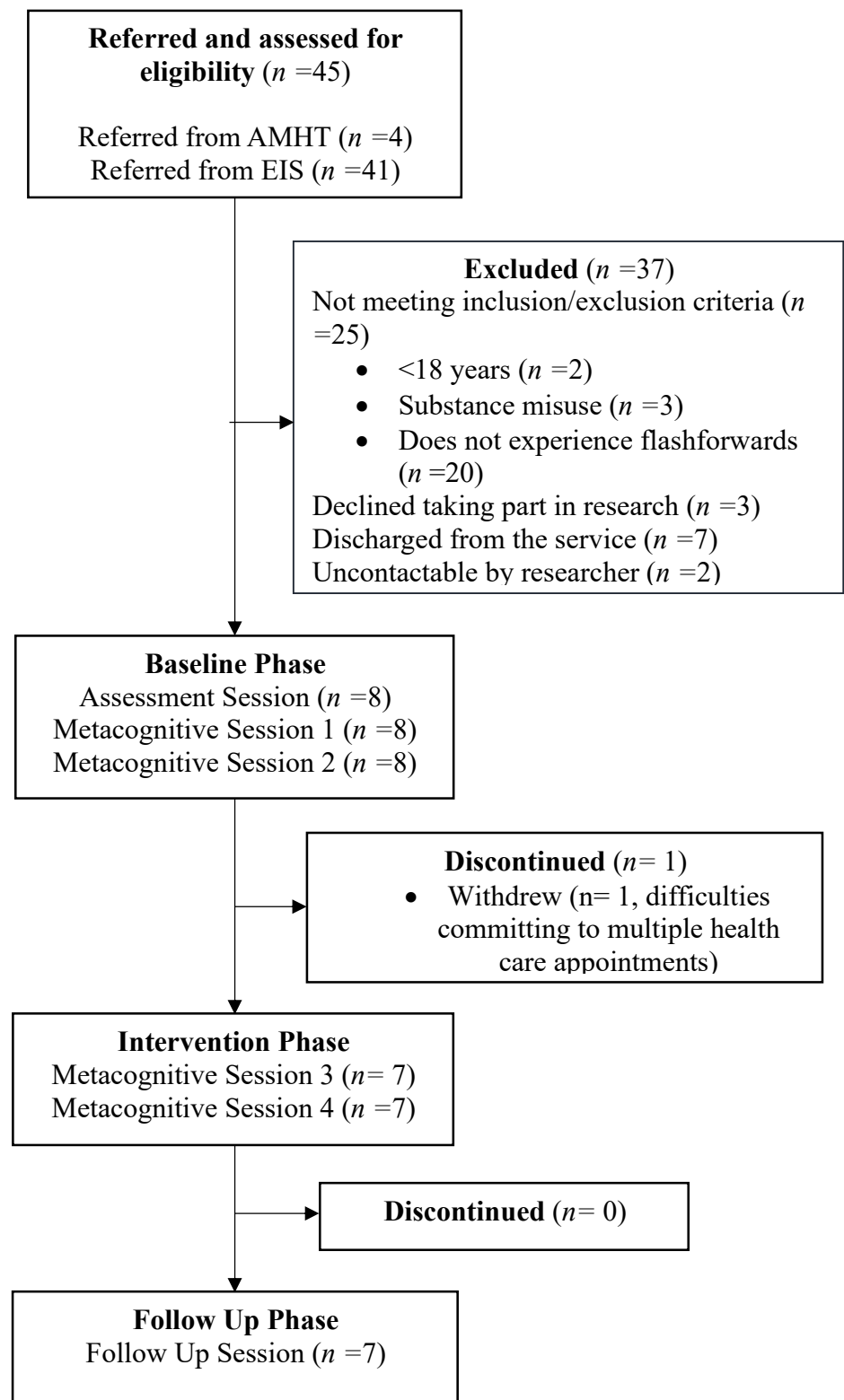


PARTICIPANT FLOW



BASELINE CHARACTERISTICS

Participant ID	Gender	Age	Ethnicity	Diagnosis	Therapy			Religion
					Waiting for therapy	In therapy	Completed therapy	
P1	Male	24	White British	First episode of psychosis			X	Christian
P2	Female	56	White British	First episode of psychosis		X		Church of England
P3	Female	23	White Irish	First episode of psychosis		X		New Spirituality
P4	Female	52	Black British	Schizoaffective Disorder		X		Muslim
P5	Female	20	Black British	First episode of psychosis		X		Christian
P6	Female	24	Moroccan	First episode of psychosis		X		Muslim
P7	Female	36	White British	First episode of psychosis		X		Non-religious
P8	Male	32	White British	First episode of psychosis			X	Spiritual/Witchcraft

BASELINE MEASURES

- **Baseline measures**

Descriptive statistics of group baseline measures (n =8)

	Pre-Intervention		Post-Intervention		Reliable Change Index	Cases meeting clinically significant change
	Mean	SD	Mean	SD		
GAD-7	16.5	4.75	9.4	4.24	4.27	3
PHQ-9	17.88	5.49	9.4	4.54	5.05	1
PaDS Persecution Subscale	2.26	0.97	1.5	0.90	1.08	1
PaDS Deservedness Subscale	1.48	1.17	0.7	0.83	1.30	0
BCSS Positive Self Subscale	8.75	4.86	8.71	4.46	6.17	0
BCSS Negative Self Subscale	8.88	3.83	5.71	2.29	4.25	0
BCSS Positive Others Subscale	9.63	6.19	9	4.46	6.86	0
BCSS Negative Others Subscale	12	7.15	12.14	6.80	7.15	0

*Lower mean scores indicate lower distress.

- **Primary outcome measures**

Recruitment rate	8 out of 45 screened took part in the study.
Study attendance	An average of 5.6 out of 6 sessions attended.
Retention	1 participant dropped out at baseline phase. 7 participants completed the study.

Intervention satisfaction	An average score of 95.71% satisfied with intervention.
Success rate	An average score of 94.28% success rating.
Acceptability	7 participants reported being able to intervene and control their flashforwards which resulted in changes in vividness, conviction, distress, and frequency. Six participants stopped experiencing their target flashforward at follow-up.
