

Table 1. Means, Standard Deviation, and Significance Tests for SA-45 and PCL-M

Variable	30-day Pretest	Pretest	Posttest	30-day Posttest	90-day Posttest	F(4,7)	Sig
Anxiety	77.8 ±8.5 ^a	77.2 ±5.4 ^c	53.3 ±8.0 ^{b,d}	60.6 ±8.8 ^{b,d}	60.6±11.4 ^{b,d}	14.6	.002
Depression	68.7 ±9.4 ^a	67.2 ±7.5 ^c	50.6 ±4.8 ^{b,d,e}	57.9 ±9.3 ^{b,d}	60.4±10.3 ^{b,f}	10.0	.005
Obsess-comp	73.9 ±8.6 ^a	71.9 ±10.3 ^c	53.2 ±9.7 ^{b,d,e}	63.5 ±13.8 ^{b,f}	62.2±13.9 ^{b,d,f}	12.4	.003
Somatization	74.8 ±5.9 ^a	73.8 ±8.7 ^c	52.8 ±9.5 ^{b,d,e}	62.7 ±10.4 ^{b,d,f}	61.0±11.6 ^{b,d,f}	25.5	.001
Phobic anxiety	79.8 ±8.8 ^a	76.9 ±8.8 ^c	64.6 ±8.3 ^{b,d}	65.9 ±10.4 ^{b,d}	64.6±9.1 ^{b,d}	10.8	.004
Hostility	67.8 ±10.7	64.6 ±8.5	53.3 ±3.8	56.6 ±6.7	54.8±5.0	3.7	.062
Interpersonal sensitivity	68.4 ±9.5 ^a	65.4 ±8.6 ^c	53.6 ±8.1 ^{b,d}	58.8 ±11.6 ^{b,d}	58.6±9.8 ^{b,d}	7.0	.014
Paranoid ideation	67.4 ±5.9 ^a	64.7 ±4.2 ^c	51.5 ±5.2 ^{b,d}	57.1 ±8.6 ^b	56.0±8.7 ^{b,d}	22.4	.001
Psychoticism	67.7 ±7.3	66.4 ±6.4	61.0 ±4.9	60.9 ±4.2	60.9±4.1	3.0	.095
General Symptom Index	75.4 ±8.4 ^a	73.2 ±6.1 ^c	49.9 ±11.1 ^{b,d}	59.8 ±12.6 ^{b,d}	58.1±13.4 ^{b,d}	13.5	.002
Positive Symptom Total	72.7 ±8.7 ^a	71.4 ±6.5 ^c	48.8 ±11.3 ^{b,d}	58.6 ±12.1 ^{b,d}	57.4±12.9 ^{b,d}	12.2	.003
PCL-M	n/a	62.3 ±15.13 ^a	23.2 ±6.2 ^b	32.5 ±13.2 ^b	32.6±16.7 ^b	26.4	.001
Sleep*	n/a	7.2 ±2.1	6.08 ±2.3	5.6 ±1.3	5.7 ±1.3	4.73	.083

*N=7; df(3,4)

Posthoc Tukey tests a > b, p<.05; c > d, p<.05; e <f, p<.05

Table 2. 30-day pretest and 1-year follow-p means, standard deviations, and paired t-test results N=7

Scale	30-day Pretest	1-year Follow-up	Change in Mean	t (6)	Sig
Anxiety	76.14 ±8.3	58.29 ±10.9	17.86 ±9.8	4.84	.003
Depression	66.57 ±11.2	57.00 ±8.5	9.57 ±8.1	3.13	.020
Obsessive-Compulsive	71.86 ±8.9	60.00 ±16.4	11.86 ±10.3	3.04	.023
Somatization	72.43 ±4.7	58.86 ±11.7	13.57 ±10.9	3.29	.017
Phobic Anxiety	78.00 ±10.5	64.57 ±8.0	13.43 ±7.8	4.56	.004
Hostility	64.86 ±12.0	59.43 ±10.3	5.43 ±7.2	2.00	.093
Interpersonal Sensitivity	66.00 ±10.9	57.29 ±10.3	8.71 ±7.4	3.10	.021
Paranoia	67.71 ±7.3	57.57 ±11.2	10.14 ±8.5	3.15	.020
Psychoticism	69.43 ±6.1	61.86 ±4.9	7.57 ±6.9	2.88	.028
Global Severity Index	73.43 ±10.0	56.00 ±16.4	17.43 ±12.7	3.63	.011
Positive Symptom Total	71.71 ±11.0	55.00 ±17.2	16.71 ±12.1	3.67	.011

Table 3. Pretest and 1-year follow-up means, standard deviations, and paired t-test results N=7

