .05$

Abbreviations: IES-R, Impact of Events Scale-Revised

[+]Between group comparisons not possible due to zero value for Tetris group

[#] Mean difference is calculated as post-film rating minus pre-film rating

Table S2. Sensitivity analysis (repeated analyses with $N = 107$): Intrusive memory frequency by condition

	Condition						
	Control ($n = 36$)		Tetris ($n = 35$)		D-Corsi ($n = 36$)		Between conditions comparisons
	Mean	*SE*	*Mean*	*SE*	*Mean*	*SE*	
Intrusive Memory Frequency							
Post 4-hour Break[#]	8.53	0.57	7.00	0.48	6.56	0.44	Wald $\chi^2 = 8.35$, $df = 2$*
	Pairwise comparisons		*Mean Difference*				*95% Confidence Interval*
	Control, Tetris		1.53*	.74			0.07, 2.98
	Control, D-Corsi		1.97*	.72			0.56, 3.38
	Tetris, D-Corsi		0.44	0.65			-0.83, 1.72
During 12-minute task[#]	5.42	.37	1.80	.14	1.92	.15	Wald $\chi^2 = 147.04$, $df = 2$***
	Pairwise comparisons		*Mean Difference*				*95% Confidence Interval*
	Control, Tetris		3.62***	.40			2.84, 4.40
	Control, D-Corsi		3.50***	.40			2.72, 4.28
	Tetris, D-Corsi		-0.12	.207			-0.52, 0.29
Day 0[#]	3.83	0.28	2.91	0.22	3.42	0.26	Wald $\chi^2 = 6.97$, $df = 2$*
	Pairwise comparisons		*Mean Difference*				*95% Confidence Interval*
	Control, Tetris		0.92**	0.35			0.23, 1.61
	Control, D-Corsi		0.40	0.38			-0.33, 1.14
	Tetris, D-Corsi		-0.52	0.34			-1.18, 0.15
Days 1- 7[##]							
Day 1	6.00	1.27	5.72	2.00	4.89	0.77	
Day 2	3.92	0.88	4.00	1.80	3.61	0.68	
Day 3	3.39	0.72	3.91	1.68	5.53	0.63	
Day 4	3.83	1.00	3.60	1.66	2.44	0.64	
Day 5	2.44	0.66	2.77	1.54	2.86	0.57	
Day 6	1.78	0.53	2.77	1.59	3.53	1.64	
Day 7	2.04	0.68	2.93	1.95	3.22	1.87	

$N = 107$. ***$p < .001$, **$p < .01$, *$p < .05$

[#]Generalized linear models with a negative binomial log-link function were used for these analyses

[##]Generalized linear mixed models analysis specifying an AR(1) structure were used. There were significant main effects for time ($F = 4.84$, $df = 6$, $p < 0.001$) but not for condition ($F = 0.06$, $df = 2$, $p = 0.95$) or the interaction of time and condition ($F = 0.81$, $df = 12$, $p = 0.64$).

Table S3. Emotional valence. Pre- and post-film comparisons: Paired-samples t-test for $N = 107$.

	Pre-TFP Mean	*SD*	*Post-TFP Mean*	*SD*	*Mean Difference*	*SD*	*t*-test
Sad	12.65	15.32	52.09	27.26	39.44	27.77	$t(106) = 14.69^{***}$
Hopeless	11.96	18.26	29.17	27.06	17.21	29.13	$t(106) = 6.11^{***}$
Fearful	9.29	14.90	42.03	31.40	32.74	31.20	$t(106) = 10.85^{***}$
Horrified	3.41	9.99	52.07	30.99	48.65	31.69	$t(106) = 15.88^{***}$
Depressed	10.97	14.90	34.21	26.46	23.24	26.08	$t(106) = 9.22^{***}$

$N = 107$. Scale 0-100. ***$p < .001$.
Abbreviations: TFP, trauma film paradigm

Table S4. Comparison: Control and Tetris conditions per Holmes et al., 2010 (Experiment 2)

		Condition			
		Control		Tetris	
Pre-film mood[#+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	1.17	0.19	1.19	0.25
	Holmes et al.	3.09	0.77	4.04	0.67
Post-film mood[#+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	4.24	0.42	3.74	0.41
	Holmes et al.	7.05	1.11	8.52	1.01
Intrusion frequency during experimental condition		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	4.71	0.61	0.88	0.37
	Holmes et al.	9.84	1.31	5.65	0.94
Game enjoyment[+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	-	-	7.41	0.45
	Holmes et al.	-	-	6.60	0.28
Diary compliance[+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	8.73	0.28	8.91	0.24
	Holmes et al.	8.53	0.24	8.46	0.23

Effect size: Intrusive Memory Frequency over 1-week	(*d*)
Current study	0.64
Holmes et al.	0.62

n = 100 for *Current study*.

