Supplemental material for

"How short is too short? – A Randomised Controlled Trial evaluating short-term Existential Behavioural Therapy for Informal Caregivers of Palliative Patients"

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Appendix A: Time of death of patients

Table 4

Appendix B: Results of regression analyses for secondary outcomes

Tables 5 - 14

Appendix C: Results of sensitivity analyses regarding missing data

Tables 15 - 25

Appendix A: Time of death of patients

Table 4: Time of death of patients during caregivers' participation in the study.

Time of death of the patient	RCT		Decliners
	sEBT	Control	
At t1	*n* = 75	*n* = 82	*n* =50
Unknown	3 (4.0%)	10 (12.2%)	7 (14.0%)
Alive	66 (88.0%)	67 (81.7%)	37 (74.0%)
Died ≤ 3 months ago	6 (8.0%)	5 (6.1%)	5 (10.0%)
Died ≥ 3 months ago	- -	- -	1 (2.0%)
At t2	*n* = 60	*n* = 67	
Unknown	2 (3.3%)	7 (10.4%)	
Alive	31 (51.7%)	32 (47.8%)	
Died ≤ 3 months ago	27 (45.0%)	28 (41.8%)	
At t3	*n* = 58	*n* = 64	*n* = 43
Unknown	1 (1.7.0%)	5 (7.8%)	11 (22.0%)
Alive	12 (20.7%)	9 (14.1%)	8 (16.0%)
Died ≤ 3 months ago	43 (74.1%)	47 (73.4%)	29 (58.0%)
Died ≥ 3 months ago	2 (3.4%)	3 (4.7%)	2 (4.0%)
At t4	*n* = 54	*n* = 64	*n* =38
Unknown	1 (1.9%)	6 (9.4%)	16 (32.0%)
Alive	4 (7.4%)	4 (6.3%)	2 (4.0%)
Died ≤ 3 months ago	3 (5.6%)	1 (1.6%)	1 (2.0%)
Died ≥ 3 months ago	46 (85.2%)	53 (82.8%)	31 (62.0%)

Note: Data are number (%)
No data for decliners at t2

Appendix B: Results of regression analyses for secondary outcomes

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.783	.184	-.573	.374	-.824	.208
Relationship with patient	Partner/child	.015	.981	.078	.912	-.245	.732
Employment	Retired/other	.125	.888	.407	.672	1.27	.207
Support apart from study	Unknown	1.74	.295	1.85	.285	2.73	.136
	Support	.380	.617	.418	.607	.847	.334
Group	sEBT intervention	-.318	.569	-.580	.346	-.914	.162
Time of investigation	t3	-1.21	**.003**	-1.23	**.006**	-1.40	**.002**
	t4	-1.67	**.022**	-1.76	**.026**	-2.25	**.005**
Patient's time of death	Unknown	.982	.473	.488	.717	.362	.784
	Alive	.011	.983	.105	.856	-.447	.453
	Deceased >3 months	-1.55	**.030**	-1.58	**.040**	-1.27	.103
Age		-.006	.859	-.015	.664	-.039	.278
Psychologist	Psychologist 1	-.109	.895	-.067	.939	-.356	.687
	Psychologist 2	-.504	.517	-.583	.484	-.393	.650
Anxiety at t1		.565	**<.001**	.553	**<.001**	.502	**<.001**

Table 5: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **anxiety**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 124		Model 2 n= 112		Model 3 n= 102	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	.323	.313	.497	.132	.376	.288
Relationship with patient	Partner/child	.508	.155	.748	**.042**	.310	.428
Employment	Retired/other	.272	.566	.457	.345	.884	.100
Support apart from study	Unknown	-.309	.731	-.490	.575	.617	.529
	Support	.426	.297	.201	.623	.687	.142
Group	sEBT intervention	-.014	.964	-.211	.507	-.084	.814
Time of investigation	t3	-.341	.157	-.447	***.083***	-.441	.117
	t4	-.838	.112	-1.02	***.070***	-.982	.101
Patient's time of death	Unknown	.360	.588	-.053	.939	.003	.996
	Alive	.424	.175	.271	.405	.293	.412
	Deceased >3 months	-1.13	**.032**	-1.02	***.067***	-1.13	***.053***
Age		-.033	***.060***	-.044	**.014**	-.051	**.008**
Psychologist	Psychologist 1	-.451	.309	-.637	.145	-.689	.144
	Psychologist 2	-.007	.987	-.099	.826	-.086	.861
Subjective distress at t1		.405	**<.001**	.385	**<.001**	.450	**<.001**

