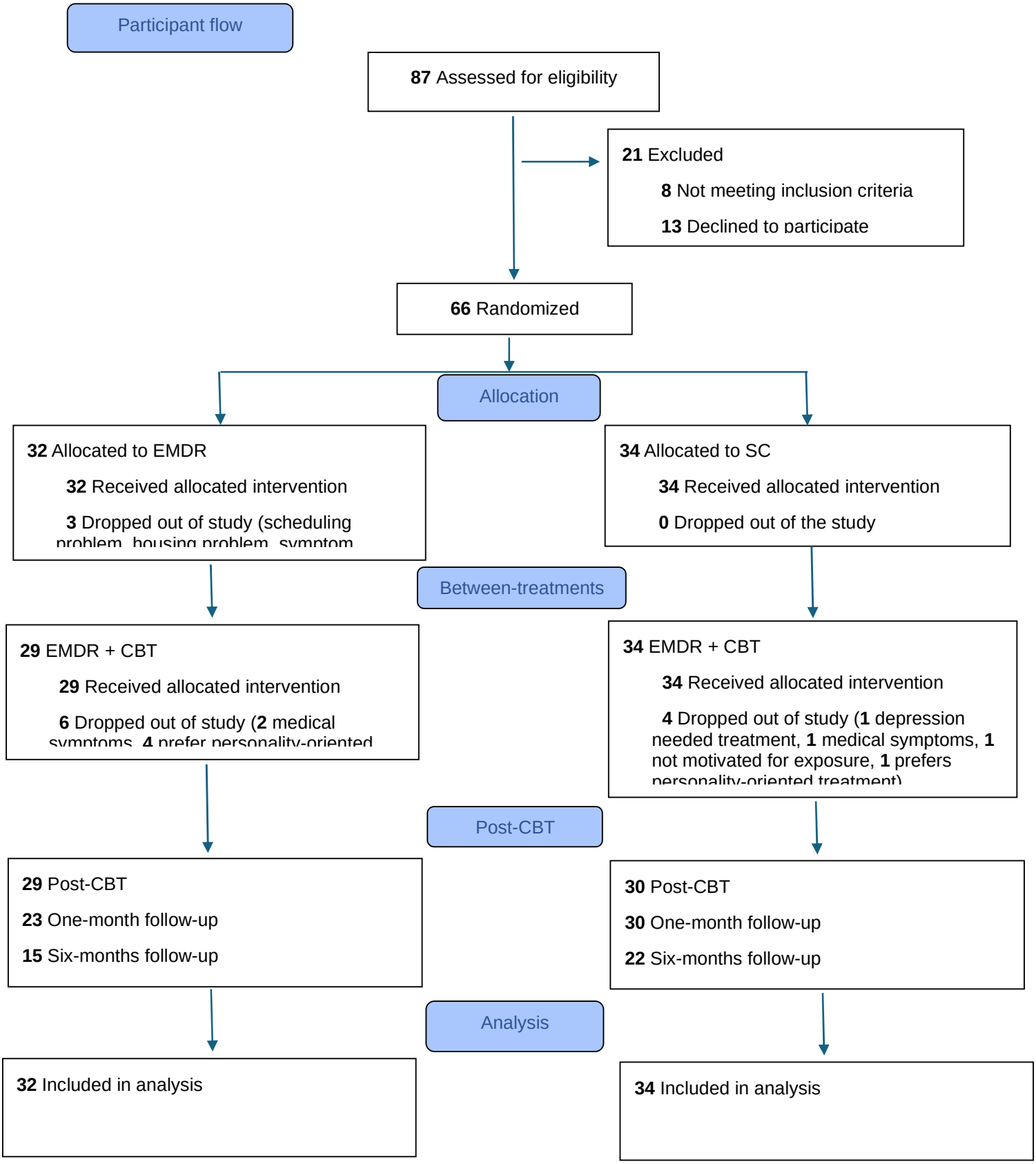

Participant flow
87 Assessed for eligibility
21 Excluded
8 Not meeting inclusion criteria
13 Declined to participate
66 Randomized
Allocation
32 Allocated to EMDR
32 Received allocated intervention
3 Dropped out of study (scheduling problem, housing problem, symptom
34 Allocated to SC
34 Received allocated intervention
0 Dropped out of the study
Between-treatments
29 EMDR + CBT
29 Received allocated intervention
6 Dropped out of study (2 medical symptoms, 4 prefer personality-oriented
34 EMDR + CBT
34 Received allocated intervention
4 Dropped out of study (1 depression needed treatment, 1 medical symptoms, 1 not motivated for exposure, 1 prefers personality-oriented treatment)
Post-CBT
29 Post-CBT
23 One-month follow-up
15 Six-months follow-up
30 Post-CBT
30 One-month follow-up
22 Six-months follow-up
Analysis
32 Included in analysis
34 Included in analysis

