

Reference:

Schilling, V. N. L. S., Zimmermann, D., Rubel, J. A., Boyle, K. S., & Lutz, W. (2020). Why do patients go off track? Examining potential influencing factors for being at risk of psychotherapy treatment failure. *Quality of Life Research*.

Table ES1: Domains and item cut-offs used within the TTN

CST domains	Instruments	Domain cut-off: if cut-off is crossed, domain is flagged orange and the therapist is granted access to the corresponding CST domain	Item cut-off: Within the CST domain, critical items (i.e., the patient surpassed the item cut-off) are marked in red, to shed light on the problematic aspects, while non-critical items appear in white
Risk/suicidality	Items from the HSCL-11 and OQ-30	As soon as any of the items' cut-offs are crossed	HSCL-suicidality: ≥ 2 OQ-suicidality and OQ-risk: ≤ 3
Therapeutic alliance	ASC therapeutic alliance	Subscale total ≤ 39	≤ 2
Therapy motivation	ASC motivation	Subscale total ≤ 32	≤ 2
Social support	ASC social support	Subscale total ≤ 23	≤ 2
Critical life events	ASC life events	Subscale total ≤ 23	≤ 2
Emotion regulation/self-regulation	ASQ	Subscale total adjusting ≤ 1.70 Subscale total tolerating ≤ 2.29 Subscale total concealing ≤ 2.27	adjusting: ≤ 2 tolerating: ≤ 2 concealing: ≤ 2

Note: ASC = Assessment for Signal Clients; ASQ = Affective Style Questionnaire; HSCL = Hopkins Symptom Checklist; OQ = Outcome Questionnaire. ASC-therapeutic alliance: items #1- #11; ASC-social support: items #12- #22; ASC-motivation: items # 23- #31; ASC-life events: items #32-#40; ASQ-concealing: items #1, #2, #5, #9, #10, #13, #15, #18, #20; ASQ-tolerating: items #3, #6, #8, #11, #14, #17; ASQ-adjusting: items #4, #7, #12, #16, #19; HSCL-suicidality: item #10; OQ-suicidality: item #05; OQ-risk: item #18. The following items were recoded: ASC: #6 - #8, #22 - #29, #31 - #40; ASQ: subscale concealing (#1, #2, #5, #9, #10, #13, #15, #18, #20).

Figure ES1: The different components of the TTN

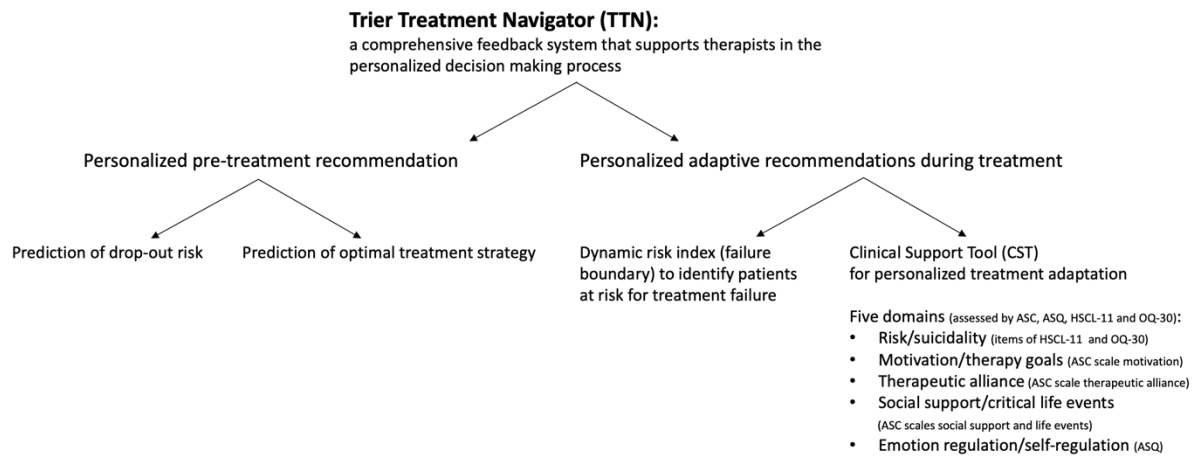


Table ES2: Independent samples t-test comparing the mean scores of on-track patients and not-on-track patients (at session 6) regarding the individual items and percentage of surpassing the item cut-off by patient type at session 6.