Table 6: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **subjective distress**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 122		Model 2 n= 110		Model 3 n= 100	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.045	.595	-.128	.153	-.098	.312
Relationship with patient	Partner/child	-.094	.311	-.175	***.077***	-.015	.885
Employment	Retired/other	-.072	.566	-.123	.348	-.175	.233
Support apart from study	Unknown	-.186	.421	-.168	.465	-.220	.404
	Support	.097	.384	.164	.153	.190	.153
Group	sEBT intervention	.018	.822	.044	.603	.065	.495
Time of investigation	t3	.158	**.004**	.172	**.003**	.211	**.001**
	t4	.290	**.033**	.317	**.025**	.357	**.017**
Patient's time of death	Unknown	-.016	.927	.047	.791	.022	.904
	Alive	.083	.251	.094	.215	.064	.421
	Deceased >3 months	.110	.413	.045	.741	.105	.464
Age		-.002	.672	.002	.678	-.001	.876
Psychologist	Psychologist 1	.074	.528	.107	.365	.091	.477
	Psychologist 2	.124	.285	.122	.303	.041	.750
Positive affect at t1		.677	**<.001**	.637	**<.001**	.679	**<.001**

Table 7: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment of **positive affect**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 122		Model 2 n= 110		Model 3 n= 100	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	.049	.536	.096	.274	.082	.350
Relationship with patient	Partner/child	.119	.163	.160	***.090***	.072	.445
Employment	Retired/other	.147	.213	.176	.171	.304	**.023**
Support apart from study	Unknown	.201	.358	.192	.398	.330	.168
	Support	-.076	.469	-.105	.350	-.014	.905
Group	sEBT intervention	-.080	.288	-.082	.320	-.112	.202
Time of investigation	t3	-.127	**.021**	-.117	**.051**	-.120	**.053**
	t4	-.165	.124	-.188	.111	-.174	.135
Patient's time of death	Unknown	.086	.599	.094	.601	.065	.707
	Alive	-.066	.360	-.058	.464	-.082	.292
	Deceased >3 months	-.289	**.008**	-.263	**.027**	-.278	**.018**
Age		-.005	.237	-.007	.167	-.010	**.035**
Psychologist	Psychologist 1	-.147	.182	-.163	.160	-.199	***.089***
	Psychologist 2	.028	.795	.045	.696	.102	.393
Negative affect at t1		.531	**<.001**	.543	**<.001**	.504	**<.001**

Table 8: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **negative affect.** Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.090	.898	.447	.543	.050	.950
Relationship with patient	Partner/child	1.25	.113	1.79	**.030**	.835	.335
Employment	Retired/other	-1.53	.151	-.896	.413	-.773	.523
Support apart from study	Unknown	1.90	.339	1.75	.368	3.07	.162
	Support	.794	.384	.420	.649	.650	.533
Group	sEBT intervention	-.405	.548	-.683	.349	-.825	.295
Time of investigation	t3	-1.32	**.009**	-1.64	**.003**	-1.62	**.006**
	t4	-2.96	**.010**	-3.30	**.008**	-3.54	**.006**
Patient's time of death	Unknown	-.869	.555	-1.68	.274	-1.44	.366
	Alive	-.915	.165	-1.30	***.059***	-1.32	***.082***
	Deceased >3 months	-1.49	.206	-1.28	.310	-1.35	.293
Age		.032	.431	.001	.989	.014	.750
Psychologist	Psychologist 1	.062	.950	-.062	.950	-.441	.677
	Psychologist 2	-.162	.864	-.296	.757	-.193	.855
Minor mental disorders at t1		.598	**<.001**	.606	**<.001**	.579	**<.001**