Scale	Pretest	1-year Follow-up	Change in Mean	t (6)	Sig
Anxiety	77.00 ±5.5	58.29 ±10.9	18.71 ±10.4	4.75	.003
Depression	67.00 ±9.1	57.00 ±8.5	10.00 ±7.9	3.37	.015
Obsessive-Compulsive	71.43 ±8.2	60.00 ±16.4	11.43 ±9.8	3.09	.021
Somatization	73.86 ±6.4	58.86 ±11.7	15.00 ±13.3	2.99	.024
Phobic Anxiety	78.00 ±7.0	64.57 ±8.0	13.43 ±7.4	4.82	.003
Hostility	64.14 ±10.4	59.43 ±10.3	4.71 ±6.6	1.89	.108
Interpersonal Sensitivity	63.71 ±10.0	57.29 ±10.3	6.43 ±7.0	2.41	.052
Paranoia	65.29 ±5.0	57.57 ±11.2	7.71 ±9.8	2.08	.082
Psychoticism	67.71 ±6.6	61.86 ±4.9	5.86 ±6.3	2.45	.050
Global Severity Index	73.43 ±6.4	56.00 ±16.4	17.43 ±13.9	3.32	.016
Positive Symptom Total	72.43 ±7.6	55.00 ±17.2	17.43 ±13.3	3.47	.013
PCL-M	65.43 ±16.2	33.43 ±16.6	32.00 ±17.0	4.99	.002
Sleep*	7.36 ±2.0	5.28 ±2.9	2.07 ±3.3	1.54	.184

*N=6

Figure 1. Changes in PTSD Scores Before & After Treatment, and Followups

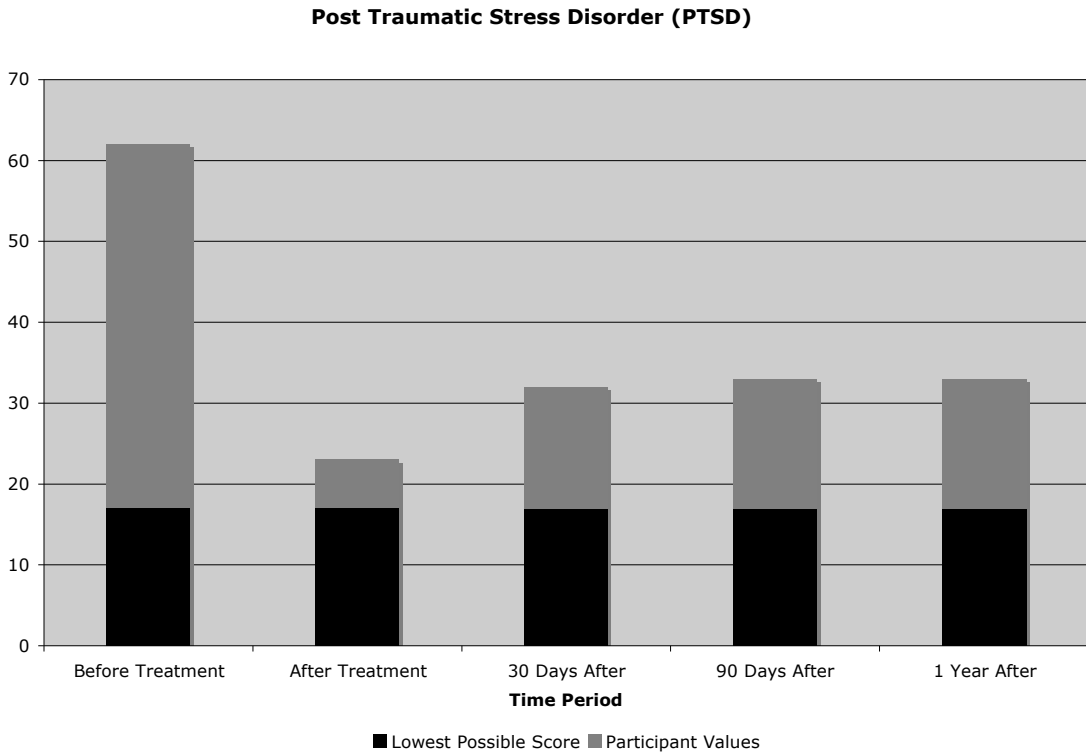
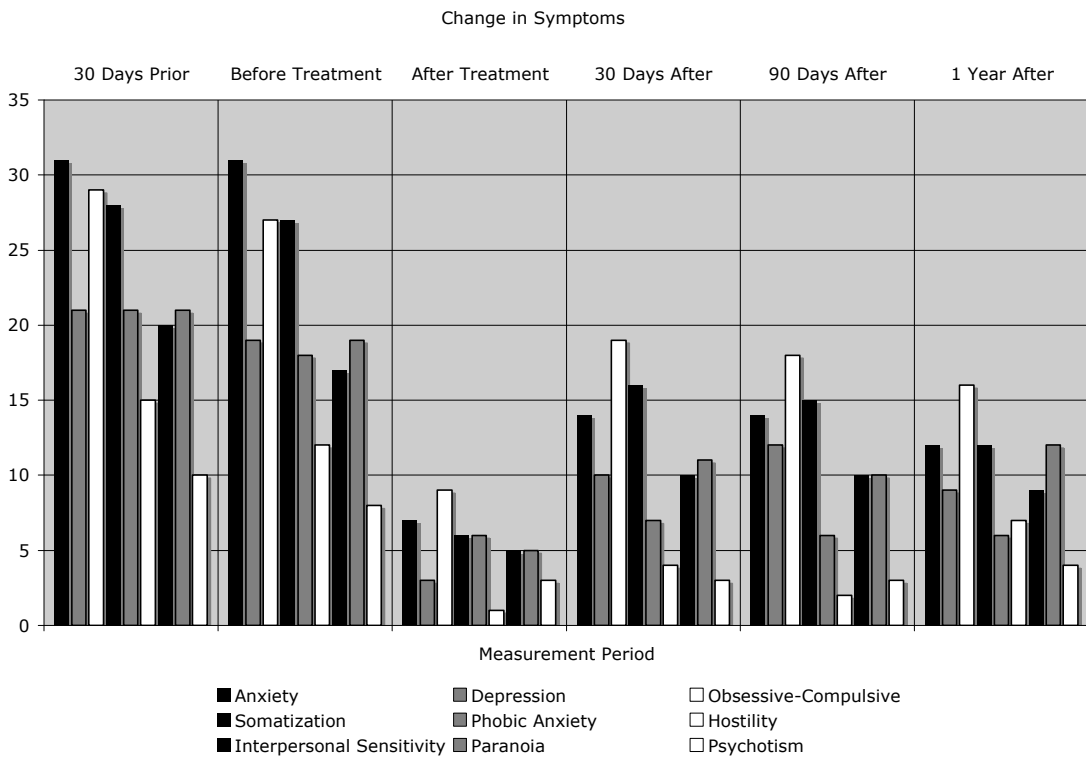


