

Supplementary data

Table 1. Evolution of symptoms between pre-treatment, post-treatment (3 months) and the follow-up phase (6 months) for all participants (N=48) with PTSD (n=20) and without PTSD (n=28).

	Phases (Mean (Standard deviation))			Phase effect	Pre-post	Pre-follow-up
	Pre	Post	Follow-up		Effect size	Effect size
Number of nights with nightmares per month (NQF)	15 (1.15)	6.1 (0.9)	4.8 (0.8)	$F(2, 92) = 47.4, p = .000$	1.32	1.78
Patients without PTSD	16 (1.5)	8.6 (1.3)	6.4 (1.1)	$F(1, 46) = 32.7, p = .000$		
Patients with PTSD	14 (1.8)	3.5 (1.5)	2.9 (1.3)	$F(1, 46) = 30.9, p = .000$		
Severity of nightmares (Sleep-50)	14.5 (0.4)	11.6 (0.4)	10.5 (0.4)	$F(2, 92) = 46.7, p = .000$	1.22	1.84
Patients without PTSD	14.9 (2.5)	11.9 (2.7)	11 (2.3)	$F(1, 46) = 40.6, p = .000$		
Patients with PTSD	14.1 (2.4)	11.2 (2.4)	9.8 (3.3)	$F(1, 46) = 36.1, p = .000$		
Sleep disturbances (PSQI)**	10.1 (0.5)	6.7 (0.5)	6.6 (0.5)	$F(2, 92) = 46.5, p = .000$	0.9	1.08
Patients without PTSD	8.9 (2.6)*	6 (2.6)	5.8 (3)	$F(1, 46) = 27.8, p = .000$		
Patients with PTSD	11.4 (4.1)*	7.4 (3.9)	7.2 (2.6)	$F(1, 46) = 36.2, p = .000$		
Severity of insomnia (ISI)	15 (0.9)	9.4 (0.9)	8.2 (0.8)	$F(2, 92) = 40.9, p = .000$	0.98	1.37
Patients without PTSD	13.9 (6)	9.9 (5.8)	7.4 (5.2)	$F(1, 46) = 31.1, p = .000$		
Patients with PTSD	16.3 (6)	8.9 (5.4)	8.8 (4.3)	$F(1, 46) = 29.9, p = .000$		
Intrusion of negative thoughts (WBSI)	22.1 (0.9)	18.4 (1)	18.5 (1)	$F(2, 92) = 12.7, p = .000$	0.57	0.53
Patients without PTSD	21.1 (5.9)	18 (6.3)	18.2 (6.9)	$F(1, 46) = 6.4, p = .01$		
Patients with PTSD	23.2 (5.6)	18.7 (7.1)	18.7 (6.9)	$F(1, 46) = 11, p = .000$		
Effort to suppress (WBSI)	30.8 (1.2)	28.4 (1.1)	26.9 (1.3)	$F(2, 92) = 8.1, p = .000$	0.27	0.46
Patients without PTSD	30.1 (7.4)	27.9 (6.6)	26.8 (8.3)	$F(1, 46) = 5, p = .03$		
Patients with PTSD	31.6 (8)	28.9 (8.9)	27.2 (9.5)	$F(1, 46) = 6.3, p = .01$		
Depression (QD2A)**	4.6 (0.6)	3.1 (0.5)	3.1 (0.6)	$F(2, 92) = 5, p = .008$	0.35	0.37
Patients without PTSD	2.8 (3.3)*	2.4 (3.2)	2.1 (3.7)	$F(1, 46) = 0.75, p = .4$		
Patients with PTSD	6.4 (3.7)*	3.7 (3.7)	4 (4.2)	$F(1, 46) = 6.71, p = .012$		
Feeling of control over dreams (GSES)	12.5 (0.7)	15.4 (0.5)	16.2 (0.5)	$F(2, 92) = 20, p = .000$	0.9	1.22
Patients without PTSD	12.8 (4.6)	15.2 (3.1)	15.8 (2.9)	$F(1, 46) = 10.4, p = .002$		
Patients with PTSD	12 (4.1)	15.6 (3.3)	16.5 (3.7)	$F(1, 46) = 16, p = .0001$		
List of PTSD symptoms (PCLS)	38.6 (2.3)	33.7 (2.4)	31.1 (2.3)	$F(2, 64) = 8.2, p = .000$	0.37	1.08
Impact of the traumatic event (IES-R)	26.9 (3.3)	22 (3)	19.6 (3.1)	$F(2, 64) = 5.2, p = .006$	0.48	0.8
Memory intrusion (IES-R)	10.8 (1.6)	8.6 (1.3)	7.4 (1.3)	$F(2, 64) = 4.5, p = .01$	0.23	0.45
Avoidance (IES-R)	9 (1.3)	8 (1.3)	7.5 (1.2)	$F(2, 64) = 1.6, p = .22$		
Hyperarousal activation (IES-R)	7.2 (1)	5.5 (0.8)	4.8 (0.9)	$F(2, 64) = 6.4, p = .002$	0.31	0.54

* Significant difference between PTSD and no PTSD participants at baseline ** Significant simple effect of PTSD in ANOVA.