

Supplemental Digital Content 1

Additional information regarding participating therapists training for step-2 CBT for tinnitus

The trainee-psychologists (3 in total), and movement/physical therapists (2 in total) followed 2 different treatment protocols: an A-treatment (for moderate to severe tinnitus sufferers, 10-12 patients per group with TQ score of $47 < 58$), which consists of 12 two-hour sessions, and 4 additional discussion sessions were part of treatment (including partner or other significant other) and a B-treatment (for severe to very severe tinnitus patients, 6 to 8 patients per group with a TQ score of > 58 , which involves 22 two-hour sessions (2 times/week for 12 weeks) provided by a psychologist and a movement therapist/physical therapist. Additionally, 6 two hour discussion sessions are part of treatment (including partner or other significant other). Training was implemented in 3 different stages:

- 1) Observation Phase: Trainees followed 2 separate A-treatment groups and 2 B-treatment groups. A- and B-treatment groups started consecutively, with the first A and B groups starting in week 1, and the second A- and B treatment-groups in week 2. This allowed for trainees to undergo treatments in the first groups, and observe treatment in the following treatment groups.
- 2) Practice phase: After this first observational 3 months, in the subsequent two A and B group treatments (also at the Adelante site) trainees were enabled to practice the new treatment methods, with assistance of the expert-team. The subsequent week of each treatment week in this practice phase, the trainees applied the treatment methods at their own location, with their own patients independently, as part of the study (at the Libra site).
- 3) Treatment methods and case discussions: Next to direct in-treatment training, weekly 2-hour discussions were planned between trainees and experts to discuss triage uncertainties,

dropouts, difficult cases, and review treatment progress. This last phase was implemented throughout the study.

- 4) Supervision/assistance: Throughout the study, an expert psychologist and physical therapist visited the trainee team 2 times during each group-treatment at the implementation centre to assess adherence to protocol and assist in any further issues related to treatment methods and patients.

Additional information regarding CBT for tinnitus

Indication for Step 2.

If participants had a TQ score between 47 and 59, they were allocated to trajectory A. If the TQ score was greater than 58 they were allocated to trajectory B, and if the TQ score was 47 or more and the participant had severe hearing loss (Fletcher Index: > 60dB) they were allocated to trajectory C (which follow the treatment methods of the A- and B trajectories, but tailored to the severely hearing impaired. That is, smaller group size, a smaller therapy room to minimize echo and provision of individual on-person sound amplifiers). An individual trajectory D was allocated, if a participant scored above 47 and was unable to participate in group-wise treatment, because of physical or mental health issues. Exceptions were made to these criteria based on individual clinical reasons (e.g., presence of comorbid physical or psychological conditions). All clinicians were blind to the participants' scores on outcome measures at T1.

Content of Step 2 participant and partner sessions

The evening-sessions with partners addressed the following six themes: 1) audiology of hearing and tinnitus; 2) psychological factors and models related to tinnitus (e.g. the fear avoidance model), and discussions about the associated thoughts, emotions and behaviours; 3) sleep and tinnitus; 4) relationships and communication: factors related to the impact of tinnitus on and management of relationships and communication styles; 5) burdens, strengths and support-systems; offering insights

and discussion on tinnitus related burdens and how to draw upon personal strengths, social networks and other support systems; and, 6) management of tinnitus in the context of daily (work)life, relationships and maintaining healthy balance.

Supplemental Digital Content 2

Participant characteristics and results from logistic regressions

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Participant characteristics

Table 1. *Participant characteristics (continuous variables)*

Characteristic	M	SD	SE	N
Age	54.5	12.1	.60	403
Tinnitus duration (months)	54.2	89.2	4.5	397
Hearing loss Fletcher Index – Right - High - 1, 2, 4 kHz	29.4	21.6	1.1	400
Fletcher Index - Left - High - 1, 2, 4 kHz	30.0	22.2	1.1	399

Table 2. *Participant characteristics (categorical variables)*

Characteristic	N (% of responses)	Missing data N (% of total sample)
Gender		0
Female	157 (39)	
Male	246 (61)	
Education*		227 (56.3)
Secondary	10 (5.7)	
Vocational training	64 (36.4)	
University	16 (9.1)	
Applied Sciences	35 (19.9)	

	Other	51 (28.9)	
Employed			12 (3.0)
	Yes	238 (60.9)	
	No	153 (39.1)	
Sickness benefits			164 (40.7)
	Yes	69 (28.9)	
	No	170 (71.1)	
Location of tinnitus**			18 (4.5)
	Left side	107 (21.0)	
	Right side	68 (13.1)	
	Both ears	199 (38.9)	
	Middle of head	33 (6.)	
	Whole head	84 (16.4)	
	Other	21 (4.1)	
Use of hearing aid			8 (2.0)
	Yes	73 (18.4)	
	No	322 (81.5)	
Use of other hearing related aid			4 (1.0)
	Yes	27 (6.8)	
	No	372 (93.2)	

Note. *Education was recoded into: 1 = 'low'; 2 = middle-high'; and, 3 = 'other & missing' for use in the logistic and mixed regression analyses respectively.

**multiple responses were possible to this question hence $N > 403$.

Logistic regression results tables

Table 3. Final/reduced logistic regression predicting dropout by 3-months after baseline.

(N=403)

	B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1 ^a						
Age	-.050	.012	16.384	1	.000	.952
HUI baseline score	-1.474	.564	6.828	1	.009	.229
THI baseline score	-.035	.012	8.502	1	.004	.966
TCS baseline score	.043	.021	4.241	1	.039	1.044
Education*			8.312	2	.016	
Education(1)	-.110	.494	.050	1	.823	.895
Education(2)	.844	.415	4.137	1	.042	2.325
Season in which Step 1 started**			11.188	3	.011	
Season in which Step 1 started(1)	-1.069	.524	4.166	1	.041	.343
Season in which Step 1 started(2)	.468	.383	1.490	1	.222	1.597
Season in which Step 1 started(3)	-.054	.481	.013	1	.910	.947

Constant	-2.256	.506	19.871	1	.000	.105
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a. Variable(s) entered on step 1: Age, HUI baseline score, THI baseline score, TCS baseline score, Education, Season in which Step 1 started.

b. *Education was recoded into: 1 = 'low'; 2 = middle-high'; and, 3 = 'other & missing'; reference category = 3. **Season in which step 1 started was coded as: 1=Spring; 2=Summer; 3= Autumn; 4= Winter (reference category).

Table 4. Final/Reduced model of logistic regression predicting participation in Step 2 of specialised CBT for tinnitus (N=334)

Variables in the Equation

		B	S.E.	Wald	Df	Sig.	Exp(B)
Step 1 ^a	HUI baseline score	2.258	.538	17.638	1	.000	9.562
	THI baseline score	.034	.011	9.533	1	.002	1.034
	FTQ baseline score	-.105	.052	4.021	1	.045	.901
	TQ score at T1	.056	.011	26.612	1	.000	1.057
	Constant	-2.685	.540	24.718	1	.000	.068

a. Variable(s) entered on step 1: HUI baseline score, THI baseline score, FTQ baseline score, TQ score at T1 (3 months after baseline)

Supplemental Digital Content 3

Summaries of main effects; figures of predicted values by time point for secondary outcomes; and, mixed (multilevel) regression results for primary and secondary outcomes.

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Three summary tables of significant main effects and those approaching significance for participants by time periods.

Table 1. Significant main effects ($p < .001$) and those approaching significance by outcome for Step 1 only participants at time points T0-T1.