Table 9: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **minor mental disorders**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.
[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).
[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.105	.887	-.356	.654	.176	.824
Relationship with patient	Partner/child	-.226	.781	-.149	.865	.077	.930
Employment	Retired/other	-.605	.583	-.1.39	.238	-2.28	***.063***
Support apart from study	Unknown	-.014	.995	.150	.942	-2.59	.245
	Support	-.372	.693	-.236	.811	-.508	.633
Group	sEBT intervention	-.137	.842	.061	.934	.668	.393
Time of investigation	t3	-.472	.232	-.313	.456	-.269	.549
	t4	-.608	.479	-.357	.698	-.233	.808
Patient's time of death	Unknown	-1.70	.255	-1.23	.444	-1.19	.448
	Alive	-1.38	**.014**	-1.05	***.077***	-1.38	**.031**
	Deceased >3 months	.984	.247	.737	.419	.925	.318
Age		.012	.774	.034	.428	.038	.391
Psychologist	Psychologist 1	.463	.652	.508	.630	1.05	.328
	Psychologist 2	-.118	.902	-.059	.953	-.521	.611
Satisfaction with life at t1		.643	**<.001**	.660	**<.001**	.607	**<.001**

Table 10: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **satisfaction with life**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.
[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).
[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-4.08	.102	-5.69	**.030**	-3.95	.155
Relationship with patient	Partner/child	-1.33	.630	-.904	.752	-1.58	.609
Employment	Retired/other	1.87	.620	-.362	.925	1.23	.777
Support apart from study	Unknown	-4.75	.510	-6.23	.375	-8.53	.285
	Support	-1.05	.743	-1.55	.633	-2.96	.428
Group	sEBT intervention	-2.16	.360	-1.12	.647	-3.13	.266
Time of investigation	t3	.837	.665	1.27	.508	2.13	.297
	t4	-.800	.862	-.083	.986	-.466	.923
Patient's time of death	Unknown	-.833	.873	-.449	.933	.261	.962
	Alive	.186	.941	1.36	.588	.595	.826
	Deceased >3 months	4.75	.314	5.40	.257	5.89	.225
Age		-.141	.324	-.127	.377	-.132	.411
Psychologist	Psychologist 1	-1.74	.622	-3.00	.394	-1.11	.769
	Psychologist 2	-2.99	.369	-3.18	.344	-1.96	.597
Quality of life (World Health Organisation) at t1		.451	**<.001**	.518	**<.001**	.467	**<.001**

Table 11: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **quality of life (World Health Organisation)**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 123		Model 2 n= 111		Model 3 n= 102	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.425	.176	-.669	**.047**	-.413	.248
Relationship with pat.	Partner/child	-.680	**.047**	-.804	**.028**	-.459	.235
Employment	Retired/other	-.601	.197	-.876	***.077***	-.907	***.097***
Support apart from study	Unknown	-1.35	.126	-1.29	.143	-1.93	***.051***
	Support	.167	.675	.309	.455	.126	.789
Group	sEBT intervention	-.004	.989	.170	.587	.228	.512
Time of investigation	t3	.444	**.029**	.422	***.053***	.476	**.044**
	t4	.574	.146	.807	***.056***	.761	***.092***
Patient's time of death	Unknown	.366	.571	.313	.647	.278	.691
	Alive	-.049	.862	-.147	.620	.063	.845
	Deceased >3 months	.856	**.032**	.543	.195	.795	***.073***
Age		.014	.424	.024	.182	.017	.373
Psychologist	Psychologist 1	.095	.826	.234	.598	.014	.977
	Psychologist 2	-.091	.825	-.039	.927	-.378	.418
Quality of Life (numerical rating scale) at t1		.206	**.004**	.187	**.012**	.167	**.042**

Table 12: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **quality of life (numerical rating scale)**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.255	.469	-.141	.699	-.262	.509
Relationship with patient	Partner/child	.468	.223	.712	.075	.299	.494
Employment	Retired/other	.628	.231	.369	.507	.691	.266
Support apart from study	Unknown	.593	.550	.392	.689	.432	.699
	Support	-.156	.733	-.256	.582	-.183	.731
Group	sEBT intervention	.006	.986	.028	.935	-.059	.881
Time of investigation	t3	.049	.852	.005	.987	.107	.709
	t4	.728	.171	.548	.327	.526	.364
Patient's time of death	Unknown	.316	.667	.522	.497	.612	.442
	Alive	-.272	.403	-.439	.205	-.269	.458
	Deceased >3 months	-.889	.100	-.860	.130	-.795	.169
Age		-.011	.574	-.016	.423	-.001	.980
Psychologist	Psychologist 1	-.770	.125	-.868	.083	-.775	.156
	Psychologist 2	-.146	.756	-.214	.655	.006	.991
Physical impairment at t1		.518	**<.001**	.543	**<.001**	.517	**<.001**

