

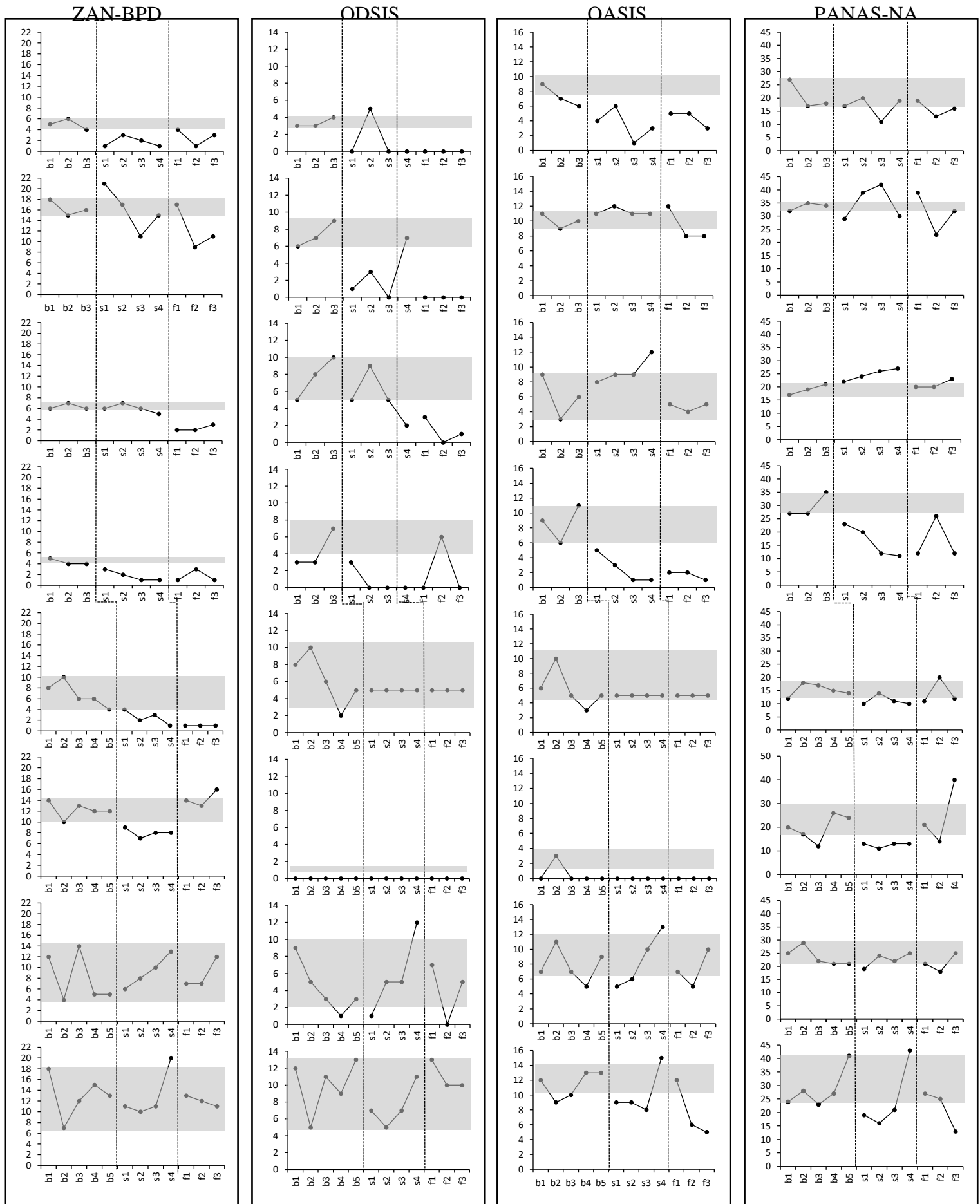
Supplementary Table 1.

*BPD, Depressive, and Anxiety Symptoms, and Negative Affect Change Scores with 95% CIs*