Table 1. Baseline demographics and clinical characteristics		
Characteristics	***EMDR*** **(*n* = 32)**	***Supportive counseling*** **(*n* = 34)**
Age, mean (SD), y	32.68 (10.70)	39.79 (13.10)
Gender, No. (%)		
Male	10 (32%)	13 (39%)
Female	21 (68%)	20 (60%)
Cultural background, No. (%)		
Dutch	27 (87%	33 (100%)
Other	4 (13%)	0 (0%)
Education, No. (%)		
High	17 (57%)	14 (42%)
Middle	12 (40%)	17 (52%)
Low	1 (3%)	2 (6%)
Native language, No. (%)		
Dutch	28 (88%)	33 (100%)
Other	3 (10%)	0 (0%)
Marital status, No. (%)		
Married	5 (16%)	5 (15%)
Living together	8 (26%)	6 (18%)
Long term	1 (3%)	4 (12%)
Single	14 (45%)	17 (52%)
Other	3 (10%)	1 (3%)
Received earlier treatment, No. (%)		
Yes	22 (73%)	29 (85%)
No	8 (27%)	5 (15%)
Symptom duration in years, mean (SD)		
Symptom duration	8.86 (6.5)	10.96 (10.59)
Baseline symptom severity, mean, (SD)		
Panic and Agoraphobia Scale	33.70 (13.43)	29.50 (13.18)
Medication use, No. (%)		
Yes	24 (75%)	27 (79%)
No	8 (25%)	7 (21%)
Comorbid disorder, No. (%)		
Yes	29 (91%)	30 (88%)
No	3 (9%)	4 (12%)
Comorbid occurrence, No. (%)		
ADHD	6 (19%)	4 (12)
Agoraphobia	23 (72%)	25 (74%)
Depression	9 (28%)	10 (29%)
Social anxiety	14 (44%)	15 (44%)
Generalized anxiety	17 (53%)	11 (32%)
Obsessive compulsive	2 (6%)	4 (12%)
PTSD	4 (12.5%)	3 (9%)
Bulimia	1 (3%)	0 (0%

Alcohol or substance abuse disorder, bipolar or psychotic disorders	NA	NA

Table 2. Observed means (*M*) and standard deviations (SD) for the primary and secondary outcomes in the intent-to-treat sample stratified by group
Primary outcomes

	EMDR (n = 32)	**Supportive Counseling (n = 34)**
Panic and Agoraphobia Scale (PAS)		
Baseline	33.70 (13.43)	29.50 (13.18)
Between-treatments	25.54 (13.57)	28.67 (15.98)
Post-CBT	14.04 (15.53)	16.66 (16.20)
One-month follow-up	14.64 (15.84)	16.17 (16.29)
Panic Disorder Severity Scale- self-report (PDSS-SR)		
Baseline	19.00 (6.11)	16.82 (5.67)
Between-treatments	14.79 (5.95)	16.00 (6.94)
Post-CBT	12.09 (6.23)	11.70 (6.06)
One-month follow-up	12.19 (7.03)	11.93 (6.52)
Six-months follow-up	11.13 (5.95)	10.73 (5.58)
Fear Questionnaire – Agoraphobia (FQ-A)		
Baseline	14.09 (5.52)	15.53 (6.36)
Between-treatments	11.41 (6.06)	15.26 (6.78)
Post-CBT	9.91 (5.74)	10.93 (6.31)
One-month follow-up	9.29 (5.86)	10.89 (6.80)
Six-months follow-up	8.47 (5.44)	9.82 (5.97)
Bodily Sensation Questionnaire (BSQ)		
Baseline	20.72 (5.74)	19.47 (6.83)

Between-treatments	18.07 (5.48)	19.47 (7.74)
Post-CBT	15.26 (5.10)	15.73 (6.82)
One-month follow-up	15.24 (5.43)	16.18 (6.95)
Six-months follow-up	12.47 (4.96)	14.95 (6.92)
Subtle Avoidance Frequency Examination – Agoraphobia (SAFE-A)		
Baseline	98.44 (16.41)	100.40 (21.05)
Between-treatments	89.07 (19.41)	98.15 (26.15)
Post-CBT	68.65 (21.41)	76.70 (29.00)
One-month follow-up	62.43 (23.06)	73.29 (29.65)
Six-months follow-up	52.69 (25.55)	65.13 (32.87)
Work and Social Adjustment Scale (WSAS)		
Baseline	18.65 (7.14)	16.46 (8.17)
Between-treatments	18.09 (8.05)	15.36 (8.78)
Post-CBT	14.12 (9.31)	12.21 (11.06)
One-month follow-up	19.14 (7.44)	17.05 (8.67)
Six-months follow-up	8.40 (8.03)	10.63 (8.03)
General Anxiety Disorder 7 (GAD-7)		
Baseline	19.06 (4.59)	18.15 (5.26)
Between-treatments	14.10 (4.56)	16.82 (6.15)
Post-CBT	12.96 (4.46)	13.70 (6.01)
One-month follow-up	13.48 (6.06)	13.93 (5.78)
Six-months follow-up	12.06 (4.80)	13.73 (5.73)
Patient Health Questionnaire (PHQ-9)		
Baseline	20.72 (5.74)	19.47 (6.83)
Between-treatments	18.07 (5.48)	19.47 (7.74)
Post-CBT	15.26 (5.10)	15.73 (6.82)
One-month follow-up	15.24 (5.43)	16.18 (6.95)
Six-months follow-up	12.47 (4.96)	14.95 (6.92)
Exposure willingness		
Baseline	82.74 (13.94)	76.55 (19.69)
Between-treatments	75.67 (22.29)	70.06 (21.50)
Post-CBT	84.88 (12.57)	79.84 (17.46)

One-month follow-up	81.43 (16.87)	82.32 (18.80)
Six-months follow-up	84.07 (12.79)	79.67 (16.95)

Adverse events:

One EMDR participant discontinued treatment due to symptom exacerbation. This participant stopped filling out questionnaires, therefore no further data is available. No other adverse events occurred.