Table 13: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **physical impairment**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.
[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).
[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.613	***.092***	-.350	.362	-.475	.251
Relationship with patient	Partner/child	.402	.312	.509	.228	.240	.594
Employment	Retired/other	.445	.415	.613	.288	1.01	.118
Support apart from study	Unknown	.438	.666	.305	.764	1.26	.276
	Support	.144	.757	-.068	.889	.078	.888
Group	sEBT intervention	-.846	**.**040	-.934	**.029**	-.900	.064
Time of investigation	t3	2.15	.146	2.21	.170	2.09	.194
	t4	-1.72	**.005**	-2.11	**.001**	-2.08	**.002**
Time of investigation*Group	t3 * sEBT	-2.39	.265	-2.47	.295	-2.30	.386
	t4 * sEBT	1.14	**.025**	.938	***.075***	.613	.286
Patient's time of death	Unknow	1.83	**.021**	1.74	**.040**	1.80	**.039**
	Alive	.615	.120	.484	.236	.507	.254
	Deceased >3 months	-.456	.467	-.118	.860	-.072	.918
Age		-.010	.604	-.023	.277	-.028	.209
Psychologist	Psychologist 1	-.460	.373	-.540	.304	-.512	.374
	Psychologist 2	.346	.472	.290	.560	.723	.189
Psychological impairment at t1		.446	**<.001**	.440	**<.001**	.418	**<.001**

Table 14: Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **psychological impairment**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Time of investigation*Group – t2*sEBT, t2*Control, t3*Control, t4*Control; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3.

Appendix C: Results of sensitivity analyses regarding missing data

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.468	.396	-.323	.593	-.585	.328
Relationship with patient	Partner/child	-.898	.172	-.799	.266	-1.12	.116
Employment	Retired/other	-.716	.396	-.365	.691	.410	.661
Support apart from study	Unknown	1.39	.371	1.30	.417	2.01	.232
	Support	.701	.331	.503	.516	.857	.287
Group	sEBT intervention	-.174	.741	-.253	.666	-.387	.522
Time of investigation	t3	-.806	**.029**	-.966	**.015**	-.989	**.020**
	t4	-1.35	***.078***	-1.75	**.034**	-1.78	**.032**
Patients' time of death	Unknown	.350	.764	.073	.955	-.041	.973
	Alive[a]	-.406	.391	-.514	.312	-.633	.238
	Deceased >3 months	-.991	.196	-.878	.281	-.858	.290
Age		.026	.417	.014	.679	-.005	.884
Psychologist	Psychologist 1	-.166	.833	-.269	.745	-.551	.500
	Psychologist 2	.448	.547	.312	.695	.654	.423
Missing data	No missing data	-.615	.303	-.647	.324	-.611	.333
Depression at t1		.619	**<.001**	.630	**<.001**	.603	**<.001**

Table 15. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the primary outcome variable post-treatment **depression**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased≤3 months; Psychologist – Psychologist; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	p-Value	beta	p-Value	beta	p-Value
Gender	Male	-.797	.176	-.595	.357	-.810	.217
Relationship with patient	Partner/child	-.230	.9736	-.144	.847	-.480	.523
Employment	Retired/other	.042	.963	.303	.755	1.19	.241
Support apart from study	Unknown	1.75	.292	1.85	.285	2.74	.135
	Support	.500	.514	.554	.501	.911	.300
Group	sEBT intervention	-.351	.530	-.564	.361	-.915	.162
Time of investigation	t3	-1.22	**.003**	-1.24	**.006**	-1.41	**.002**
	t4	-1.70	**.020**	-1.77	**.025**	-2.27	**.005**
Patient's time of death	Unknown	.637	.611	.281	.838	.091	.947
	Alive	-.017	.974	.086	.881	-.459	.441
	Deceased >3 months	-1.52	**.033**	-1.56	**.042**	-1.24	.108
Age		-.005	.876	-.015	.676	-.039	.284
Psychologist	Psychologist 1	-.108	.993	.042	.962	-.278	.754
	Psychologist 2	-.510	.512	-.568	.496	-.408	.638
Missing data	No missing data	-.679	.286	-.628	.370	-.699	.311
Anxiety at t1		.574	**<.001**	.553	**<.001**	.512	**<.001**

