Randomised therapy sessions (n = 21)

Hypnosis sessions (n = 11)
- Median number participants per session= 11 (8–15)
- Total participants (n= 116)
- Excluded (15):
  - Sickness, emergency (5)
  - Problems with date (3)
  - Unexcused absence (7)

Participants included in baseline analyses (n = 116)

Allocation

Relaxation sessions (n = 10)
- Median number of participants per session = 11 (7–14)
- Total participants (n = 107)
- Excluded (19):
  - Sickness, emergency (4)
  - Problems with date (5)
  - Unexcused absence (10)

Participants included in 2-week follow-up analyses
- Completed (n = 107)
  - Lost to follow-up (no response) (7)
  - Discontinued intervention (declined without providing reasons) (2)

Baseline

2-Week follow-up
- Completed (n = 101)
  - Lost to follow-up (no response) (5)
  - Discontinued intervention (disappointed with received intervention) (1)

Participants included in 2-week follow-up analyses
- Complete case protocol (101)
- ITT protocol (107)

Analysis

6-Month follow-up
- Completed (n = 87)
  - Lost to follow-up (no response) (18)
  - Discontinued intervention (severe mental problems, declined without providing reasons) (2)

Participants included in 6-month follow-up analyses
- Complete case protocol (87)
- ITT protocol (107)

Participants included in baseline analyses (n = 116)
- Participants included in 2-week follow-up analyses
  - Complete case protocol (107)
  - ITT protocol (116)
- Participants included in 6-month follow-up analyses
  - Complete case protocol (99)
  - ITT protocol (116)