1. Participant Flow

66 patients screened for eligibility

8 patients excluded
 4 declined participation
 1 did not meet inclusion
 3 met exclusion criteria
criteria
 3 met exclusion criteria

58 randomized

28 patients allocated to SMBCT + TAU

30 patients allocated to COMET + TAU

10 patients lost to therapy and assessments
18 completed MSM
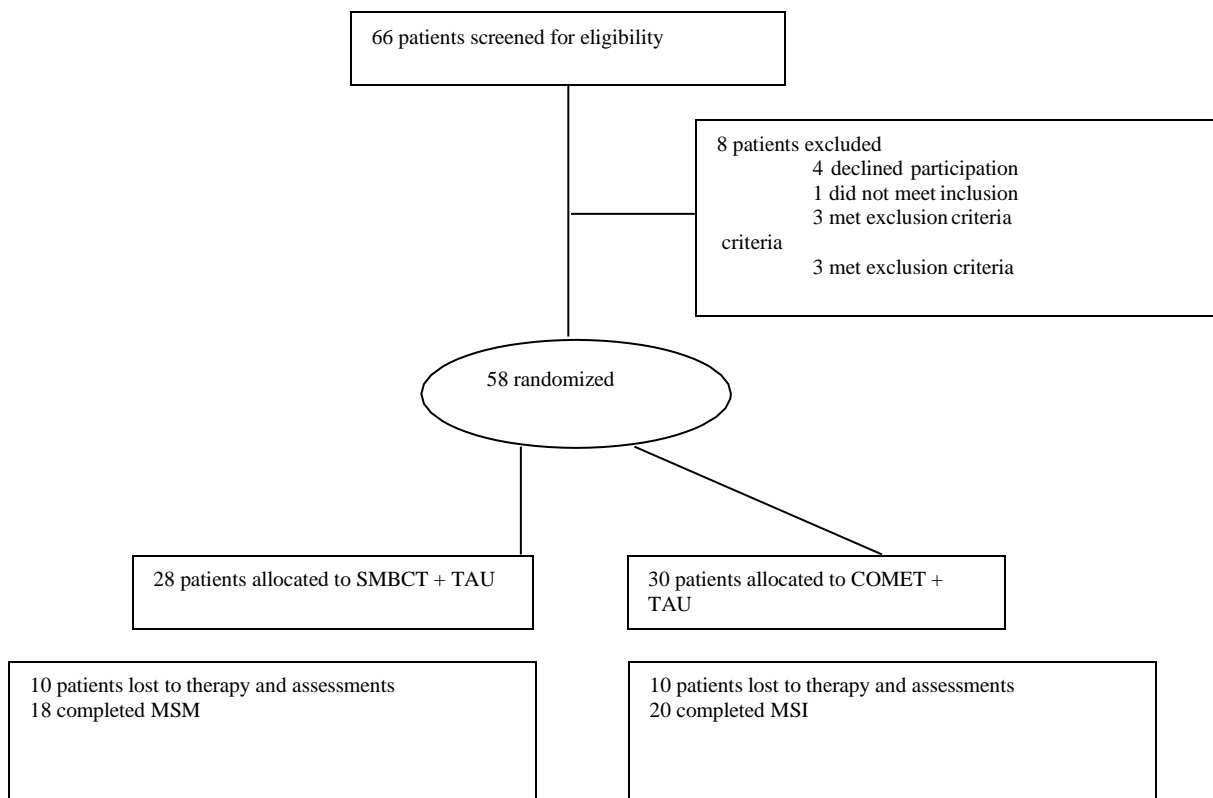
10 patients lost to therapy and assessments
20 completed MSI

2. Baseline Characteristics

Table 1. Socio-demographic and clinical characteristics.

