Suppl. 1. Subjective appraisal by users of imaginal retraining (adapted from the ZUF-8), with means and standard deviations (results from the benchmark imaginal retraining trial on problem drinkers are in square brackets)

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| Item | Imaginal retraining (*n* = 40) | Percentage of Positive Versus Negative Appraisals |
| How do you rate the quality of the manual? (excellent (1), good (2) vs. less good (3), not good (4)) | 2.03 (0.68)  [2.05 (0.58)] | 81.6% [81.8%] |
| Did you receive the type of treatment you expected to receive? (not at all (1), not really (2) vs. in general yes (3), yes absolutely (4)) | 2.79 (0.96)  [2.86 (0.77)] | 63.2% [72.7%] |
| To what extent did the manual help you cope with your problems? (it helped me cope with almost all of my problems (1), it helped me cope with the majority of my problems (2) vs. it helped me very little (3), it did not help me at all (4)) | 2.42 (0.98)  [2.55 (0.91)] | 55.3% [59.1%] |
| Would you recommend the manual to a friend with similar symptoms? (definitely not (1). probably not (2) vs. probably yes (3), absolutely (4)) | 3.24 (0.88)  [3.14 (0.99)] | 81.6% [77.3%] |
| How happy are you about the extent of the help you have received through using the manual? (dissatisfied (1), somewhat dissatisfied (2) vs. mostly satisfied (3), very satisfied (4)) | 2.95 (0.93)  [2.91 (0.87)] | 76.3% [68.2%] |
| Did the manual help you cope with your problems more successfully? (yes, it helped me absolutely (1), yes, it helped me a little (2) vs. no, it did not help me that much (3), no, it did not help me at all (4)) | 2.21 (0.70)  [1.91 (0.87)] | 63.2% [86.4%] |
| How satisfied are you with the manual in general? (very satisfied (1), mostly satisfied (2) vs. somewhat unsatisfied (3), unsatisfied (4)) | 2.11 [0.83)  [2.09 (0.87)] | 76.3% [77.3%] |
| Would you use the manual again? (definitely not (1), probably not (2) vs. probably yes (3), yes (4)) | 3.13 (0.99)  [3.09 (1.15)] | 73.7% [77.3%] |