Feasibility	All 7 participants were able to engage in developing a Microformulation and developed and practised metacognitive techniques both in- and between sessions. 7 participants reported that they are likely to continue practising the techniques beyond the study.

Summary of participants' comments about changes noticed following therapy

Participant ID	Comments
P2	“Even though I focused on one image, I was able to see that images are the same sort of thing and could apply the work we did with different images. I can now control them, and I don’t have to let the thoughts and images have that much weight on me. I feel relieved and a sense of control. It’s reassuring and nice”.
P3	“I have learnt to manipulate my thoughts and mental images much more. Having the knowledge that this is something that I could even do, has really helped me feel less anxious and more in control”.
P4	“I can now say to myself, ‘It’s an image, and it’s not true, it’s not real life’. I have been able to adapt the techniques to other images too, so I am hardly experiencing any images anymore”.
P5	“I don’t feel anxious about the images anymore. The image of cutting myself was the worst one, and I don’t have it anymore. I have also been able to use the techniques with other images. I have logged it in the back of my mind, so I feel confident that I’ll be able to deal with them when they pop up”.
P6	“I never knew the impact these images could have. I also didn’t know there was something that could be done about them. I have learnt a lot about the brain, and I feel like I understand my brain better, it’s less frightening. I now know that I have some control over my brain and that there are ways of changing what I see and think”.
P7	“I still sometimes see the devil, but at least I know that sometimes it’s just a worry in my mind and that worries can be visual. I feel like I can cope with the worries [mental images] better, not having them as often, which has helped me sleep better at night”.

P8 “I feel like having something I can do about it and being able to manipulate the images is having a big positive affect on my mood. It used to really get me down and stop me from going out. I have been out on my own a few times and not constantly feel checking and rushing back home”.