Outcome	Main effects $p < .001$	p	Main effects $p = .01-.001$	p	Interactions $p = .01 - .001$	p
HUI	THI baseline	.000560	TCS baseline	.001137	-	-
	TDI baseline	.000313				
	HADS baseline	.000886				
	Time	.000035				
THI	TQ baseline	.000000	HUI baseline	.001740	Time*HUI baseline	.007313
	HADS baseline	.000208	FTQ baseline	.001072	Time* TDI baseline	.003304
	Time	.000000	Age	.002823		
			TCS baseline	.004738		
HADS	HUI baseline	.000162	TCS baseline	.001095	-	-
	THI baseline	.000032				
	Time	.000004				
TCS	TQ baseline	.000077	THI baseline	.005809	-	-
	FTQ baseline	.000005				
	HADS baseline	.000085				
	Time	.000000				
FTQ	TCS baseline	.000003	THI baseline	.002254	-	-
	Time	.000000				
TQ	TDI baseline	.000388	Age	.002461	-	-
	THI baseline	.000000				

	TCS baseline	.000524			
	Time	.000000			
TDI	HUI baseline	.000000	Education	.002269	-
	TQ baseline	.000038			
	THI baseline	.000433			
	Time	.000007			

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire.

Values derived from “final” REML models for respective outcomes.

All predictors were always included into the final model for each outcome, but this table only lists those that had $p < 0.01$ in the final model (left and middle columns,) and interactions with time where p was between 0.001 and 0.01 in the last model step before they were removed (middle and right columns). Regression weights for time as predictor are not reported because figures 2-8 show time effects more clearly. Regression weights for other predictors are not shown because these weights are scale dependent and therefore not comparable across predictors or across outcomes. So-called standardized betas can be computed, but these depend on the SD of the predictor and outcome at that time point, giving a different standard beta per time point; in other words, two or four standard betas per outcome per predictor, depending on the number of time points analysed.

Table 2. Significant main effects ($p < .001$) and those approaching significance by outcome for Step 1 only participants at time points T0-T3.

Outcome	Main effects p < .001	p	Main effects p = .01-.001	p	Interactions p = .01 - .001	p
HUI	THI baseline	.000463	HADS baseline	.001119	Time*Education	.008002
	TDI baseline	.000260				
	TCS baseline	.000499				
	Time	.000100				
THI	Age	.000931	HUI baseline	.003102	Time*TDI baseline	.006432
	TQ baseline	.000000				
	FTQ baseline	.000356				
	HADS baseline	.000031				
HADS	Time	.000000	TCS baseline	.002003	Time*TCS baseline	.006959
	HUI baseline	.000072				
	THI baseline	.000020				
TCS	Time	.000000	Employed	.003643	Time*HUI baseline	.005357
	TQ baseline	.000072				
	FTQ baseline	.000005				
	HADS baseline	.000057				
FTQ	Time	.000000	THI baseline	.001623	-	-
	TCS baseline	.000004				
TQ	Time	.000000	Age	.003461	Time*Season	.001097
	TDI baseline	.000446				
	THI baseline	.000000				
	TCS	.000974				
TDI	Time	.000000	Education	.002215	-	
	HUI baseline	.000000				
	TQ baseline	.000014				
	THI baseline	.000204				

Time .000051

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire.

Values derived from “final” REML models for respective outcomes.

The reported p-value is from the omnibus F-test of time effect.

All predictors were always included into the final model for each outcome, but this table only lists those that had $p < 0.01$ in the final model (left and middle columns,) and interactions with time where p was between 0.001 and 0.01 in the last model step before they were removed (middle and right columns). Regression weights for time as predictor are not reported because figures 2-8 show time effects more clearly. Regression weights for other predictors are not shown because these weights are scale dependent and therefore not comparable across predictors or across outcomes. So-called standardized betas can be computed, but these depend on the SD of the predictor and outcome at that time point, giving a different standard beta per time point; in other words, two or four standard betas per outcome per predictor, depending on the number of time points analysed.

Table 3. Significant ($p < .001$) interaction and main effects and those approaching significance by outcome for participants who completed Step 1 & 2 for time points T0-T3.

Outcome	Interactions $p < .001$	p	Main effects $p < .001$	p	Main effects approaching significance $p = .01 - .001$	p	Interactions approaching significance $p = .01 - .001$	p
HUI	-	-	TDI baseline	.000008	HADS baseline	.001202	-	-
			TCS baseline	.000116	Age	.007926		
THI	-	-	Age	.000024	HUI baseline	.008292	Time*TCS baseline	.001211
			TQ baseline	.000181	TDI baseline	.004547		
			TCS baseline	.000172				
			HADS baseline	.000000				
			Time	.000000				
HADS	Time*TCS baseline	.000010	THI baseline	.000000	HUI baseline	.001670	Time*Season	.002752
			Time	.000008				
			TCS*					
TCS	-	-	FTQ baseline	.000025	-	-	-	-
			THI baseline	.000216				
			Time	.000000				
FTQ	-	-	Age	.000291	TQ baseline	.001914	Time*Female	.004761
			TCS baseline	.000269				
			Time	.000000				
TQ	-	-	FTQ baseline	.000531	Age	.001543	-	-
			THI baseline	.000130				
			Time	.000000				
TDI	-	-	Time	.000000	HUI baseline	.001530	-	-
					THI baseline	.003087		

*TCS is included in spite of $p > .001$ because of the presence of the time*TCS term in the final model. The TCS effect on HADS is simple effect at time 0, and time effect is simple effect if TCS = 0

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire.

Values derived from “final” REML models for respective outcomes and the reported p-value is from the omnibus F-test of time effect.

All predictors were always included into the final model for each outcome, but this table only lists those that had $p < 0.01$ in the final model (left and middle columns,) and interactions with time where p was between 0.001 and 0.01 in the last model step before they were removed (middle and right columns). Regression weights for time as predictor are not reported because figures 2-8 show time effects more clearly. Regression weights for other predictors are not shown because these weights are scale dependent and therefore not comparable across predictors or across outcomes. So-called standardized betas can be computed, but these depend on the SD of the predictor and outcome at that time point, giving a different standard beta per time point; in other words, two or four standard betas per outcome per predictor, depending on the number of time points analysed.

Figures showing observed and predicted (using final REML model) scores by measurement time point for each secondary outcome

