

Results: Primary outcome: PTSD symptoms (PCL-5)

Descriptive statistics indicated a progressive reduction in PTSD symptom severity from baseline to post-intervention and follow-up in both groups (Table 2). In the TFT group, the proportion of participants scoring above the clinical cut-off decreased from 86.7% at baseline to 39.8% post-intervention and 6.1% at follow-up, whereas corresponding reductions in the relaxation group were more modest (72.6% to 50.5% and 37.9%, respectively).

Repeated-measures mixed-effects ANOVA demonstrated a significant main effect of time on PTSD symptoms ($p < 0.001$). A significant time \times group interaction was observed ($F = 385.12$, $p < 0.001$), with a large effect size (partial $\eta^2 = 0.66$), indicating that the pattern of symptom change differed between the TFT and relaxation groups (Table 3).

Between-group analyses showed a statistically significant overall difference favoring the TFT group ($F = 4.13$, $p = 0.04$); however, the magnitude of this effect was small (partial $\eta^2 = 0.02$). Pairwise comparisons confirmed significant reductions in PTSD symptoms within both groups across all time intervals (all $p < 0.05$). Effect size estimates indicated moderate and sustained reductions in the TFT group (Cohen's $d = 0.59$ – 0.79), whereas reductions in the relaxation group were small across all intervals ($d = 0.20$ – 0.39).

Secondary outcome: General psychological distress (GHQ-28)

Mean GHQ-28 scores declined over time in both intervention groups (Table 2). Repeated measures ANOVA showed a significant main effect of time ($p < 0.001$). A significant time \times group interaction was observed ($F = 414.45$, $p < 0.001$), with a large effect size (partial $\eta^2 = 0.68$). Between-group differences were statistically significant ($F = 25.95$, $p < 0.001$), with a small-to-moderate effect size (partial $\eta^2 = 0.12$).

Pairwise comparisons showed that participants in the TFT group experienced moderate reductions from baseline to post-intervention and baseline to follow-up (Cohen's $d = 0.54$ – 0.66), with smaller changes between post-intervention and follow-up. The relaxation group showed only small effect sizes across all intervals.

Subjective Units of Distress (SUD)

Mean SUD scores declined following intervention and at follow-up in both groups (Table 5). No significant difference was observed at baseline; however, significant between-group differences were detected at post-intervention ($\chi^2 = 78.08$, $p = 0.001$) and follow-up ($\chi^2 = 132.10$, $p = 0.001$), with participants in the TFT group demonstrating substantially greater reductions in distress.