Item	OT		NOT		<i>t</i>	<i>p</i>	Percentage of crossings	
	Mean	<i>SD</i>	Mean	<i>SD</i>			OT	NOT
ASQ								
01. People usually can't tell how I am feeling inside.	2.80	1.08	2.74	1.15	0.55	.584	44.0	40.7
02. I have my emotions well under control	2.87	0.98	3.11	1.06	-2.19	.030	33.7	28.6
03. I can tolerate having strong emotions.	2.95	0.99	2.76	1.09	1.64	.102	30.8	35.7
04. I can avoid getting upset by taking a different perspective on things	2.70	1.08	2.60	1.01	0.95	.342	41.0	48.6
05. I often suppress my emotional reactions to things.	2.91	1.12	2.76	1.16	1.26	.208	35.5	41.4
06. It's ok if people see me being upset.	2.73	1.05	2.50	1.07	1.98	.049	40.7	47.9
07. I can calm down very quickly	2.70	1.07	2.51	1.03	1.66	.098	38.8	43.6
08. I am able to let go of my feelings	2.64	1.08	2.70	1.16	-0.51	.608	44.7	45.0
09. I am good at hiding my feelings.	2.77	1.19	2.89	3.26	-0.90	.367	43.6	34.3
10. People usually can't tell when I am upset.	3.26	1.14	3.22	1.15	0.36	.720	24.2	22.1
11 It's ok to feel negative emotions at times	3.37	1.03	3.28	1.07	0.83	.410	18.3	23.6
12. I can get out of a bad mood very quickly.	2.50	1.08	2.10	1.04	3.54	<.001	45.1	59.3
13. People usually can't tell when I am sad.	2.98	1.18	3.02	1.16	-0.31	.759	35.5	30.7
14. I can tolerate being upset.	3.09	1.02	2.87	1.04	1.97	.050	25.3	33.6
15. I can act in a way that people don't see me being upset	2.99	1.16	2.95	1.22	0.35	.724	34.4	35.0
16. I know exactly what to do to get myself into a better mood.	2.57	1.02	2.37	0.93	1.95	.052	46.5	57.1
17. There is nothing wrong with feeling very emotional	3.30	1.00	3.10	1.16	1.69	.093	19.8	27.1
18. I could easily fake emotions.	3.61	1.89	3.70	1.14	-0.73	.456	19.4	14.3
19. I can get into a better mood quite easily.	2.38	1.02	2.08	0.97	2.84	.005	53.5	64.3
20. I can hide my anger well if I have to.	2.85	1.18	2.93	1.25	-0.62	.535	41.0	36.4
ASC								
01. I felt cared for and respected as a person.	4.46	0.70	4.39	0.84	0.73	.466	1.5	3.6
02. I felt my therapist understood me.	4.46	0.62	4.43	0.73	0.40	.687	0.4	0.7
03. I thought the suggestions my therapist made were useful.	4.05	0.84	4.08	0.91	-0.32	.748	1.1	2.1
04. I felt like I could trust my therapist completely.	4.45	0.73	4.23	0.78	2.69	.008	0.7	1.4
05. I was willing to share my innermost thoughts with my therapist.	4.11	0.90	4.10	0.86	0.09	.932	4.4	5.0

