

Enrollment and Baseline

439 Potential participants screened on webpage

202 Excluded
123 did not meet inclusion criteria
36 non responsive
43 declined further participation

237 Interviewed

76 Excluded after interview
53 did not meet inclusion criteria
23 declined further participation

161 Invited to pre-treatment assessments

26 did not finish pre-treatment assessments
2 declined further participation

133 Randomized

Allocation

Treatment

Bibliotherapy with therapist telephone support (n=44)

Bibliotherapy (n=45)

Waiting list Control (n=44)

1 drop-out from treatment;
1 questionnaire &
3 diaries lost to post-assessment

2 drop-outs from treatment;
1 questionnaire &
7 diaries lost to post-assessment

1 diary at pre-treatment lost due to poor data quality
5 questionnaires &
8 diaries lost to post-assessment

Follow-Up

Post-assessment
43 questionnaires
41 sleep diaries
44 interviews

Post-assessment
44 questionnaires
38 sleep diaries
45 interviews

Post-assessment
39 questionnaires
36 sleep diaries
43 interviews

3 questionnaires &
4 diaries lost to follow-up assessment

6 questionnaires &
8 diaries lost to follow-up assessment

5 questionnaires &
5 diaries lost to follow-up assessment

Follow-up assessment
41 questionnaires
40 sleep diaries
44 interviews

Follow-up assessment
39 questionnaires
37 sleep diaries
44 interviews

Follow-up assessment
39 questionnaires
39 sleep diaries
41 interviews