Figure 2. Changes in Scores for Nine Psychological Conditions



Bars within each time period indicate, from left to right, scores for anxiety, depression, etc.

Figure 3. Changes in Severity and Breadth of Symptoms

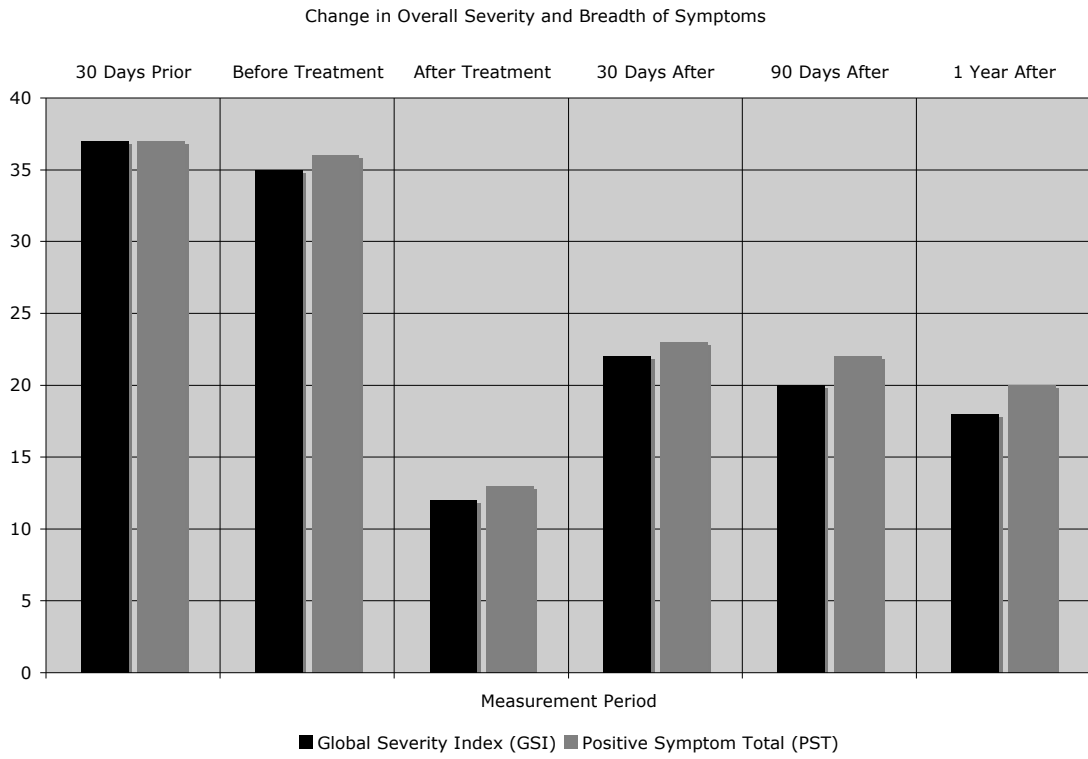


Figure 4. Sleep Disorder Scores

