Basic summary ISRCTN 14916410

Participant flow

Screening	N=18 → ↓	Drop out: n=1 (client initiated)
T1: Pre treatment	N=17 ↓	
T2: Post-treatment	N=14 →	Drop out: n=2 (client initiated) n=1 (administrative exit due to transfer to new prison)
T3: Follow-up (3 months)	↓ N=14	
Data analysis	↓ N=11-14	(Missing data for n=2 at T2 and n=3 at T3 but no missing at T1)

Baseline characteristics

Demographic characteristics	Statistic	Adult violent offenders
Age	N	14
	Mean (SD)	29 (8.1)
	Median	28.5
	Range	20 – 49
Gender	Male	100%
Risk level of relapse in crime	High	86% (12/14)
	Medium	14% (2/14)
Familial history of criminality	No family members sentenced for a violent crime	65% (9/14)
	One family member sentenced	14% (2/14)
	Two or more family members sentenced	21% (3/14)
Prior prison sentence	Yes	65% (9/14)
	No	35% (5/14)
Prior prosecutions of violent crime	>2	57% (8/14)
	1	14% (2/14)
	0	29% (4/14)
Age of first prosecution violent offence	<18 yrs	21% (3/14)
	18 – 20 yrs	29% (4/14)
	>21 yrs	50% (7/14)

Clinical characteristics from DSM-XC domains	None	Slight	Mild*	Moderate	Severe	Total	Above cutoff
Depression	n=5	n=2	N/A	n=4	n=3	(N=14)	50%
Anger	n=2	n=6	n=2	n=1	n=3	(N=14)	43%
Mania	n=4	n=3	n=2	n=5	N/A	(N=14)	50%
Anxiety	n=6	n=3	n=4	N/A	n=1	(N=14)	36%
Somatic symptoms	n=7	n=3	n=1	n=2	n=1	(N=14)	29%
Sleep problems	n=5	n=3	n=3	n=2	n=1	(N=14)	43%
Memory	n=9	n=2	n=3	N/A	N/A	(N=14)	21%

Repetitive thoughts and behaviors	n=8	n=3	n=1	n=1	n=1	(N=14)	21%
Dissociation	n=7	n=5	N/A	N/A	n=2	(N=14)	14%
Personality functioning	n=10	n=2	N/A	n=1	n=1	(N=14)	14%
DSM-XC domains	None	Slight**	Mild	Moderate	Severe	Total	Above cutoff
Substance use	N/A	N/A	N/A	N/A	N/A	(N=14)	N/A
Suicidal ideation	N/A	N/A	N/A	N/A	N/A	(N=14)	N/A
Psychosis	N/A	N/A	N/A	n=1	N/A	(N=14)	7%

*Cutoff indication off depression, anger, mania, anxiety, somatic symptoms, sleep problems, memory, repetitive thoughts and behaviors, dissociation, personality functioning
**Cutoff indication of substance use, suicidal ideation, and psychosis

Outcome measures

Primary outome measures	T1: Pre-Treatment	T2: Post-treatment	T3: Follow-up (3 months)
AQ-RSV	94.4 (SD=23.4)	82.9 (SD=22.6)	85.1 (SD=23.5)
DERS	92.9 (SD=23.5)	70.8 (SD=20.2)	77.8 (SD=24.7)
STAXI-State	24 (SD=11.9)	15.4 (SD=0.99)	15.8 (SD=1.83)
STAXI-Trait	24.7(SD=8.1)	19.7 (SD=5.6)	21.8 (SD=7.2)
STAXI-AX	53.9 (SD=17.9)	35.1(SD=18.9)	42 (SD=15.7)

Secondary outcome: Impacting factors at T1	Mean	SD	Range
ESI-BF	254.4	71	110–343
-General Disinhibition	36	12.7	13–51
-Callous Aggression	31.4	9.2	15–44
-Substance Abuse	25.9	8.9	12–38
CTQ-SF	60.5	6.9	50–72
-emotional abuse	8.1 (none–low)	3.7	5–15 (none–moderate)
-physical abuse	9.5 (low–moderate)	3.9	5–16 (none–severe)
-sexual abuse	-	-	-
-emotional neglect	17.1 (moderate–severe)	4.9	8–25 (none–severe)
-physical neglect	13 (severe)	2	10–17 (low–severe)
MCAA	128.1	29.4	70 – 160

Reliable change between T1-T2	RC > ±1.96*	Cutoff	Recovered	Improved	Unchanged***	Deterio-rated	Below cutoff at Pre-treatment
AQ-RSV	-17.3–2.9	84.7	n=3 (21%)	n=3 (21%)	n=7 (50%)	n=1 (7%)	n=4 (29%)
DERS	-30.7–3.0	85	n=4 (29%)	n=5 (36%)	n=4 (29%)	n=1 (7%)	n=4 (29%)
STAXI trait	-15.2–(-2.2)	20.9	n=3 (21%)	n=7 (50%)	n=4 (29%)	N/A	n=4 (29%)
STAXI-AX	-24.5–3.2	42.2	n=6 (42%)	n=4 (29%)	n=3 (21%)	n=1 (7%)	n=3 (21%)

*SE and S_{diff}: AQ-RSV = 1.85 and 2.62 (IC = .89**), DERS = 1.45 and 2.05 (IC= .93**), STAXI-Trait = .65 and .92 (IC= .88**), STAXI-Anger Expression Index = 1.57 and 2.2 (IC= .88**)
** AQ-RSV: (Buss and Perry, 1992), DERS: (Gratz and Roemer, 2004), STAXI-2: (Spielberger, 1999)
*** Missing Post-treatment data: n=2

Reliable change	RC > ±1.96*	Cutoff	Recovered	Improved	Unchanged***	Deterio-rated	Below cutoff at Pre-treatment

between T1-T3						
AQ-RSV	-10.3–8.4	84.7	n=2 (14%)	n=4 (29%)	n=7 (50%)	n=1 (7%)	n=4 (29%)
DERS	-18.5–2.9	85	n=4 (29%)	n=4 (29%)	n=5 (36%)	n= 1 (7%)	n=4 (29%)
STAXI trait	-11.9–5.4	20.9	n=3 (21%)	n=3 (21%)	n=7 (50%)	n= 1 (7%)	n=4 (29%)
STAXI-AX	-16.4–5	42.2	n=4 (29%)	n=4 (29%)	n=5 (36%)	n= 1 (7%)	n=3 (21%)

*SE and S_{diff}: AQ-RSV = 1.85 and 2.62 (IC = .89**), DERS = 1.45 and 2.05 (IC= .93**), STAXI-Trait = .65 and .92 (IC= .88**), STAXI-Anger Expression Index = 1.57 and 2.2 (IC= .88**)

** AQ-RSV: (Buss and Perry, 1992), DERS: (Gratz and Roemer, 2004), STAXI-2: (Spielberger, 1999)

***Missing Follow-up data: n=3

Adverse events

There were no adverse events associated with this study.