

MEASURE	Control group		Transdiagnostic group		r=effect size			
	Pre-test	posttest	Pre-test	posttest	F	ETA	r r=effect size	P-VALUE
EQR	21.61 (2.07)	20.02 (2.62)	19.62 (2.40)	34.70 (5.50)	219.61	.91	0.8	0.001
SMQ	33.51 (1.98)	35.60 (1.41)	31.62 (2.40)	48.49 (4.43)	83.92	.80	0.8	0.001
DERS	134 (9)	137.22 (11.83)	141.90 (9.82)	106 (5.06)	55.214	.734	0.9	0.001
PANAS-PA	24.02 (2.16)	26.48 (3.73)	22.54 (2.58)	31.93 (3.64)	18.56	.49	0.5	0.01
PANAS-NA	27.12 (1.94)	26.78 (1.99)	27.46 (1.9)	16.01 (3.25)	140.87	.79	0.9	0.001
OASIS	()	()			322.42	.91		0.001
ODESIS	8.70 (1.00)	8.96 (0.65)	8.06 (1.20)	3.46 (0.98)	176.47	.89	0.9	0.001

MEASURE	3 Month follow up		F	ETA	r=effect size	P-VALUE
	Control group	Transdiagnostic group				
EQR	20.82 (2.36)	32.24 (5.59)	68.59	0.7	0.7	0.001
SMQ	33.97 (1.880)	38.99 (6.57)	6.06	0.23	0.47	0.001
DERS	135.8 (11.1)	110.2 (9.00)	34.23	.61	0.7	0.001
PANAS-PA	26.17 (2.84)	30.69 (3.82)	13	0.37	0.5	0.001
PANAS-NA	27.06 (1.96)	16.73 (3.25)	78.47	0.7	0.9	0.001
OASIS	9.39 (0.94)	5.97 (1.53)	44.071	0.6	.0.8	0.001
ODESIS	8.98 (0.65)	5.27 (1.87)	42.44	0.66	0.7	0.001