	ZAN-BPD 95%CI = CS±5.54	ODSIS 95%CI = CS±3.42	OASIS 95%CI = CS±3.78	PANAS-NA 95%CI = CS±5.89
<b>001</b>				
BL	-4 (-9.54, 1.54)	-3 (-6.42, 0.42)	-1 (-4.78, 2.78)	1 (-4.89, 6.89)
TX	-3 (-8.54, 2.54)	0 (-3.42, 3.42)	0 (-3.78, 3.78)	-4 (-9.89, 1.89)
FU	-3 (-8.54, 2.54)	0 (-3.42, 3.42)	0 (-3.78, 3.78)	-2 (-7.89, 3.89)
<b>002</b>				
BL	1 (-4.54, 6.54)	1 (-2.42, 4.42)	-4 (-7.78, -0.22)*	-9 (-14.89, -3.11)*
TX	-2 (-7.54, 3.54)	-4 (-7.52, -0.52)*	-6 (-8.78, -1.22)*	-7 (-12.89, -1.11)*
FU	-1 (-6.54, 4.54)	-4 (-7.52, -0.52)*	-3 (-6.78, 0.78)	-2 (-7.89, 3.89)
<b>003</b>				
BL	-2 (-7.54, 3.54)	3 (-0.42, 6.42)	-1 (-4.78, 2.78)	2 (-3.89, 7.89)
TX	-5 (-10.54, 0.54)	-9 (-12.42, -5.58)*	1 (-2.78, 4.78)	8 (2.11, 13.89)^
FU	-5 (-10.54, 0.54)	-9 (-12.42, -5.58)*	-2 (-5.78, 1.78)	-2 (-7.89, 3.89)
<b>004</b>				
BL	0 (-5.54, 5.54)	5 (1.58, 8.42)^	-3 (-6.78, 0.78)	-4 (-9.89, 1.89)
TX	-1 (-6.54, 4.54)	-8 (-11.42, -4.58)*	6 (-2.22, 9.78)^	6 (.11, 11.89)^
FU	-3 (-8.54, 2.54)	-9 (-12.42, -5.58)*	-1 (-4.78, 2.78)	2 (-3.89, 7.89)
<b>005</b>				
BL	-2 (-7.54, 3.54)	0 (-3.42, 3.42)	0 (-3.78, 3.78)	4 (-1.89, 9.89)
TX	-4 (-9.54, 1.54)	0 (-3.42, 3.42)	0 (-3.78, 3.78)	-9 (-14.89, -3.11)*
FU	4 (-1.54, 9.54)	0 (-3.42, 3.42)	0 (-3.78, 3.78)	16 (10.11, 21.89)^
<b>006</b>				
BL	-6 (-11.54, -0.46)*	-8 (-11.42, -4.58)*	-2 (-5.78, 1.78)	-6 (-11.89, .11)*
TX	7 (1.46, 12.54)^	11 (7.58, 14.42)^	8 (4.22, 11.78)^	3 (-2.89, 8.89)
FU	6 (0.46, 11.54)^	4 (0.52, 7.52)^	5 (1.22, 8.78)^	6 (.11, 11.89)^
<b>007</b>				
BL	-1 (-6.54, 4.54)	4 (0.52, 7.52)^	2 (-1.78, 5.78)	8 (2.11, 13.89)^
TX	-3 (-8.54, 2.54)	-7 (-10.42, -3.58)*	-10 (-13.78, -6.22)*	-23 (-28.89, -17.11)*
FU	-3 (-8.54, 2.54)	-7 (-10.42, -3.58)*	-10 (-13.78, -6.22)*	-23 (-28.89, -17.11)*
<b>008</b>				
BL	-5 (-10.54, 0.54)	1 (-2.42, 4.42)	1 (-2.78, 4.78)	17 (11.11, 22.89)^
TX	7 (1.46, 12.54)^*	-2 (-5.42, 1.42)	2 (-1.78, 5.78)^	2 (-3.89, 7.89)
FU	-2 (-7.54, 3.54)	-3 (-6.42, 0.42)	-8 (-11.78, 4.22)*	-30 (-35.89, -24.11)*

Note: Negative change scores indicate decreases on a given measure, positive change scores indicate increases. Listed at the top of each column is the  $1.96 \times S_{diff}$  value used for each measure to calculate the 95% CIs around each change score. CI = Confidence interval; BL = change from first baseline score to last baseline score; TX = change from last baseline score to post-test (after Session 4); FU = change from last baseline to 4-wk follow-up. \* indicates improvement  $p < .05$ . ^ indicates worsening  $p < .05$

Supplementary Figure 1



*Supplementary Figure 1:* Weekly scores on measures of borderline personality disorder symptoms, depressive symptoms, anxiety symptoms, and negative affectivity for each participant plotted as a function of study phase (baseline, treatment, follow-up). Participants 002, 003, 004, and 007 were randomized to the two-week baseline condition. Participants 001, 005, 006, and 008 were randomized to the four-week baseline condition. The Y axis refers to each week in the study; b = baseline (b1, b2, b3, b4...), s = sessions during the intervention phase (s1, s2, s3, s4), and f = follow-up (f1, f2, f3...). The highlighted gray band in each graph donates the range of scores for the baseline phase, allowing readers to determine whether treatment and follow-up data points fell below baseline levels. ZAN-BPD = Zanarini Rating Scale for Borderline Personality Disorder; ODSIS = Overall Depression Severity and Impairment Scale; OASIS = Overall Anxiety Severity and Impairment Scale; PANAS-NA = Positive and Negative Affect Schedule - Negative Affect Subscale.