06. I felt there was a breakdown in the relationship with my therapist.	4.89	0.42	4.88	0.49	0.21	.834	0.4	0.7
07. I felt like my therapist disapproved of me.	4.90	0.48	4.90	0.48	0.07	.946	1.1	0.7
08. At times, the tone of my therapist's voice seemed critical or impatient.	4.89	0.46	4.82	0.62	1.24	.215	0.7	1.4
09. My therapist seemed to be glad to see me.	3.88	0.81	3.84	0.83	0.46	.643	1.1	2.1
10. My therapist and I seemed to work well together to accomplish what I want.	4.28	0.66	4.20	0.73	0.97	.332	0.0	0.7
11. My therapist and I had a similar understanding of my problems.	3.99	0.73	3.92	0.83	0.80	.426	1.5	0.7
12. I could count on my friendships when things went wrong.	3.56	1.19	3.21	1.27	2.63	.009	15.8	27.1
13. I could talk about problems with my friends.	3.27	1.27	3.18	1.37	0.61	.544	24.5	30.0
14. I could talk about problems with my family.	3.17	1.33	2.91	1.33	1.82	.070	30.4	39.3
15. I got the emotional help and support I needed from someone in my family.	3.10	1.37	2.92	1.41	1.15	.253	30.0	37.9
16. There was a special person who was around when I was in need.	3.92	1.27	3.53	1.33	2.78	.006	15.4	22.9
17. There was a special person with whom I could share my joys and sorrows.	3.80	1.28	3.56	1.30	1.70	.091	15.8	22.1
18. I could get material support if needed (like: money, food, transportation, child care, tools, repairs, health care, legal advice, etc.)	3.03	1.43	3.00	1.56	0.21	.832	29.3	32.9
19. I had support from social groups (like: church, school, AA, clubs, etc.)	1.86	1.23	1.84	1.28	0.16	.875	64.1	65.0
20. I felt accepted by someone other than my therapist.	4.00	1.05	3.85	1.15	1.26	.209	7.0	12.1
21. I felt connected to a higher power.	1.41	0.89	1.57	1.06	-1.49	.139	82.1	76.4
22. Some subjects were so sensitive I couldn't talk with anyone about them.	3.69	1.35	3.25	1.38	2.97	.003	19.4	29.3
23. I wonder what I am doing in therapy; actually I find it boring.	4.83	0.44	4.82	0.54	0.34	.734	0.4	1.4
24. Honestly, I really don't understand what I can get from therapy.	4.79	0.57	4.76	0.63	0.42	.674	1.1	1.4
25. I am not really sure what to work on in therapy.	4.16	1.18	4.21	1.11	-0.43	.670	13.2	11.4
26. I had thoughts about quitting therapy; it's just not for me.	4.86	0.47	4.90	0.41	-0.84	.401	0.7	0.7
27. I don't think therapy will help me feel any better.	4.59	0.84	4.48	0.88	1.20	.233	3.7	4.3
28. I have no desire to work out my problems.	4.89	0.38	4.83	0.60	1.18	.238	0.4	2.9
29. Although I am currently unhappy with life, there is nothing I can do about it now.	4.36	0.99	4.19	1.06	1.55	.123	7.0	7.1
30. Through therapy I am taking more responsibility for changing my life.	3.98	0.95	4.06	0.97	-0.74	.461	6.2	5.0
31. I am in therapy because someone is requiring it of me.	4.76	0.71	4.78	0.75	-0.30	.763	2.9	2.9
32. I had an interaction with another person that I found upsetting.	3.33	1.51	3.02	1.47	1.20	.047	37.0	40.7
33. I felt rejected or betrayed by someone.	3.81	1.39	3.18	1.48	4.06	<.001	20.9	37.1
34. I made a mistake that I can't undo.	4.53	0.93	4.23	1.25	2.43	.016	4.8	13.6
35. I received bad news that was difficult for me.	3.94	1.40	3.60	1.50	2.20	.028	21.6	27.1
36. I lost a person I was close to.	4.77	0.78	4.56	1.04	1.95	.052	3.7	7.9
37. There was trouble at home, work, or school.	4.05	1.26	3.49	1.46	3.73	<.001	14.7	32.1

38. I had health problems (such as physical pain).	3.40	1.56	2.73	1.48	4.18	<.001	35.9	50.0
39. I shrank from facing a crisis or difficulty.	3.79	1.24	3.29	1.24	3.79	<.001	19.0	28.6
40. I had difficulty adjusting to an occurrence in my life.	3.67	1.32	3.08	1.40	3.97	<.001	19.0	36.4
OQ-30								
05. I have thoughts of ending my life.	0.36	0.81	0.65	0.96	-3.03	.003	4.4	5.0
18. I feel annoyed by people who criticize my drinking (or drug use).	0.17	0.53	0.18	0.56	-1.07	.915	1.5	1.4
HSCL-11								
10. In the past seven days, how much were you distressed by thoughts of ending your life.	1.33	0.62	1.49	0.72	-2.25	.025	24.9	36.4

Note: $n = 413$; significant results ($p < .05$) are marked in bold; Abbreviations: ASC = Assessment for Signal Clients (high values indicate high functioning); ASQ = Affective Style Questionnaire (high values indicate high functioning); HSCL = Hopkins Symptom Checklist (low values indicate low suicidality); NOT = not-on-track; OT = on-track; OQ = Outcome Questionnaire (low values indicate low suicidality/risk).