

ESM 1, Tabelle 1. Deskriptive Statistiken; Ergebnisse der ANOVAs mit Messwiederholung und der Gruppenvergleiche.

		Demographie: <i>M</i> (<i>SD</i>)			ANOVA	Gruppenvergleiche	
<i>Studie 1: Randomisiert-kontrollierte Studie (RCT)</i>							
		Baseline	2 Wochen	4 Monate		Zwischen den Gruppen (FAS; WG)	
						2 Wochen	4 Monate
EB-45	FAS	49.94 (17.78)	42.63 (17.39)	42.46(17.40)	$F(1.83, 373.07) = 12.89,$ $p = .000, \eta^2 = .059$	$F(1,204) = 9.35$	$F(1,204) = 9.22$
	WG	49.91 (18.71)	51.03 (20.22)	50.79 (18.83)		$p = .003, d = 0.45$	$p = .003, d = 0.46$
FEP	FAS	2.15 (0.56)	1.92 (0.51)	1.92 (0.53)	$F(1.83, 371.37) = 9.81,$ $p = .000, \eta^2 = .046$	$F(1,204) = 12.82$	$F(1,204) = 11.24$
	WG	2.16 (0.57)	2.21 (0.62)	2.20 (0.57)		$p = .000, d = 0.51$	$p = .001, d = 0.51$
K-INK	FAS	2.21 (0.56)	2.02 (0.59)	2.03 (0.57)	$F(1.92, 390.65) = 8.33,$ $p = .000, \eta^2 = .039$	$F(1,204) = 14.78$	$F(1,204) = 12.94$
	WG	2.29 (0.55)	2.35 (0.62)	2.33 (0.59)		$p = .000, d = 0.55$	$p = .000, d = 0.52$
EXIS	FAS	4.07 (0.77)	4.54 (0.74)	4.47 (0.78)	$F(1.90, 386.51) = 17.28,$ $p = .000, \eta^2 = .078$	$F(1,204) = 17.51$	$F(1,204) = 13.17$
	WG	4.15 (0.76)	4.07 (0.81)	4.05 (0.81)		$p = .000, d = 0.61$	$p = .000, d = 0.53$
<i>Studie 2: Verlaufsstudie zur FAS-Gruppe der RCT</i>							
		Baseline	8 Monate	12 Monate		Innerhalb der Gruppe (FAS)	
						2 Wochen	4 Monate
EB-45	FAS	49.94 (17.78)	42.63 (17.39)	41.30(17.67)	$F(2, 206) = 21.49,$ $p = .000, \eta^2 = .173$	$F(1, 103) = 23.65$	$F(1, 103) = 34.62$
						$p = .000, d = 0.41$	$p = .000, d = 0.49$
FEP	FAS	2.15 (0.56)	1.94 (0.53)	1.88 (0.52)	$F(1.85, 190.64) = 14.29,$ $p = .000, \eta^2 = .122$	$F(1, 103) = 13.34$	$F(1, 103) = 22.68$
						$p = .000, d = 0.39$	$p = .001, d = 0.50$
K-INK	FAS	2.21 (0.56)	2.02 (0.54)	1.97 (0.54)	$F(1.88, 194.03) = 13.40,$ $p = .000, \eta^2 = .115$	$F(1, 103) = 13.48$	$F(1, 103) = 21.48$
						$p = .000, d = 0.35$	$p = .000, d = 0.44$
EXIS	FAS	4.07 (0.77)	4.53 (0.75)	4.50 (0.75)	$F(1.79, 184.48) = 24.08,$ $p = .000, \eta^2 = .189$	$F(1, 103) = 33.77$	$F(1, 103) = 27.95$
						$p = .000, d = 0.61$	$p = .000, d = 0.57$
<i>Studie 3: Verlaufsstudie zur FAS- und WG-Gruppe der RCT (Kumulative Studie, WG mit nachheriger FAS)</i>							
		Baseline	5 Jahre			Innerhalb der Gruppe (FAS+WG mit nachheriger FAS)	
						5 Jahre	
EB-45	FAS _K	48.11 (17.47)	46.07 (22.66)		$F(2.6, 347.15) = 5.76,$ $p = .001, \eta^2 = .041$	$F(1, 136) = 23.65$	
						$p = .000, d = 0.10$	
FEP	FAS _K	2.11 (0.55)	2.03 (0.49)		$F(2.86, 385.40) = 3.34,$ $p = .020, \eta^2 = .061$	$F(1, 136) = 13.34$	
						$p = .000, d = 0.15$	

K-INK	FAS _K	2.23 (0.54)	1.95 (0.52)	$F(3, 405) = 15.10,$ $p = .000, \eta^2 = .101$	$F(1, 136) = 13.48$ $p = .000, d = 0.53$
EXIS	FAS _K	4.18 (0.74)	4.53 (0.73)	$F(3, 408) = 13.80,$ $p = .001, \eta^2 = .092$	$F(1, 136) = 33.77$ $p = .000, d = 0.48$

Anmerkung. EB-45 = Ergebnisfragebogen (dt. Version des Outcome Questionnaire, OQ-45); FEP = Fragebogen zur Erhebung von Psychotherapieerläufen; K-INK = Inkongruenzfragebogen (K-INK); EXIS = Fragebogen zum Erleben in privaten sozialen Systemen (Experience in Social Systems Questionnaire, personal domain); FAS_K = kumulierte Stichprobe.