	Schema Mindfulness Based Cognitive Therapy + TAU (N = 28)	Competitive Memory Therapy + TAU (N = 30)
Variable	*N %*	*N %*
Gender		
men	7 (25%)	7 (23.3%)
woman	21 (75%)	23 (76.7%)
Age		
16-24	7 (25%)	8 (26.7%)
25-40	13 (46.4%)	14 (46.7%)
41-55	7 (25%)	6 (20%)
56-70	1 (3.6%)	2 (6.7%)
Marital status		
single	14 (50%)	13 (43.3%)
single with children	2 (7.1%)	6 (20%)
cohabiting	4 (14.3%)	2 (6.7%)
cohabiting with children	1 (3.6%)	1 (3.3%)
married	0	2 (6.7%)
married with children	5 (17.9%)	2 (6.7%)
else	2 (7,1%)	4 (13.3%)
Educational level		
elementary school	1 (3.6%)	4 (13.3%)
lower vocational education	5 (17.9%)	4 (13.3%)
general secondary education	0	2 (6.7%)
secondary vocational education	11 (39.3%)	14 (46.7%)
higher general secondary education	2 (7.1%)	2 (6.7%)
pre-university education	3 (10.7%)	3 (10%)
higher vocational education	5 (17.9%)	1 (3.3%)
university	1 (3.6%)	0
no answer	0	0
Medication use	15 (53.6%)	19 (63.3%)
Dropout	10 (35.7%)	10 (33.3%)
Suicidality risk:		
Low	14 (50%)	14 (46.7%)
Moderate	14 (50%)	16 (53.3%)
High	0 (0%)	0 (0%)
Cluster A personality disorder	4 (14.3%)	4 (13.3%)
Cluster B personality disorder	8 (28.6%)	6 (20%)
Cluster C personality disorder	14 (50%)	9 (30%)
Cluster NAO personality disorder	5 (17.9%)	11 (36.7%)
	Mean (Sd)	Mean (Sd)
Number of Axis-I disorders	2.07 (1.68)	1.87 (1.43)
Number of Axis-II disorders	1.64 (1.22)	1.33 (0.61)
Number of personality disorder-items present (SCID-II)	14.82 (6.68)	12.93 (5,15)
Global Severity Index (GSI)	215.53 (51.14)	218.91 (55.47)
MAAS	48.29 (12.16)	50.53 (13.95)
RSES	10.43 (5.14)	11.47 (5.51)
Schema domain I	3.06 (0.84)	3.05 (0.92)
Schema domain II	2.97 (0.73)	2.83 (0.91)
Schema domain III	2.79 (0.60)	2.72 (0.76)

Schema domain IV	3.41 (0.84)	3.37 (0.85)
Schema domain V	3.17 (0.73)	2.95 (0.81)
Child mode domain	38.21 (11.87)	34.61 (14.36)
Coping mode domain	37.02 (8.43)	33.54 (10.66)
Parent mode domain	45.46 (15.58)	42.82 (19.49)
Healthy mode domain	39.39 (11.29)	42.30 (11.81)

3. Outcome Measures

Table 2. Means, standard deviations, paired sample t-tests and effect sizes in GSI, MAAS, RSES, schema domains and mode domains.

	Pre-treatment	End-of-treatment	One-month-follow-up	Effect sizes
GSI	217.28 (52.98)	199.49 (52.59)**	202.04 (53.11)**	0.34/ -0.05/ 0.29
MAAS	49.45 (13.05)	49.01 (12.88)	49.01 (12.88)	0.03/ 0.00/ 0.03
RSES*	10.97 (5.32)	12.82 (6.17)**	13.15 (5.95)**	-0.32/ -0.05/ -0.39
YSQ domain 1 (Disconnection & Rejection)	3.06 (0.88)	2.85 (0.83)*	2.81 (0.89)**	0.24/ 0.04/ 0.27
YSQ domain 2 (Impaired Autonomy & Performance)	2.89 (0.83)	2.71 (0.77)*	2.66 (0.80)*	0.24/ 0.04/ 0.27
YSQ domain 3 (Impaired Limits)	2.75 (0.68)	2.79 (0.61)*	2.74 (0.68)	-0.06/ 0.08/ 0.01
YSQ domain 4 (Other Directness)	3.39 (0.84)	3.24 (0.79)	3.15 (0.83)**	0.18/ 0.11/ 0.29
YSQ domain 5 (Overvigilance & Inhibition)	3.06 (0.78)	2.87 (0.71)*	2.84 (0.74)**	0.26/ 0.04/ 0.29
Healthy modes	40.90 (11.55)	43.77 (13.83)*	43.76 (14.16)*	-0.22/ 0.00/ -0.22
Coping modes	35.22 (9.73)	33.12 (9.32)*	33.47 (10.77)	0.22/ -0.03/ 0.17
Parent modes	44.09 (17.61)	41.83 (16.26)	39.87 (15.76)**	0.13/ 0.12/ 0.25
Child modes	36.35 (13.22)	34.15 (12.64)*	34.68 (13.84)	0.17/ -0.04/ 0.12

Notes: Effect size values are based on difference in scores from pre-treatment to end-of-treatment (x/) end-of-treatment to one-month-follow-up (/x/), and from pre-treatment to one-month-follow-up (/ /x) divided by the mean of the corresponding standard deviation.

For the variables RSES and Healthy modes a negative effect size should be interpreted as an improvement.

Paired sample t-tests from pre-treatment to end-of-treatment and from pre-treatment to one-month- follow-up are presented with an asterix. Significance levels of end-of-treatment to one-month-follow-up were omitted to improve legibility (none of the variables reached the significance level p<0,05).
Significance level is listed as pre-treatment to end-of-treatment and pre-treatment to one-month- follow-up.
* P<0,05
** P<0,0167 (Bonferroni corrected for three time step comparisons)

4. Adverse Events

No adverse advents were associated with this trial.