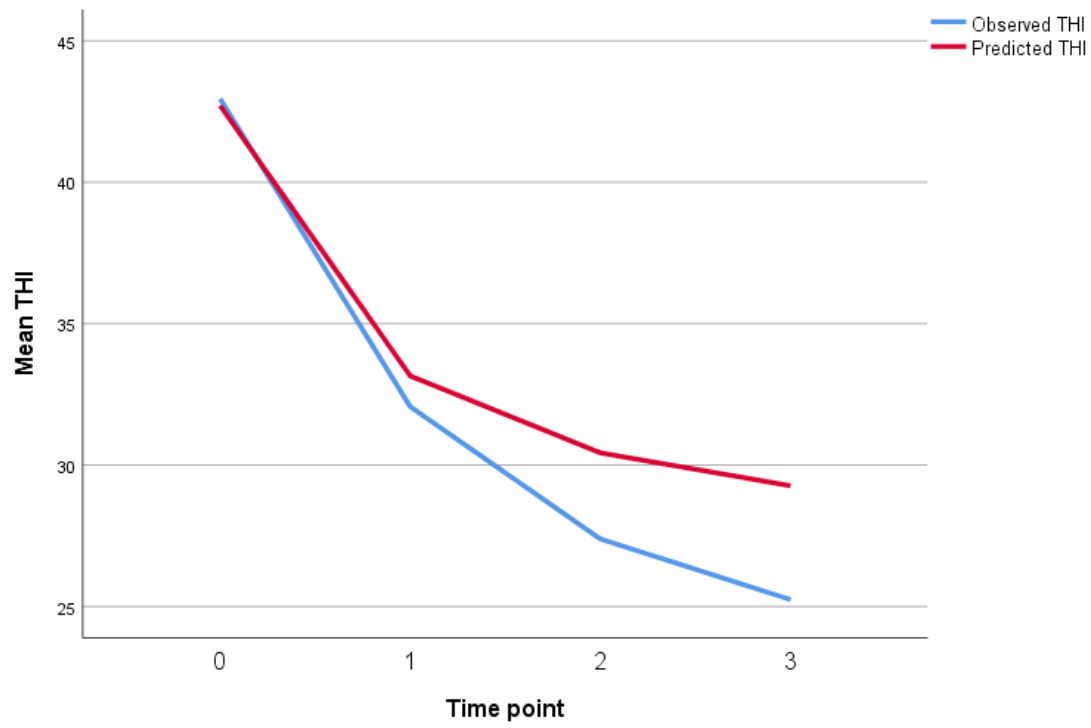


Figure 1. Step 1 only participants: Observed and predicted THI scores by time

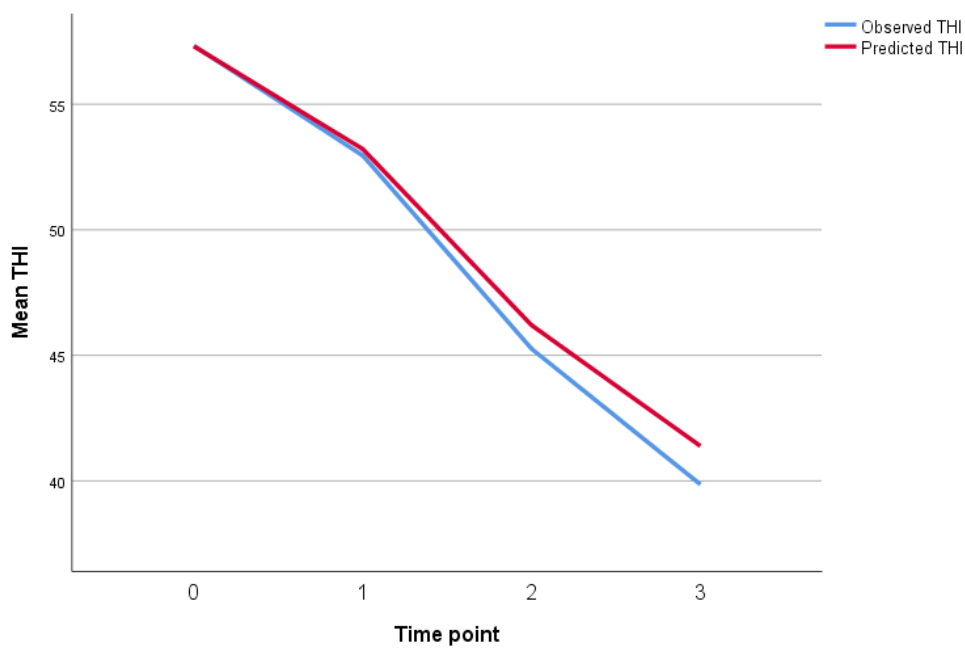


Figure 2. Step 1 & 2 participants: Observed and predicted THI scores by time

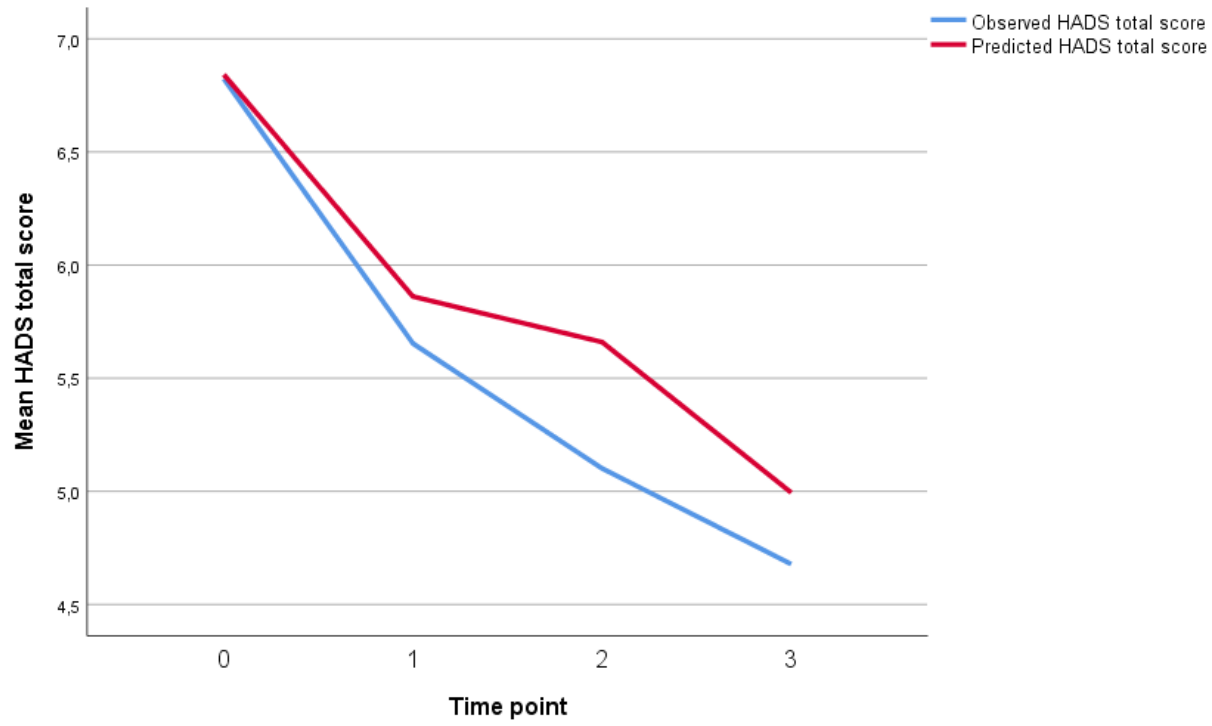


Figure 3. Step 1 only participants: Observed and predicted HADS total score by time

