

**Supplemental Material S1.** Examples of randomized controlled trials delivering CBT therapies for tinnitus between 1988 and 2018.

Further studies can be seen from systematic reviews, for example:

Fuller, T., Cima, R., Langguth, B., Mazurek, B., Vlaeyen, J. W., & Hoare, D. J. (2020). Cognitive behavioural therapy for tinnitus. *Cochrane Database of Systematic Reviews*, (1).

Landry, E. C., Sandoval, X. C. R., Simeone, C. N., Tidball, G., Lea, J., & Westerberg, B. D. (2020). Systematic review and network meta-analysis of cognitive and/or behavioral therapies (CBT) for tinnitus. *Otology & Neurotology*, *41*(2), 153-166.

Study and country	Groups	Intervention description
<b>Therapist delivered CBT interventions</b>		
Scott et al. Lindberg et al. 1988	1) Individual cognitive therapy ( $n = 12$ ) 2) Waiting list ( $n = 12$ )	10 × 1 hour session from a qualified clinical psychologist based on psychological methods
Jakes et al., 1992 <i>England</i>	1) GCBT $n = 12$ 2) Masking $n = 14$ 3) Masking placebo $n = 14$ 4) Waiting list control $n = 14$	5 sessions in groups of 6 by experienced cognitive/ behavioral therapists
Davies et al. 1995 <i>UK</i>	1) Individual cognitive therapy ( $n = 16$ ) 2) Applied relaxation ( $n = 16$ ) 3) Passive relaxation ( $n = 13$ )	6 × 1 hour sessions from a qualified clinical psychologist. Cognitive therapy based on the principles of Rational Emotive Therapy.
Henry et al. 1996 <i>Australia for at veterans</i>	1) Group cognitive coping skills ( $n = 22$ ) 2) Education only ( $n = 21$ ) 3) Waiting list ( $n = 22$ )	6 × 1.5 hour sessions by a clinical psychologist
Henry et al., 1998 <i>Australia</i>	Total $n = 50$ 1) Cognitive restructuring 2) Attention control and imagery training 3) Combined treatment	Cognitive restructuring techniques provided
<b>Self-help CBT interventions</b>		
Andersson et al., 2005 <i>Sweden</i>	1) GCBT $n = 12$ 2) Waiting list $n = 11$	6 × weekly 2 hour sessions in small groups ( $n = 11$ )
Robinson et al. 2008 <i>USA for veterans</i>	1) GCBT $n = 38$ 2) Waiting list $n = 27$	8 × group sessions based on a CBT manual for depression by a psychiatrist and doctoral psychology students
Cima et al. 2012 <i>Netherlands</i>	1) Individualized CBT $n = 245$ 2) Usual treatment $n = 171$	CBT together with GCBT where tinnitus was severe (3 different 12 week group treatment options)
Zhong et al. 2014 <i>China</i>	1. GCBT $n = 89$ 2. Masking noise $n = 68$	CBT including cognitive restructuring and sifting attention. Treatment frequency and duration and who provided the therapy were not reported.

Malinvaud et al. 2016 <i>France</i>	1. Individual CBT followed by GCBT $n = 58$ 2. Virtual reality comparison $n = 61$ 3. Waiting list control $n = 39$	$2 \times 1$ hour CBT sessions followed by $8 \times 1.5$ hr GCBT sessions provided by a psychologist
Martz et al. 2018 <i>USA for veterans</i>	1. GCBT $n = 10$ 2. GACT $n = 10$ 3. Group Coping effectiveness training $n = 10$ 4. Waiting list $n = 10$	Group sessions on coping skills, acceptance and commitment therapy and CBT
Schmidt et al. 2018 <i>USA for veterans</i>	1. GCBT $n = 14$ 2. Audiological counselling $n = 11$	Weekly group tinnitus education plus CBT counselling provided by a clinical psychologist
Andersson, Ström, Ström, & Lyttkens, 2002 <i>Sweden</i>	1. ICBT $n = 53$ 2. Waiting list $n = 64$	6 weeks: Swedish self-help CBT manual (Kaldo et al., 2004) guided by clinical psychologists
Kaldo et al., 2007 <i>Sweden</i>	1. Guided CBT bibliotherapy $n = 34$ 2. Waiting list $n = 38$	Swedish Self-help CBT manual (Kaldo et al., 2004) guided by $6 \times 1$ hr long group supervisions by 2 licensed clinical psychologists
Kaldo et al. 2008	1. ICBT $n = 25$ 2. GCBT $n = 25$	6 weeks Swedish self-help CBT manual (Kaldo et al., 2004) guided by clinical psychologists
Abbott et al. 2009 <i>Australia</i>	1. ICBT $n = 32$ 2. Information only, $n = 24$	
Hesser et al. 2012 <i>Sweden</i>	1. ICBT $n = 32$ 2. ACT $n = 32$ 3. Online discussion forum $n = 32$	Shorter version of the CBT manual, 8 modules guided by clinical psychologists
Nyenhuis et al 2013 Germany (bibliotherapy and information only)	1. ICBT, $n = 79$ 2. GCBT, $n = 71$ 3. Bibliotherapy $n = 77$ , Information only $n = 77$	Intervention based on 67 page manual from CBT-oriented Tinnitus Coping Training. Group sessions guided by 3 psychologists  There was no guidance for the other interventions (only self-help)
Jasper et al. 2014 <i>Germany</i>	1. ICBT, $n = 41$ 2. GCBT, $n = 43$ 3. Online discussion forum $n = 44$	10 weeks German self-help CBT manual (Kaldo et al., 2004) guided by clinical psychologists
Rheker et al. 2015	1) ICBT with therapeutic guidance $n = 56$	10 weeks German self-help CBT manual (Kaldo et al., 2004) guided by psychology supervised students

	2) ICBT without therapeutic guidance $n = 56$	
Weise et al. 2016 <i>Germany</i>	1. ICBT $n = 62$ 2. Online discussion forum $n = 62$	10 weeks German self-help CBT manual (Kaldo et al., 2004) guided by clinical psychologists
Beukes et al. 2018a <i>UK</i>	1. ICBT $n = 73$ 2. Weekly-check in $n = 73$	Adapted English self-help CBT manual (Kaldo et al., 2004) guided by a clinical audiologist
Beukes et al. 2018b <i>UK</i>	1. ICBT $n = 46$ 2. Individualized F2F $n = 46$	Adapted English self-help CBT manual (Kaldo et al., 2004) guided by a clinical audiologist