

## Enrolment

Randomised therapy sessions (n = 21)

Hypnosis sessions (n = 11)

## Allocation

Relaxation sessions (n = 10)

Median number participants per session = 11 (8–15)  
Total participants (n = 116)  
Excluded (15):  
Sickness, emergency (5)  
Problems with date (3)  
Unexcused absence (7)

## Baseline

Median number of participants per session = 11 (7–14)  
Total participants (n = 107)  
Excluded (19):  
Sickness, emergency (4)  
Problems with date (5)  
Unexcused absence (10)

Completed (n = 107)  
Lost to follow-up (no response) (7)  
Discontinued intervention (declined without providing reasons) (2)

## 2-Week follow-up

Completed (n = 101)  
Lost to follow-up (no response) (5)  
Discontinued intervention (disappointed with received intervention) (1)

Completed (n = 99)  
Lost to follow-up (no response) (17)

## 6-Month follow-up

Completed (n = 87)  
Lost to follow-up (no response) (18)  
Discontinued intervention (severe mental problems, declined without providing reasons) (2)

Participants included in baseline analyses (n = 116)  
Participants included in 2-week follow-up analyses  
Complete case protocol (107)  
ITT protocol (116)  
Participants included in 6-month follow-up analyses  
Complete case protocol (99)  
ITT protocol (116)

## Analysis

Participants included in baseline analyses (n = 107)  
Participants included in 2-week follow-up analyses  
Complete case protocol (101)  
ITT protocol (107)  
Participants included in 6-month follow-up analyses  
Complete case protocol (87)  
ITT protocol (107)