

Supplementary Table 1

Outcome measures and assessment time points

Measure	Phone Screen	On Site Screen	Baseline	Post-treatment	1-month follow up	1-year follow up
PCL-5*	x					
MINI*		x				
PCL-C			x	x	x	x
CAPS-5*			x	x		
BDI-II			x	x	x	x
PANAS			x	x	x	x

Note. PCL-5 = Posttraumatic Stress Disorder Checklist-Version 5; MINI = Mini International Neuropsychiatric Interview; PCL-C = Posttraumatic Stress Disorder Checklist-Civilian Version; CAPS-5 = Clinician-Administered PTSD Scale for DSM-5 past month version; BDI-II = Beck Depression Inventory II; PANAS = Positive and Negative Affect Schedule.

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Supplementary Table 2

Summary of session content for CPT

Session	Content	Home practice assignment
1	Introduction and education phase	Describe event's impact
2	Meaning of the event	ABC worksheets
3	Identifying thoughts and feelings	ABC worksheets
4	Identifying "stuck points"	Practice challenging questions
5	Challenging questions	Identify problematic thinking patterns
6	Problematic thinking	Practice challenging beliefs
7	Challenging beliefs	Evaluate safety beliefs
8	Safety issues	Evaluate trust beliefs
9	Trust issues	Evaluate power/control beliefs
10	Power/control issues	Evaluate esteem beliefs Give/receive compliments Pleasant/positive activities
11	Esteem issues	Revise description of event's impact Evaluate intimacy beliefs Give/receive compliments Pleasant/positive activities
12	Intimacy issues; revisiting meaning of the event	Continue using worksheets

Note. CPT = cognitive processing therapy. ABC worksheets = preliminary cognitive restructuring exercise involving identification of Activating event, Belief, and Consequences of belief.

Supplementary Table 3

Summary of session content for SKY

Session	Content	Daily home practice
1	Introductory SKY practices Guided meditation	5 min breathwork Reflection questions
2	Introductory SKY practices Guided meditation	15 min breathwork Reflection questions
3	SKY breathing and accompanying practices	20 min breathwork Reflection questions
4	SKY breathing and accompanying practices	20 min breathwork Reflection questions
5	SKY breathing and accompanying practices	30 min breathwork Reflection questions
6,8,10,12	SKY breathing and accompanying practices	30 min breathwork daily
7,9,11,13	SKY home practice program Guided meditation	30 min breathwork daily

Supplementary Table 4

Baseline Anxiety Disorder Diagnoses

	CPT (n=44)	SKY (n=41)
Panic disorder	9	19
Agoraphobia	10	13
Social anxiety disorder	11	6
OCD	6	7

Supplementary Table 5

Results of logistic regression modeling analysis of the effects of treatment, age and education on drop-out.

Dropout definition: Failure to attend 75% of treatment sessions

Predictor	Odds Ratio	95% Confidence Interval	Chi-square p
Treatment (CPT vs SKY)	1.36	(0.51, 3.62)	0.5391
Age	0.95	(0.91, 0.98)	0.0063
Education	1.04	(0.86, 1.26)	0.6650

Dropout Definition: Attended session 1 but failed to attend 75% of sessions

Predictor	Odds Ratio	95% Confidence Interval	Chi-square p
Intervention (CPT vs SKY)	3.75	(0.93, 15.20)	0.0641
Age	0.95	(0.90, 1.00)	0.0468
Highest Year of Education	1.09	(0.87, 1.36)	0.4814

Supplementary Table 6

Noninferiority tests of SKY vs. CPT on the primary outcome measure (PTSD symptom severity measured by the PCL-C) per protocol

Time	N	Δ CPT		Δ SKY		Δ CPT – Δ SKY*		one-sided p-value†
		Mean (SD)	N	Mean (SD)	N	Mean	95% CI	
EOT	29	-8.4 (12.5)	30	-7.7 (10.2)	30	-0.7	(-6.6, 5.3)	0.0014
1-month	26	-9.2 (13.9)	26	-6.3 (12.4)	26	-2.8	(-10.2, 4.5)	0.0275
1-year	29	-8.1 (12.0)	30	-5.9 (12.9)	30	-2.2	(-8.7, 4.3)	0.0100

† one-sided p-value should be compared to significance level of 0.025

*Positive values favor SKY

Notes: Δ denotes end or treatment score minus baseline score

noninferiority margin: ≤ -10 points

Supplementary Table 7

Noninferiority tests of SKY vs. CPT on secondary outcome measure of symptoms of Depression (BDI-II) per protocol.

Time	Δ CPT		Δ SKY		Δ CPT – Δ SKY*		one-sided
	N	Mean (SD)	N	Mean (SD)	Mean	95% CI	p-value†
EOT	29	-3.7 (12.0)	30	-8.2 (6.8)	4.5	(-0.7, 9.6)	0.0027
1-month	26	-2.3 (13.4)	26	-6.7 (10.3)	4.3	(-2.3, 10.9)	0.0160
1-year	29	-5.7 (11.7)	30	-7.6 (10.6)	1.9	(-3.9, 7.7)	0.0482

† one-sided p-value should be compared to significance level of 0.025

*Positive values for BDI-II favor SKY

Note: Δ denotes BDI-II score minus baseline score

noninferiority margin of ≥ 3 points

Supplementary Table 8

Noninferiority tests of SKY vs. CPT on secondary outcome measure (PANAS positive and negative affect) per protocol.

Time	Affect	Δ CPT		Δ SKY		Δ CPT – Δ SKY*		one-sided p-value†
		N	Mean (SD)	N	Mean (SD)	Mean	95% CI	
EOT	Positive	29	0.2 (6.9)	30	3.1 (6.6)	-2.9	(-6.4, 0.7)	0.0008
	Negative	29	-0.2 (10.2)	30	-3.9 (5.0)	3.8	(-0.5, 8.0)	0.0012
1-month	Positive	26	-2.9 (8.1)	26	1.2 (10.1)	-4.2	(-9.3, 1.0)	0.0036
	Negative	26	-1.2 (9.7)	26	-3.6 (8.2)	2.4	(-2.6, 7.4)	0.0181
1-year	Positive	29	0.2 (8.0)	30	-0.3 (12.3)	0.5	(-4.9, 5.9)	0.1803
	Negative	29	-2.2 (9.6)	30	-2.1 (9.4)	-0.2	(-5.1, 4.8)	0.1298

† one-sided p-value should be compared to significance level of 0.025

*Positive values for PANAS Negative Affect and negative values for PANAS Positive Affect favor SKY

Note: Δ denotes PANAS score minus baseline score