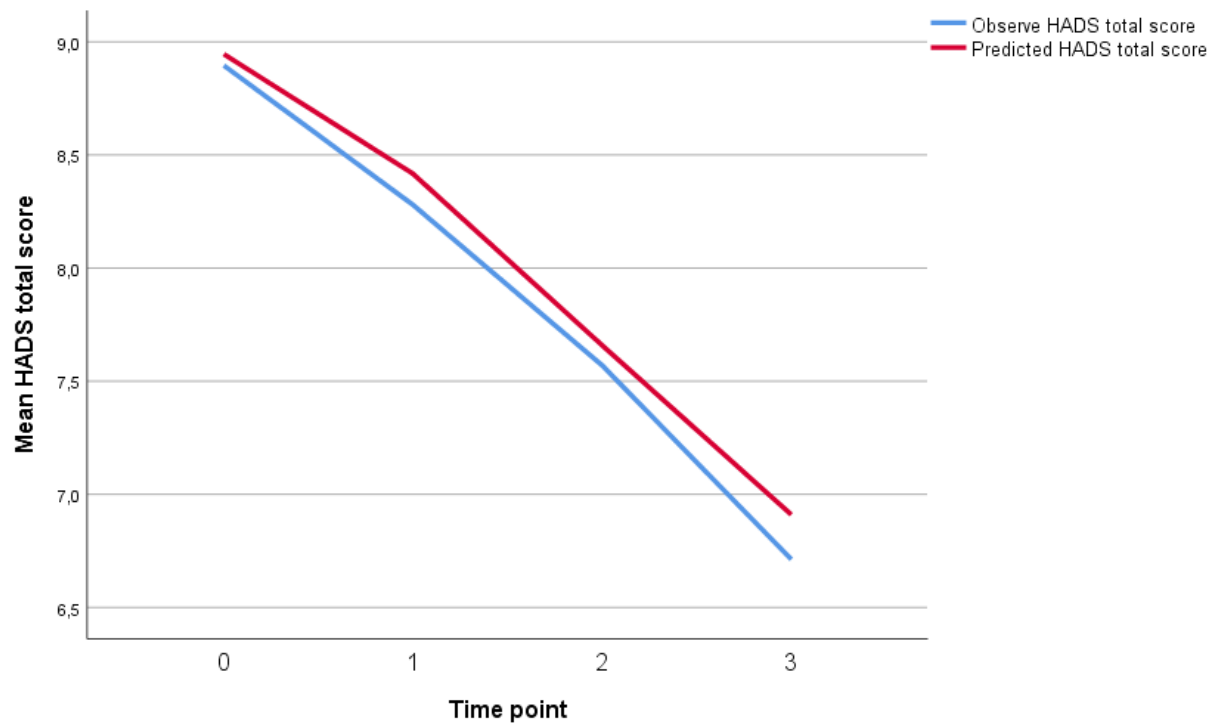


Figure 4. Step 1 & 2 participants: Observed and predicted HADS total score by time

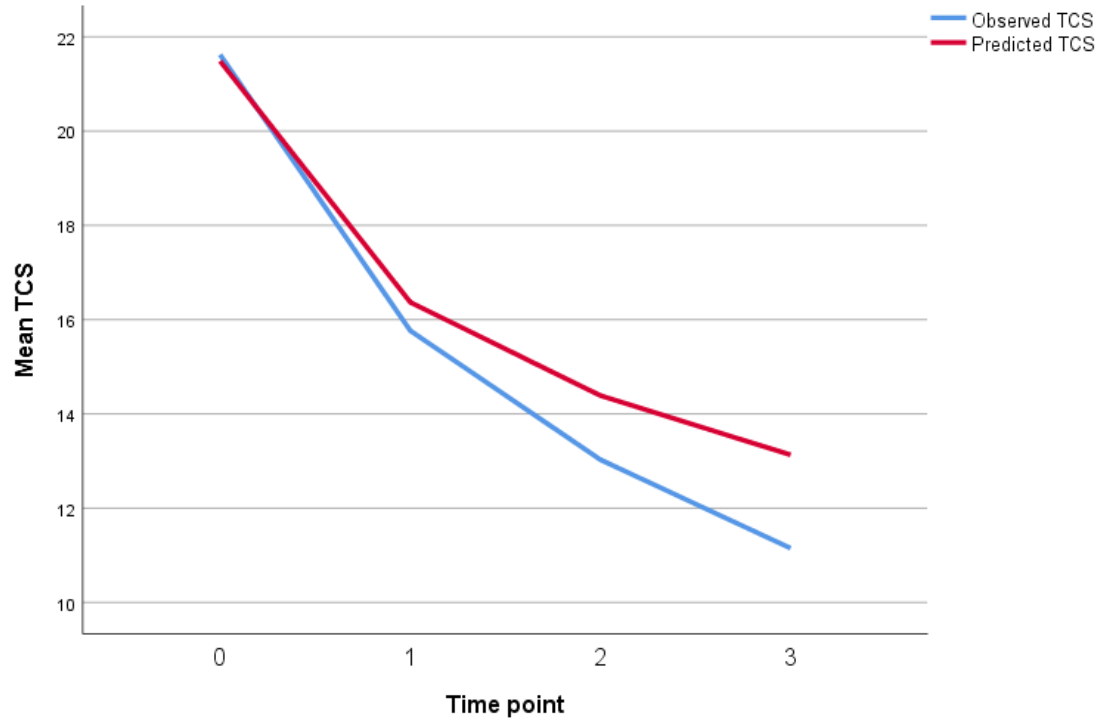


Figure 5. Step 1 only participants: Observed and predicted TCS total score by time

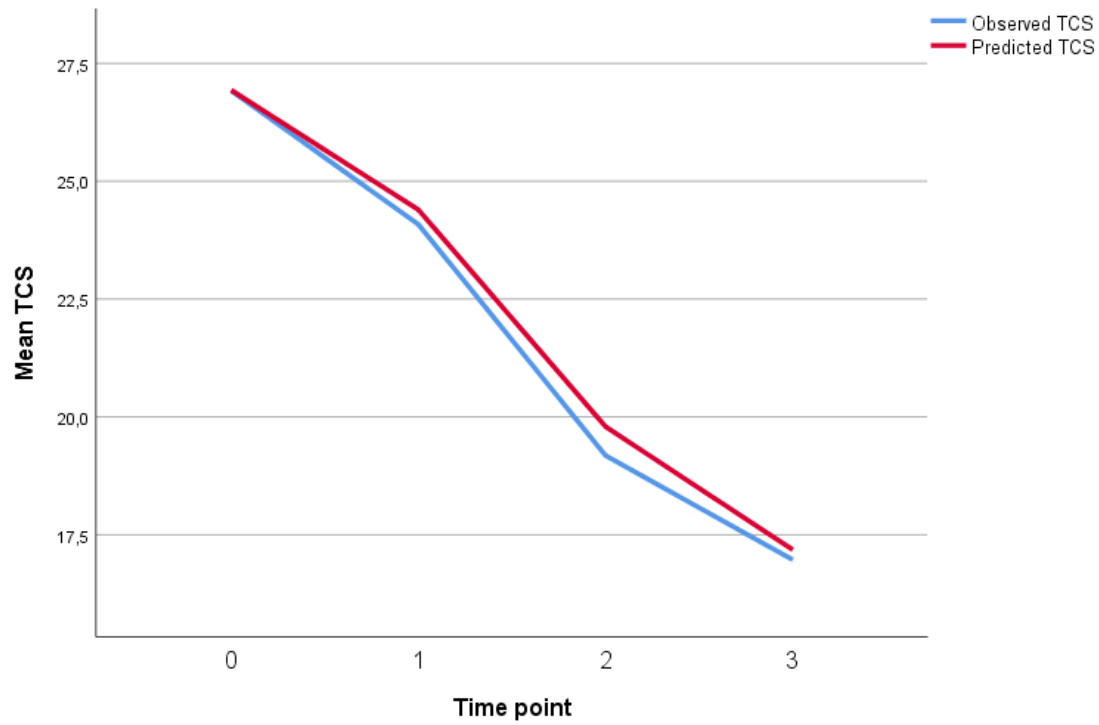


Figure 6. Step 1 & 2 participants: Observed and predicted TCS total score by time

