Participant Flow

Baseline Characteristics
Table 1 Characteristics of the Study Participants

Variable	Intervention Group (n=31)	TAU Group (n=25)	p
Female	5 (17%)	3 (14%)	ns
Male	26 (84%)	22 (88%)	
Age: Mean (SD)	32y (12y)	31y (10y)	ns
ICD-Diagnosis			
Comorbidity	18 (58.1%)	12 (48%)	ns
F20-F29 Schizophrenia. schizotypal and delusional disorders	5 (16%)	4 (16%)	
F30-F39 Affective disorders	9 (29%)	3 (12%)	
F40-F48 Neurotic stress-related and somatoform disorders	8 (28%)	5 (20%)	
F50-F59 Behavioral syndromes associated with physiological disturbances and physical factors	1 (3%)	0 (0%)	
F60-F69 Personality and behavioral disorders	4 (13%)	1 (4%)	
Medication			ns
Anticonvulsants	3 (10%)	4 (16%)	
Antidepressants	9 (28%)	4 (16%)	
Maintenance	10 (32%)	7 (28%)	
Neuroleptics	6 (19%)	5 (20%)	
Pretreatment Substance Abuse or Dependence			ns
Alcohol	19 (61%)	16 (64%)	
Opioids	31 (100%)	25 (100%)	
Cannabis	29 (94%)	22 (88%)	
Sedatives, Hypnotics, Anxiolytics	16 (52%)	12 (48%)	
Cocaine	22 (71%)	18 (72%)	
other Stimulants, excluding Caffeine	13 (42%)	11 (44%)	
Hallucinogens	11 (35%)	9 (36%)	
Nicotine	31 (100%)	25 (100%)	
Pretreatment Intravenous consumption	27 (87%)	21 (84%)	ns
Smoked cigarettes per day:			ns
< 10	3 (10%)	0 (0%)	
11 – 20	13 (42%)	14 (56%)	
21 – 30	12 (39%)	8 (32%)	
> 31	3 (10%)	3 (12%)	
Tobacco dependence Baseline Mean (SD)	5.53 (2.09)	6.27 (3.07)	ns
Self-efficacy (SD)	2.75 (.33)	2.81 (.43)	ns
Craving Baseline Mean (SD)	1.29 (0.54)	1.53 (.73)	ns
Psychiatric symptoms Baseline Mean (SD)	.84 (.59)	.89 (73)	ns
HRV (RMSSD) Baseline Mean (SD)	3.23 (.62)	3.09 (.74)	ns

Notes. p-column indicates significance level regarding either t- , chi^2-, or Fisher exact tests; HRV = Heart Rate Variability; RMSSD = Root Mean Square of Successive Differences; RMSSD was logistically transformed.

Outcome Measures

Table 2 Means, standard deviations, within effects and interaction effects of Group (IG vs. TAUG) x Time (T1 vs. T2).

Variable		Mean values and standard deviations				Within Effect (t1 vs t2; ANOVA)				Group x Time interaction (2 x 2 ANOVA)			
		M(t1)	SD(t1)	M(t2)	SD(t2)	F	df	p	η_p^2	F	df	p	η_p^2
Self-efficacy	TAUG	2.81	.43	2.79	.45	3.80	1,53	.06	-	5.86	1,53	.02	.10
	IG	2.75	.49	2.95	.33								
Psychiatric symptoms	TAUG	.91	.74	.91	.80	.31	1,52	.58	-	1.83	1,52	.67	-
	IG	.82	.60	.76	.63								
Craving	TAUG	1.53	.73	1.30	.54	22.16	1,54	.00	.29	1.88	1,54	.18	-
	IG	1.29	.60	.88	.53								
Tobacco dependence	TAUG	6.20	1.76	6.00	1.73	3.67	1,54	.06	-	.96	1,54	.33	-
	IG	5.53	2.03	4.91	2.31								
HRV (RMSSD)	TAUG	3.09	.74	3.24	.73	1.48	1,47	.23	-	.51	1,47	.48	-
	IG	3.23	.62	3.23	.60								

			Frequencies and percentage					Group x Time interaction (GEE)			
		Category	n(t1)	%(t1)	n(t2)	%(t2)		Wald-χ^2	df	p	B
Smoked cigarettes per day	TAUG	< 10	0	0%	0	0%		4.72	1	.03	1.16
		11 – 20	14	56%	13	52%					
		21 – 30	8	32%	11	44%					
		> 31	3	12%	1	4%					
	IG	< 10	3	10%	8	26%					
		11 – 20	13	42%	15	48%					
		21 – 30	12	39 %	5	16%					
		> 31	3	10%	3	10%					

Notes: TAUG = Treatment as Usual Group; IG = Intervention Group; HRV = Heart Rate Variability; RMSSD = Root Mean Square of Successive Differences; RMSSD was logistically transformed; GEE = Generalized Estimating Equations; $p < .05$.

Adverse effects: There were no adverse events associated with this study.