Table 16. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **anxiety**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 124		Model 2 n= 112		Model 3 n= 102	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	.311	.333	.486	**.**143	.370	.298
Relationship with patient	Partner/child	.443	.242	.700	**.074**	.245	.553
Employment	Retired/other	.256	.591	.441	.366	.865	.110
Support apart from study	Unknown	-.311	.731	-.494	.574	.619	.529
	Support	.449	.278	.223	.592	.700	.138
Group	sEBT intervention	-.020	.948	-.202	.529	-.078	.829
Time of investigation	t3	-.345	.153	-.450	***.081***	-.443	.115
	t4	-.852	.107	-1.03	***.067***	-.938	***.098***
Patient's time of death	Unknown	.293	.666	-.093	.894	-.073	.919
	Alive[a]	.416	.185	.266	.416	.291	.417
	Deceased >3 months	-1.12	**.034**	-1.01	***.070***	-1.12	***.057***
Age		-.034	***.060***	-.044	**.014**	-.051	**.008**
Psychologist	Psychologist 1	-.432	.334	-.620	.160	-.676	.155
	Psychologist 2	-.012	.978	-.100	.827	-.088	.858
Missing data	No missing data	-.190	.583	-.143	.689	-.203	.584
Subjective distress at t1		.410	**<.001**	.391	**<.001**	.456	**<.001**

Table 17. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **subjective distress**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 122		Model 2 n= 110		Model 3 n= 100	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.046	.592	-.127	.158	-.102	.289
Relationship with patient	Partner/child	-.074	.448	-.146	.160	.024	.826
Employment	Retired/other	-.064	.611	-.109	.409	-.159	.276
Support apart from study	Unknown	-.188	.419	-.168	.464	-.225	.391
	Support	.086	.445	.146	.215	.178	.182
Group	sEBT intervention	.022	.788	.044	.600	.065	.495
Time of investigation	t3	.159	**.003**	.173	**.003**	.211	**.000**
	t4	.293	**.031**	.321	**.024**	.360	**.016**
Patient's time of death	Unknown	.003	.987	.074	.685	.061	.747
	Alive	.085	.241	.098	.199	.066	.405
	Deceased >3 months	.107	.424	.042	.761	.103	.474
Age		-.002	.651	.002	.706	-.001	.821
Psychologist	Psychologist 1	.065	.585	.092	.440	.079	.537
	Psychologist 2	.121	.298	.115	.332	.035	.788
Missing data	No missing data	.052	.565	.080	.400	.103	.305
Positive affect at t1		.681	**<.001**	.644	**<.001**	.692	**<.001**

Table 18. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment of **positive affect**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 122		Model 2 n= 110		Model 3 n= 100	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	.051	.520	.095	.273	.085	.325
Relationship with patient	Partner/child	.067	.450	.103	.286	.009	.928
Employment	Retired/other	.125	.282	.145	.256	.276	**.037**
Support apart from study	Unknown	.211	.331	.200	.376	.351	.136
	Support	-.048	.648	-.067	.551	.010	.936
Group	sEBT intervention	-.089	.233	-.079	.333	-.113	.188
Time of investigation	t3	-.130	**.019**	-.120	**.046**	-.122	**.049**
	t4	-.175	.102	-.196	***.096***	-.182	.115
Patient's time of death	Unknown	.032	.844	.037	.836	-.001	.997
	Alive	-.074	.307	-.065	.411	-.088	.260
	Deceased >3 months	-.281	**.009**	-.255	**.030**	-.270	**.020**
Age		-.005	.258	-.006	.180	-.010	**.042**
Psychologist	Psychologist 1	-.126	.252	-.136	.239	-.185	.110
	Psychologist 2	.033	.757	.057	.614	.103	.380
Missing data	No missing data	-.155	***.064***	-.177	***.055***	-.183	**.042**
Negative affect at t1		.543	**<.001**	.563	**<.001**	.526	**<.001**