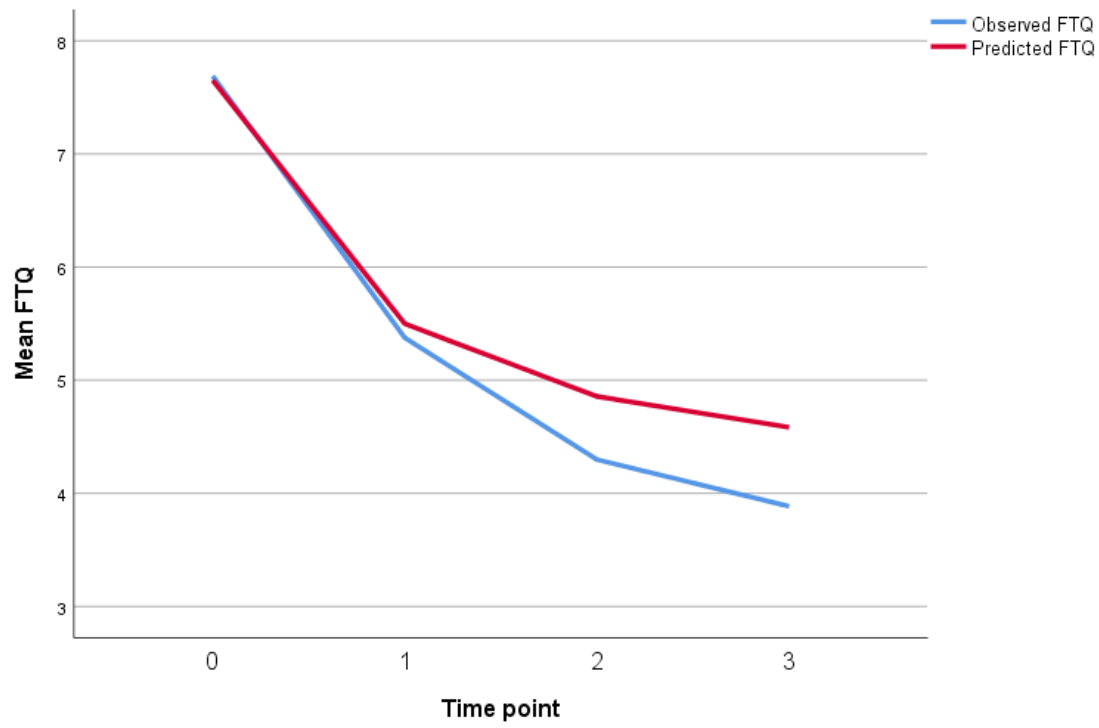


Figure 7. Step 1 only: Observed and predicted FTQ total score by time

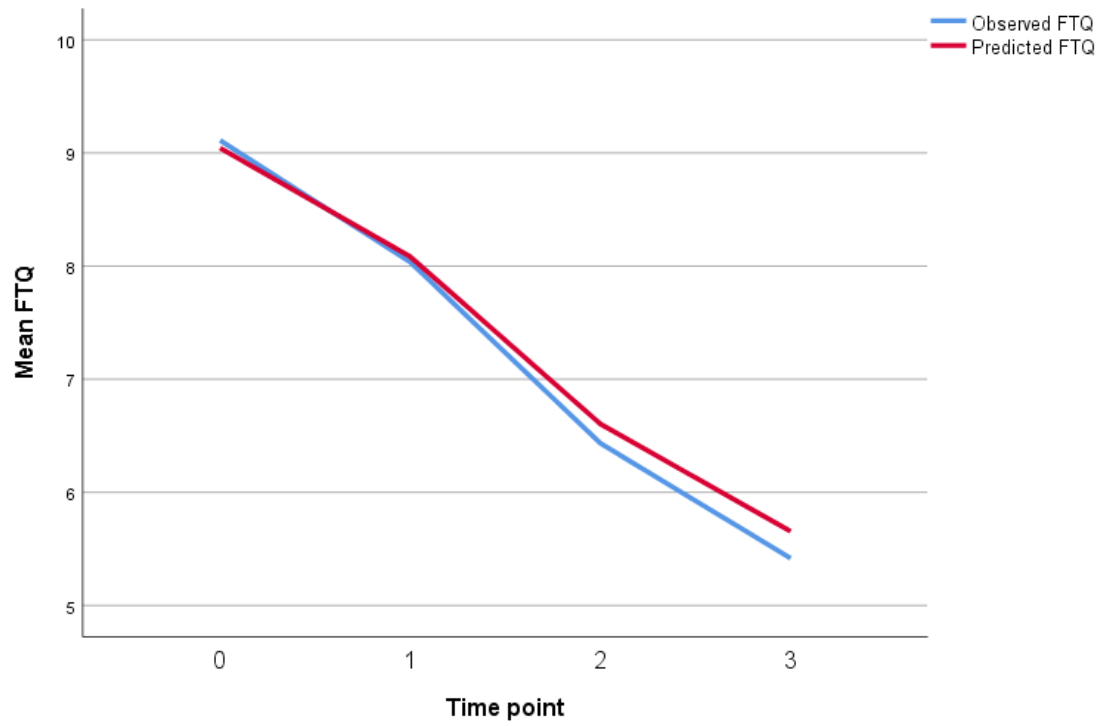


Figure 8. Step 1 & 2 participants: Observed and predicted FTQ total score by time

