Table 4

*Changes in outcome measures for the PTSD iCBT and WLC groups*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pre-treatment** | | **Mid-treatment** | | **Post-treatment** | | **3-month FU** | | **Pre-post within-group**  **differences** | | | **Post-FU within-group differences** | | | **Post-treatment between group differences** | |
|  | EMM | *SD* | EMM | *SD* | EMM | *SD* | EMM | *SD* | *t* | *r* | *g*  (95% CI) | *t* | *r* | *g*  (95% CI) | | *g*  (95% CI) |
| **Study 1**  PCL-C  iCBT | 59.29 | 13.75 | 47.84 | 12.76 | 43.12 | 12.31 | 45.29 | 11.51 | 4.86\*\*\* | .71 | 1.02 (.29-1.75) | -.90 | .92 | -.11 (-.94- .71) | | .64 (-.10- 1.38) |
| WLC | 61.05 | 13.76 | 53.84 | 13.76 | 51.68 | 13.42 |  |  | 2.97\*\* | .57 | .67 (-.01-1.34) |  | | | |  |
| K10  iCBT | 32.71 | 7.65 | 25.19 | 7.11 | 26.28 | 6.83 | 25.96 | 6.40 | 3.68\*\*\* | .62 | .89 (.17-1.61) | .21 | .92 | .03 (-.80- .85) | | -.03 (-.75- .69) |
| WLC | 31.68 | 7.65 | 29.47 | 7.65 | 26.06 | 7.45 |  |  | 3.43\*\* | .60 | .75 (.07-1.43) |  | | | |  |
| PHQ-9  iCBT | 15.91 | 6.24 | 11.64 | 5.79 | 11.96 | 5.45 | 11.70 | 5.08 | 3.40\*\* | .78 | .63 (-.08-1.34) | .19 | .90 | .03 (-.80- .85) | | .26 (-.47- .98) |
| WLC | 15.47 | 6.24 | 13.21 | 6.24 | 13.22 | 6.02 |  |  | 2.15\* | .67 | .43 (-.23-1.09) |  | | | |  |
| GAD-7  iCBT | 11.95 | 5.56 | 8.68 | 5.28 | 8.49 | 5.05 | 8.78 | 4.80 | 2.75\*\* | .58 | .70 (-.01-1.41) | -.20 | .92 | -.02 (-.85- .80) | | .29 (-.43- 1.02) |
| WLC | 12.26 | 5.56 | 10.42 | 5.56 | 10.06 | 5.41 |  |  | 1.92 | .73 | .34 (-.32-1.00) |  | | | |  |

*Notes.* iCBT= Internet-based cognitive behaviour therapy treatment group; WLC= waitlist control group; PCL-C= PTSD Checklist-Civilian version; K10= Kessler Psychological Distress Scale; PHQ-9=Patient Health Questionnaire-9; GAD-7= Generalized Anxiety Disorder-7; EMM= estimated marginal mean, *r*= Pearson correlation between measurement occasion for calculation of within-group effect sizes. \* *p*< .05, \*\* *p*< .01, \*\*\* *p*< .001.