Table 19. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **negative affect.** Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	p-Value	beta	p-Value	beta	p-Value
Gender	Male	-.130	.854	.368	.614	.054	.945
Relationship with patient	Partner/child	.848	.309	1.30	.133	.397	.661
Employment	Retired/other	-1.6	.124	-1.09	.317	-.933	.441
Support apart from study	Unknown	1.87	.345	1.71	.375	3.07	.159
	Support	.962	.295	.701	.452	.782	.453
Group	sEBT intervention	-.440	.512	-.640	.356	-.801	.307
Time of investigation	t3	-1.34	**.008**	-1.66	**.002**	-1.63	**.006**
	t4	-3.03	**.008**	-3.38	**.007**	-3.60	**.005**
Patient's time of death	Unknown	-1.26	.399	-2.13	.168	-1.94	.229
	Alive	-.960	.146	-1.35	***.050***	-1.33	***.078***
	Deceased >3 months	-1.40	.232	-1.19	.344	-1.28	.317
Age		.032	.420	.002	.970	.015	.733
Psychologist	Psychologist 1	.191	.847	.140	.887	-.319	.763
	Psychologist 2	-.214	.821	-.306	.747	-.257	.807
Missing data	No missing data	-1.08	.158	-1.33	**.095**	-1.27	.125
Minor mental disorders at t1		.612	**<.001**	.627	**<.001**	.598	**<.001**

Table 20. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **minor mental disorders**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.088	.906	-.315	.693	.179	.822
Relationship with patient	Partner/child	-.001	.999	.090	.992	.270	.769
Employment	Retired/other	-.548	.620	-.1.29	.276	-2.22	***.072***
Support apart from study	Unknown	-.002	.999	.175	.933	-2.60	.246
	Support	-.491	.606	-.388	.698	-.569	.594
Group	sEBT intervention	-.095	.890	.063	.932	.682	.385
Time of investigation	t3	-.467	.237	-.310	.461	-.267	.553
	t4	-.586	.495	-.342	.710	-.218	.820
Patient's time of death	Unknown	-1.45	.341	-.989	.546	-.958	.550
	Alive	-1.37	**.015**	-1.04	***.081***	-1.38	**.032**
	Deceased >3 months	.960	.259	.719	.430	.908	.326
Age		.012	.769	.034	.428	.038	.389
Psychologist	Psychologist 1	.379	.714	.407	.702	1.00	.352
	Psychologist 2	-.106	.912	-.082	.935	-.521	.615
Missing data	No missing data	.658	.401	.707	.398	.581	.483
Satisfaction with life at t1		.644	**<.001**	.662	**<.001**	.609	**<.001**

Table 21. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **satisfaction with life**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-4.09	.103	-5.75	**.029**	-3.93	.159
Relationship with patient	Partner/child	-1.55	.593	-1.29	.668	-1.99	.538
Employment	Retired/other	1.81	.632	.186	.962	1.12	.798
Support apart from study	Unknown	-4.76	.510	-6.26	.375	-8.50	.289
	Support	-.930	.775	-1.28	.699	-2.82	.454
Group	sEBT intervention	-2.20	.354	-1.12	.650	-3.17	.262
Time of investigation	t3	.830	.667	1.26	.509	2.13	.298
	t4	-.852	.853	-.151	.974	-.528	.913
Patient's time of death	Unknown	-1.10	.836	-.854	.876	-.303	.958
	Alive	.168	.947	1.35	.592	.593	.827
	Deceased >3 months	4.81	.309	5.50	.249	5.98	.219
Age		-.143	.322	-.129	.372	-.136	.400
Psychologist	Psychologist 1	-1.63	.646	-2.79	.432	-.999	.794
	Psychologist 2	-2.99	.372	-3.12	.356	-1.92	.607
Missing data	No missing data	-.701	.792	-1.27	.645	-1.38	.637
Quality of life (World Health Organisation) at t1		.452	**<.001**	.519	**<.001**	.471	**<.001**

Table 22. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **quality of life (World Health Organisation)**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 123		Model 2 n= 111		Model 3 n= 102	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.421	.181	-.660	***.051***	-.412	.249
Relationship with pat.	Partner/child	-.558	.123	-.735	***.057***	-.360	.377
Employment	Retired/other	-.569	.224	-.850	***.088***	-.880	.109
Support apart from study	Unknown	-1.32	.134	-1.27	.151	-1.90	***.054***
	Support	.107	.790	.272	.518	.101	.839
Group	sEBT intervention	.008	.977	.163	.603	.226	.517
Time of investigation	t3	.448	**.028**	.424	***.052***	.477	**.044**
	t4	.592	.134	.816	***.053***	.768	***.090***
Patient's time of death	Unknown	.493	.453	.377	.588	.382	.593
	Alive	-.37	.894	-.140	.638	.065	.842
	Deceased >3 months	.836	**.036**	.533	.203	.784	***.078***
Age		.014	.405	.024	.177	.017	.363
Psychologist	Psychologist 1	.052	.906	.205	.646	-.006	.991
	Psychologist 2	-.093	.821	-.050	.908	-.382	.414
Missing data	No missing data	.354	.290	.203	.507	.290	.436
Quality of Life (numerical rating scale) at t1		.215	**.003**	.195	**.010**	.178	**.033**