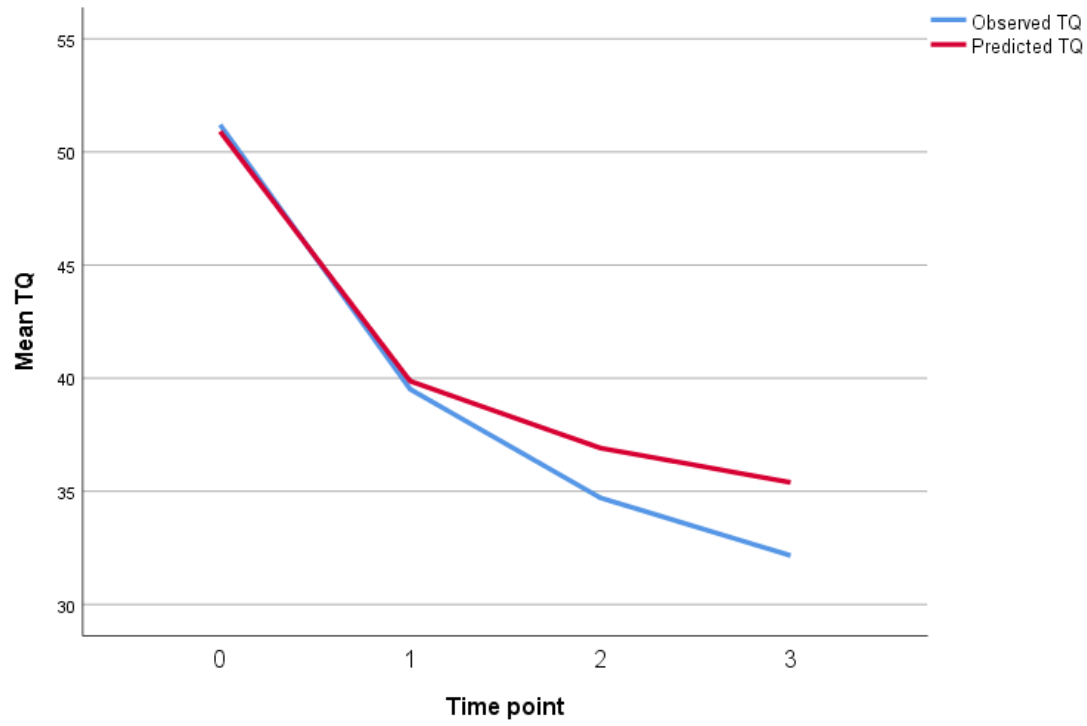


Figure 9. Step 1 only: Observed and predicted TQ total score by time

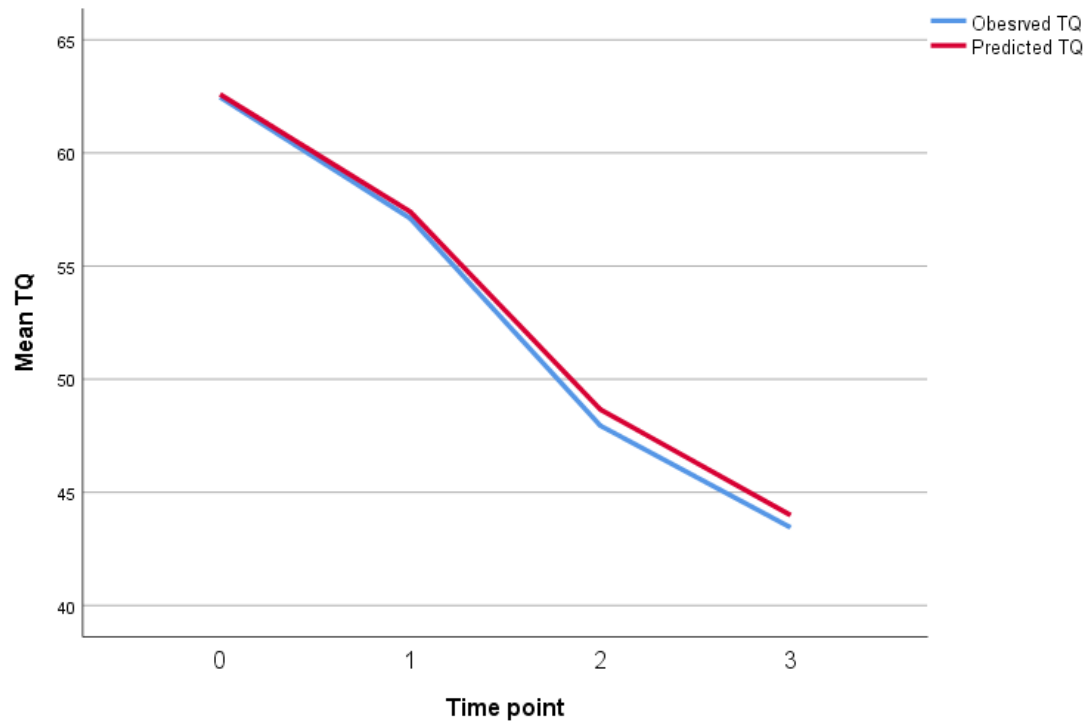


Figure 10. Step 1 & 2 participants: Observed and predicted TQ total score by time

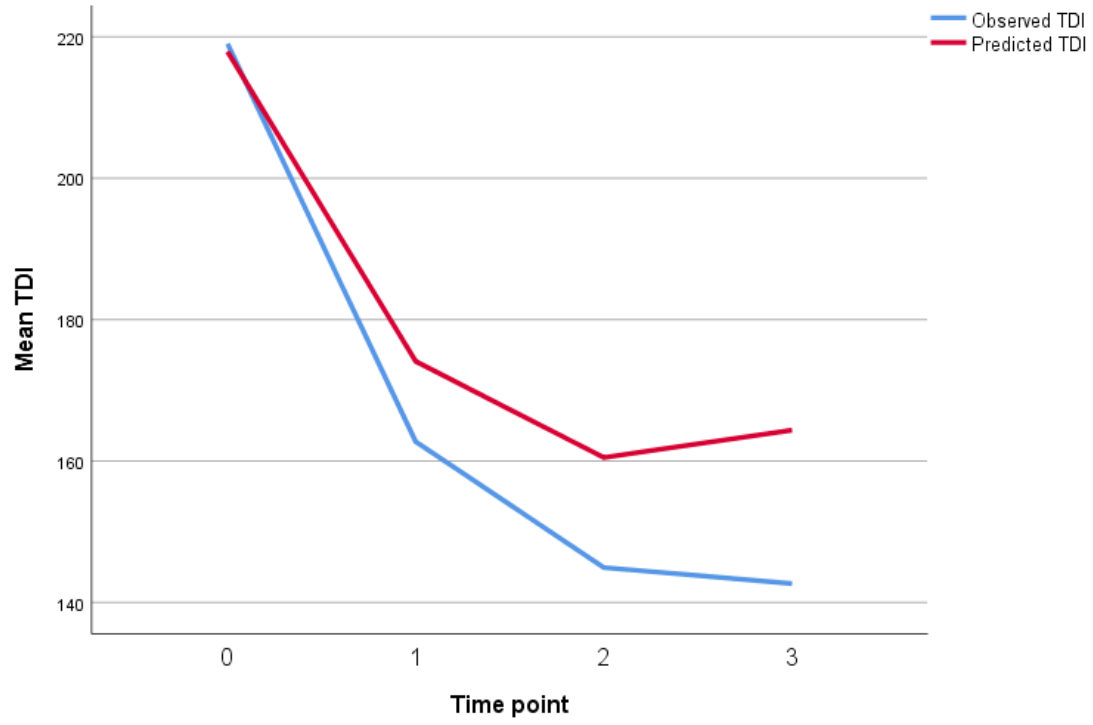


Figure 11. Step 1 only: Observed and predicted TDI total score by time

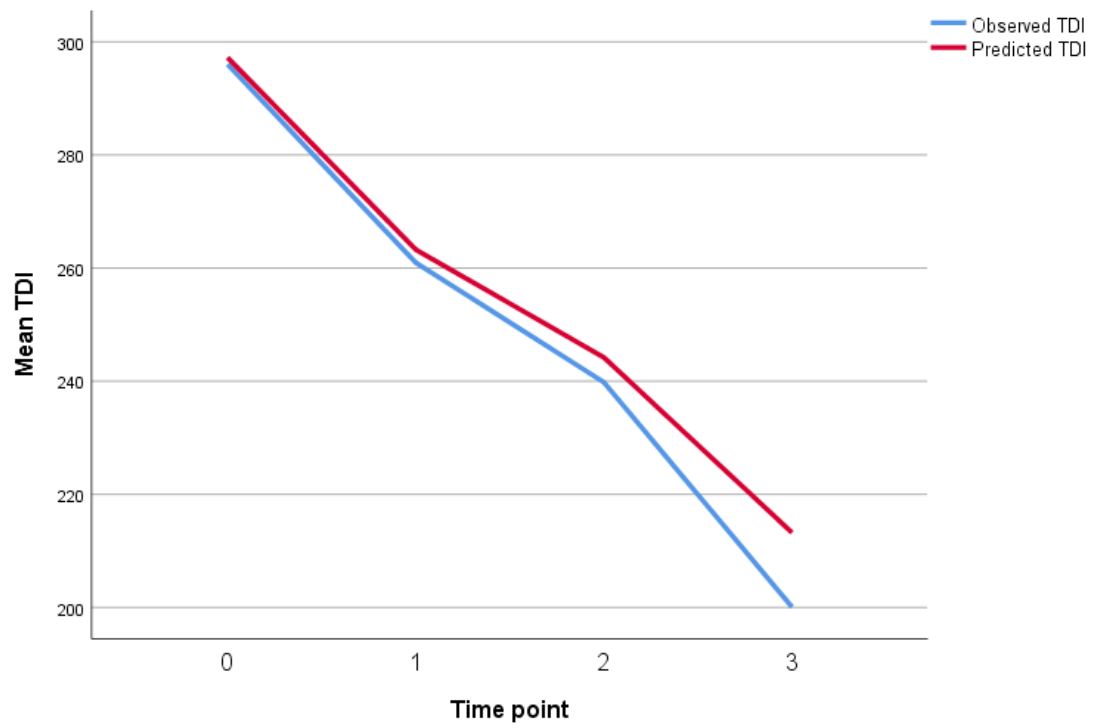


Figure 12. Step 1 & 2 participants: Observed and predicted TDI total score by time