[#]Composite score of Sad, Hopeless, Depressed per Holmes et al. (2010; Experiment 2)

[+]Scale in Holmes et al. was 0-10. As the scale in the current study was 0-100, the mean and SEM have been divided by10 to allow for ease of comparison

Table S5. Comparison: Control and Tetris conditions per Holmes et al., 2010 (Experiment 2)

		Condition			
		Control		Tetris	
Pre-film mood[#+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	1.17	0.19	1.19	0.25
	Holmes et al.	3.09	0.77	4.04	0.67
Post-film mood[#+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	4.24	0.42	3.74	0.41
	Holmes et al.	7.05	1.11	8.52	1.01
Intrusion frequency during experimental condition		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	4.71	0.61	0.88	0.37
	Holmes et al.	9.84	1.31	5.65	0.94
Game enjoyment[+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	-	-	7.41	0.45
	Holmes et al.	-	-	6.60	0.28
Diary compliance[+]		*Mean*	*SEM*	*Mean*	*SEM*
	Current study	8.73	0.28	8.91	0.24
	Holmes et al.	8.53	0.24	8.46	0.23

Effect size: Intrusive Memory Frequency over 1-week	(*d*)
Current study	0.64
Holmes et al.	0.62

n = 100 for *Current study*.

[#]Composite score of Sad, Hopeless, Depressed per Holmes et al. (2010; Experiment 2)

[+]Scale in Holmes et al. was 0-10. As the scale in the current study was 0-100, the mean and SEM have been divided by10 to allow for ease of comparison

Figure S1. Graphs for intrusive memory frequency across conditions over 1 week

Holmes et al., 2010

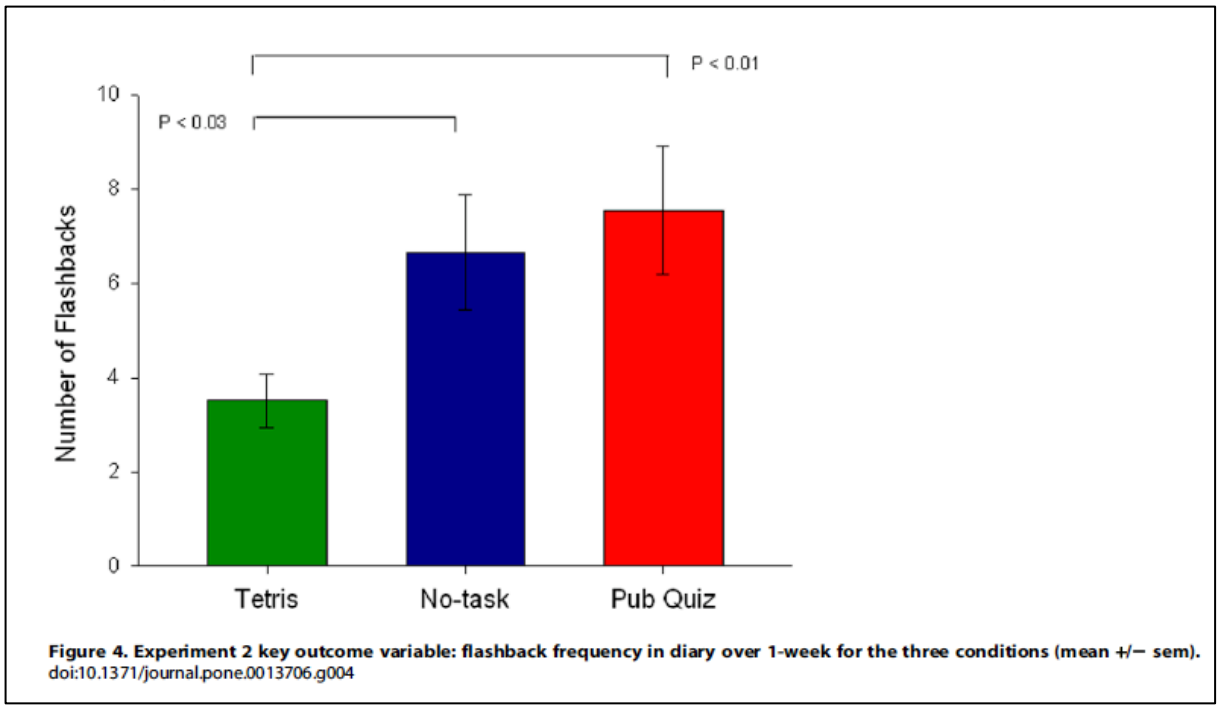

Figure 4. Experiment 2 key outcome variable: flashback frequency in diary over 1-week for the three conditions (mean +/− sem).
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Current study: Mean +/− SEM