• **Secondary outcome measures**

In each session, participants completed an adapted version of the Mental Imagery in Psychosis Questionnaire (MIPQ; Holmes et al., 2016; Taylor et al., 2020).

Mean and Standard Deviations for pre-intervention (assessment), post-intervention (session 4), and follow-up (n =7)

	Pre- Intervention		Post- Intervention		Follow Up		<i>d</i>
	Mean	<i>SD</i>	Mean	<i>SD</i>	Mean	<i>SD</i>	
Control	7	18.89	79	20.90	87	10.69	4.2
Vividness	92	14.67	63	29.84	26	44.29	4.4
Conviction	90	22.36	23	20.58	9	14.63	3.6
Distress	99	3.78	27	29.13	13	25.63	2.75
Frequency	34	24.82	6	13.01	3	7.56	1.25

*Mean scores out of 100 for all scales. Higher scores are indicative of a better outcome for Control. Lower scores are indicative of better outcomes for the remaining scales. *Cohen's d*= change pre-follow up/pre *SD*.

Comparison of MIPQ scores across study phases per participants

MIPQ Target	Participant	Phase Comparison	Tau- U	<i>SD</i>	<i>Z</i>	<i>P</i>	90% CI
Control	P2	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	0.5	1.63	0.61	.5403	-0.843<1
	P3	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	0	1.63	0	1	-1<1
	P4	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	1	1.63	1.22	.2207	-0.343<1
	P5	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	0.5	1.63	0.61	.5403	-0.843<1
	P6	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	0	1.63	0	1	-1<1

	P7	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	1	1.63	1.22	.2207	-0.343<1
	P8	A x B	1	3.46	1.73	.0833	0.050<1
		B x C	1	1.63	1.22	.2207	-0.343<1
Distress	P2	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P3	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P4	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P5	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P6	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P7	A x B	-0.5	3.46	-0.87	.3865	-1<0.450
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P8	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
Frequency	P2	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	0	1.63	0	1	-1<1
	P3	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P4	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P5	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P6	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P7	A x B	-0.5	3.46	-0.87	.3865	-1<0.450
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P8	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
Conviction	P2	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P3	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P4	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P5	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P6	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-0.5	1.63	-0.61	.5403	-1<0.843
	P7	A x B	-0.5	3.46	-0.87	.3865	-1<0.450
		B x C	-1	1.63	-1.22	.2207	-1<0.343
	P8	A x B	-1	3.46	-1.73	.0833	-1<-0.050
		B x C	-1	1.63	-1.22	.2207	-1<0.343

Vividness	P2	A x B	-1	3.46	-1.73	.0833	-1\diamond-0.050
		B x C-	-1	1.63	-1.22	.2207	-1\diamond0.343
	P3	A x B	-0.5	3.46	-0.87	.3865	-1\diamond0.450
		B x C	-1	1.63	-1.22	.2207	-1\diamond0.343
	P4	A x B	-1	3.46	-1.73	.0833	-1\diamond-0.050
		B x C	-1	1.63	-1.22	.2207	-1\diamond0.343
	P5	A x B	-0.5	3.46	-0.87	.3865	-1\diamond-0.450
		B x C	-0.5	1.63	-0.61	.5403	-1\diamond0.843
	P6	A x B	-1	3.46	-1.73	.0833	-1\diamond-0.050
		B x C	-1	1.63	-1.22	.2207	-1\diamond0.343
	P7	A x B	0	3.46	0	1	-
							0.950\diamond0.950
		B x C	0	1.63	0	1	-1\diamond1
	P8	A x B	-0.5	3.46	-0.87	.3865	-1\diamond0.450
		B x C	-1	1.63	-0.22	.2207	-1\diamond0.343

Note: A = Baseline; B = Intervention; C = Follow Up phase

ADVERSE EVENTS

- There were no adverse events associated with this study.