Step 1 only participants

Mixed (multilevel) regression results for primary and secondary outcomes

Estimates of effects using REML for full and reduced models

Step 1 only Health Utilities Index (Primary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,549879	,069055	159,862	7,963	,000	,413502	,686256
[Season_S1=1]	,025257	,064553	159,129	,391	,696	-,102234	,152747
[Season_S1=2]	,107904	,062400	157,862	1,729	,086	-,015343	,231152
[Season_S1=3]	,044626	,051838	160,010	,861	,391	-,057750	,147001
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,076892	,052877	161,107	-1,454	,148	-,181313	,027530
[merged_EDN=2]	,033754	,049299	158,617	,685	,495	-,063613	,131121
[merged_EDN=3]	0 ^b	0
Employed	,060963	,041364	157,491	1,474	,143	-,020736	,142663
Female	-,061982	,036416	158,656	-1,702	,091	-,133904	,009940
FI_rechts	1,725580E-6	,001007	152,638	,002	,999	-,001988	,001992
FI_links	-,001964	,000997	156,768	-1,970	,051	-,003934	5,493425E-6
Tinnitus_Duration_centred	2,268389E-5	,000232	155,343	,098	,922	-,000436	,000482
Age_centred	-,002532	,002021	164,605	-1,253	,212	-,006522	,001458
TQ_baseline_centred	-5,515552E-5	,002237	162,616	-,025	,980	-,004472	,004362
THI_baseline_centred	-,007784	,002000	161,699	-3,891	,000	-,011733	-,003834

TDI_baseline_centred	-,000424	,000170	157,544	-2,498	,014	-,000759	-8,871957E-5
FTQ_baseline_centred	-,003326	,007350	160,679	-,453	,652	-,017840	,011189
TCS_baseline_centred	,010054	,003135	162,752	3,207	,002	,003863	,016244
HADS_baseline_centred	-,016483	,007643	162,155	-2,156	,033	-,031576	-,001389
[Time_cent=0]	-,020467	,064248	148,436	-,319	,751	-,147425	,106491
[Time_cent=1]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	,026562	,059972	148,063	,443	,658	-,091951	,145074
[Time_cent=0] * [Season_S1=2]	-,077525	,057838	147,397	-1,340	,182	-,191823	,036774
[Time_cent=0] * [Season_S1=3]	-,031316	,048244	148,510	-,649	,517	-,126650	,064017
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,039958	,049327	149,043	-,810	,419	-,137429	,057512
[Time_cent=0] * [merged_EDN=2]	,031466	,045757	147,797	,688	,493	-,058956	,121889
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0

[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	-,026302	,038314	147,196	-,686	,493	-,102019	,049415
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	-,006226	,033802	147,818	-,184	,854	-,073023	,060571
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,001362	,000926	144,400	-1,471	,143	-,003193	,000468
[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,001233	,000923	146,800	1,336	,184	-,000591	,003056
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	-,000164	,000215	145,997	-,763	,447	-,000588	,000260
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,000403	,001906	150,442	,212	,833	-,003363	,004170
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	-,001093	,002094	149,724	-,522	,602	-,005232	,003045
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,003536	,001868	149,319	1,892	,060	-,000156	,007228
[Time_cent=1] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	-,000168	,000157	147,225	-1,067	,288	-,000478	,000143
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,008038	,006850	148,839	1,173	,242	-,005498	,021573

[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	-,003416	,002937	149,781	-1,163	,247	-,009219	,002386
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,006000	,007148	149,524	-,839	,403	-,020124	,008125
[Time_cent=1] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,580486	,056828	208,839	10,215	,000	,468457	,692515
[Season_S1=1]	,035936	,052694	197,316	,682	,496	-,067980	,139852
[Season_S1=2]	,061893	,051479	194,806	1,202	,231	-,039635	,163420
[Season_S1=3]	,021367	,041913	198,401	,510	,611	-,061285	,104018
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,099710	,042166	199,731	-2,365	,019	-,182859	-,016562
[merged_EDN=2]	,049765	,040437	196,472	1,231	,220	-,029980	,129511
[merged_EDN=3]	0 ^b	0
Employed	,049881	,034249	194,474	1,456	,147	-,017666	,117428

Female	-.063281	,029837	196,148	-2,121	,035	-,122124	-,004439
FI_rechts	-,000741	,000861	185,955	-,861	,390	-,002440	,000957
FI_links	-,001355	,000829	192,076	-1,636	,104	-,002990	,000279
Tinnitus_Duration_centred	-7,546590E-5	,000196	191,249	-,386	,700	-,000461	,000310
Age_centred	-,002164	,001510	208,381	-1,433	,153	-,005141	,000814
TQ_baseline_centred	-,000757	,001751	203,820	-,432	,666	-,004209	,002695
THI_baseline_centred	-,005566	,001588	202,270	-3,506	,001	-,008697	-,002436
TDI_baseline_centred	-,000514	,000140	193,440	-3,670	,000	-,000790	-,000238
FTQ_baseline_centred	,001399	,005902	199,931	,237	,813	-,010239	,013038
TCS_baseline_centred	,008069	,002444	203,355	3,301	,001	,003250	,012889
HADS_baseline_centred	-,020305	,006017	202,234	-3,375	,001	-,032169	-,008441
[Time_cent=0]	-,067389	,015834	164,170	-4,256	,000	-,098654	-,036124
[Time_cent=1]	0 ^b	0

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,724553	,094214	96,988	7,691	,000	,537565	,911541
[Season_S1=1]	-,014438	,090838	97,161	-,159	,874	-,194723	,165847
[Season_S1=2]	,085761	,091719	100,600	,935	,352	-,096195	,267716
[Season_S1=3]	-,045984	,072429	97,849	-,635	,527	-,189719	,097751
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,094082	,074890	98,887	-1,256	,212	-,242682	,054518
[merged_EDN=2]	-,020818	,070682	98,728	-,295	,769	-,161071	,119436
[merged_EDN=3]	0 ^b	0
Employed	,002535	,060159	98,330	,042	,966	-,116844	,121915
Female	-,147809	,052648	99,053	-2,808	,006	-,252272	-,043345
FI_rechts	-2,456423E-5	,001286	91,406	-,019	,985	-,002578	,002529
FI_links	-,002306	,001212	90,175	-1,902	,060	-,004714	,000102
Tinnitus_Duration_centred	,000247	,000309	97,226	,799	,426	-,000367	,000860
Age_centred	-,001579	,002986	96,750	-,529	,598	-,007507	,004348
TQ_baseline_centred	-,002806	,003336	98,242	-,841	,402	-,009426	,003815
THI_baseline_centred	-,003561	,002842	97,902	-1,253	,213	-,009201	,002080
TDI_baseline_centred	-,000418	,000215	93,535	-1,948	,054	-,000844	7,983252E-6
FTQ_baseline_centred	-,010500	,009744	96,083	-1,078	,284	-,029842	,008842
TCS_baseline_centred	,010571	,004424	95,648	2,389	,019	,001788	,019354
HADS_baseline_centred	-,015960	,010337	95,786	-1,544	,126	-,036480	,004560
[Time_cent=0]	-,195142	,086491	81,196	-2,256	,027	-,367225	-,023059