Table 23: **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **quality of life (numerical rating scale)**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	**p-Value**	**beta**	**p-Value**	**beta**	**p-Value**
Gender	Male	-.260	.460	-.161	.658	-.260	.514
Relationship with patient	Partner/child	.347	.391	.518	.212	.195	.673
Employment	Retired/other	.593	.274	.249	.655	.643	.304
Support apart from study	Unknown	.571	.566	.346	.722	.428	.703
	Support	-.097	.834	-.134	.774	-.148	.781
Group	sEBT intervention	-.023	.946	.036	.917	-.063	.874
Time of investigation	t3	.045	.862	.000	1.00	.105	.713
	t4	.717	.178	.532	.341	.520	.370
Patient's time of death	Unknown	.206	.783	.354	.648	.105	.530
	Alive	-.283	.386	-.456	.189	-.273	.453
	Deceased >3 months	-.878	.104	-.844	.136	-.789	.172
Age		-.011	.593	-.015	.442	-.002	.994
Psychologist	Psychologist 1	-.710	.160	-.756	.132	-.775	.180
	Psychologist 2	-.150	.751	-.200	.674	-.001	.999
Missing data	No missing data	-.346	.366	-.580	.144	-.299	.483
Physical impairment at t1		.524	**<.001**	.557	**<.001**	.525	**<.001**

Table 24. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **physical impairment**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.

Variable [a]	Category [b]	Model 1 n= 126		Model 2 n= 114		Model 3 n= 104	
		beta	p-Value	beta	p-Value	beta	p-Value
Gender	Male	-.630	***.081***	-.384	.312	-.481	.240
Relationship with patient	Partner/child	.197	.635	.280	.522	-.001	.998
Employment	Retired/other	.400	.460	.543	.342	.955	.133
Support apart from study	Unknown	.435	.666	.303	.763	1.27	.266
	Support	.255	.586	.080	.869	.158	.733
Group	sEBT intervention	-.881	**.033**	-.924	**.031**	-.903	.063
Time of investigation	t3	2.14	.148	2.20	.172	2.09	.196
	t4	-1.77	**.004**	-2.14	**.001**	-2.12	**.002**
Time of investigation*Group	t3 * sEBT	-2.39	.266	-2.47	.296	-2.30	.386
	t4 * sEBT	1.15	**.024**	.954	***.070***	.616	.283
Patient's time of death	Unknown	1.61	**.044**	1.53	***.072***	1.53	***.081***
	Alive	.584	.142	.454	.268	.488	.272
	Deceased >3 months	-.414	.507	-.096	.886	-.040	.954
Age		-.011	.578	-.023	.254	-.029	.188
Psychologist	Psychologist 1	-.396	.441	-.466	.373	-.469	.411
	Psychologist 2	.327	.494	.295	.550	.702	.197
Missing data	No missing data	-.626	.106	-.697	***.090***	-.750	***.081***
Psychological impairment at t1		.454	**<.001**	.456	**<.001**	.430	**<.001**

Table 25. **Sensitivity analyses regarding missing data:** Estimated regression coefficients beta and p-values for the independent variables in general linear mixed models with the secondary outcome variable post-treatment **psychological impairment**. Main model: participants of at least the first two investigations (model 1); both sensitivity analyses include participants of at least the first two investigations, model 2 without participants (sEBT and control group) with only one session, model 3 without participants of the sEBT group who did not practise.

[a] Variables are in bold or bold italics depending on the significance of the F-test for the whole variable. Bold: significant at p-value<0.05. Bold italics: p-value between 0.05 and 0.10 (trend).

[b] Reference categories: Gender – Female; Relationship with Patient – Other; Employment – Employment/Student; Support apart from study – No support; Group – Control; Time of investigation – t2; Time of investigation*Group – t2*sEBT, t2*Control, t3*Control, t4*Control; Patient deceased – Deceased ≤ 3 months; Psychologist – Psychologist 3; Missing data – Missing data in outcome scales.