[Time_cent=1]	-,173141	,085565	73,871	-2,023	,047	-,343638	-,002643
[Time_cent=2]	-,003858	,073193	66,552	-,053	,958	-,149971	,142254
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	,066256	,083722	81,649	,791	,431	-,100304	,232817
[Time_cent=0] * [Season_S1=2]	-,055381	,084957	85,152	-,652	,516	-,224294	,113532
[Time_cent=0] * [Season_S1=3]	,059293	,066802	82,157	,888	,377	-,073594	,192180
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	,040167	,082721	74,527	,486	,629	-,124639	,204972
[Time_cent=1] * [Season_S1=2]	,022691	,083976	78,732	,270	,788	-,144468	,189849
[Time_cent=1] * [Season_S1=3]	,090557	,066018	74,988	1,372	,174	-,040958	,222072
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-,017181	,071565	66,994	-,240	,811	-,160025	,125664
[Time_cent=2] * [Season_S1=2]	-,112114	,074568	70,614	-1,504	,137	-,260812	,036585
[Time_cent=2] * [Season_S1=3]	,001966	,056761	67,025	,035	,972	-,111328	,115259
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0

[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,022768	,069414	83,341	-,328	,744	-,160822	,115286
[Time_cent=0] * [merged_EDN=2]	,086038	,065289	83,218	1,318	,191	-,043814	,215890
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	,015072	,069383	80,430	,217	,829	-,122994	,153137
[Time_cent=1] * [merged_EDN=2]	,054417	,064530	76,689	,843	,402	-,074087	,182920
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	,064124	,061140	70,975	1,049	,298	-,057786	,186034
[Time_cent=2] * [merged_EDN=2]	-,044895	,055866	67,317	-,804	,424	-,156395	,066605
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	,032126	,055588	83,025	,578	,565	-,078435	,142687
[Time_cent=1] * Employed	,058943	,055000	77,177	1,072	,287	-,050572	,168458
[Time_cent=2] * Employed	,028096	,047389	66,529	,593	,555	-,066506	,122698
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	,079601	,048703	83,656	1,634	,106	-,017257	,176459
[Time_cent=1] * Female	,085130	,048204	77,019	1,766	,081	-,010855	,181115
[Time_cent=2] * Female	,006066	,041887	68,057	,145	,885	-,077516	,089649

[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,001336	,001145	76,769	-1,167	,247	-,003615	,000943
[Time_cent=1] * FI_rechts	1,608906E-5	,001122	69,286	,014	,989	-,002222	,002254
[Time_cent=2] * FI_rechts	-,001105	,001010	71,067	-1,094	,278	-,003120	,000909
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,001574	,001076	75,495	1,464	,147	-,000568	,003717
[Time_cent=1] * FI_links	,000280	,001085	74,687	,259	,797	-,001880	,002441
[Time_cent=2] * FI_links	,001396	,000892	66,026	1,564	,123	-,000386	,003177
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	-,000388	,000280	81,667	-1,388	,169	-,000944	,000168
[Time_cent=1] * Tinnitus_Duration_centred	-,000223	,000275	74,963	-,811	,420	-,000771	,000325
[Time_cent=2] * Tinnitus_Duration_centred	-6,276677E-5	,000234	66,656	-,269	,789	-,000529	,000404
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-,000549	,002817	82,736	-,195	,846	-,006153	,005054
[Time_cent=1] * Age_centred	-,000871	,002818	78,131	-,309	,758	-,006480	,004738
[Time_cent=2] * Age_centred	,000355	,002527	72,493	,141	,889	-,004683	,005393
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,001657	,003129	83,604	,530	,598	-,004565	,007879
[Time_cent=1] * TQ_baseline_centred	,002684	,003122	79,513	,860	,392	-,003529	,008897
[Time_cent=2] * TQ_baseline_centred	,001205	,002782	70,905	,433	,666	-,004342	,006752
[Time_cent=3] * TQ_baseline_centred	0 ^b	0

[Time_cent=0] * THI_baseline_centred	-,000687	,002640	82,533	-,260	,795	-,005938	,004564
[Time_cent=1] * THI_baseline_centred	-,004296	,002634	78,782	-1,631	,107	-,009540	,000948
[Time_cent=2] * THI_baseline_centred	-,001325	,002354	72,379	-,563	,575	-,006017	,003367
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	-,000173	,000193	78,556	-,897	,372	-,000557	,000211
[Time_cent=1] * TDI_baseline_centred	7,069277E-6	,000198	84,714	,036	,972	-,000386	,000400
[Time_cent=2] * TDI_baseline_centred	-7,623970E-5	,000163	67,008	-,468	,641	-,000401	,000249
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,015212	,008916	80,098	1,706	,092	-,002531	,032954
[Time_cent=1] * FTQ_baseline_centred	,007395	,008839	73,401	,837	,406	-,010220	,025010
[Time_cent=2] * FTQ_baseline_centred	,007100	,007580	68,408	,937	,352	-,008024	,022225
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	-,003934	,004117	80,456	-,955	,342	-,012127	,004259
[Time_cent=1] * TCS_baseline_centred	-,000458	,004092	74,482	-,112	,911	-,008609	,007694
[Time_cent=2] * TCS_baseline_centred	,001071	,003642	70,574	,294	,770	-,006192	,008334
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,006522	,009535	79,968	-,684	,496	-,025497	,012452

[Time_cent=1] * HADS_baseline_centred	-,000706	,009454	72,731	-,075	,941	-,019549	,018138
[Time_cent=2] * HADS_baseline_centred	,000695	,007950	64,971	,087	,931	-,015183	,016573
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,603401	,058366	230,961	10,338	,000	,488404	,718398
[Season_S1=1]	,029027	,052066	195,749	,558	,578	-,073655	,131709
[Season_S1=2]	,050138	,050834	192,842	,986	,325	-,050124	,150401
[Season_S1=3]	,009984	,041386	196,090	,241	,810	-,071636	,091603
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,099010	,041617	197,519	-2,379	,018	-,181080	-,016940
[merged_EDN=2]	,032818	,039940	194,608	,822	,412	-,045953	,111589
[merged_EDN=3]	0 ^b	0
Employed	,049078	,033834	193,032	1,451	,149	-,017654	,115809
Female	-,070813	,029474	194,553	-2,403	,017	-,128943	-,012683
Fl_rechts	-,000770	,000848	180,713	-,908	,365	-,002442	,000903

FI_links	-,001254	,000812	181,868	-1,545	,124	-,002856	,000347
Tinnitus_Duration_centred	-3,346563E-5	,000192	185,008	-,174	,862	-,000413	,000346
Age_centred	-,002224	,001494	208,306	-1,489	,138	-,005170	,000721
TQ_baseline_centred	-,000732	,001733	203,784	-,423	,673	-,004149	,002684
THI_baseline_centred	-,005579	,001567	200,348	-3,560	,000	-,008669	-,002489
TDI_baseline_centred	-,000511	,000137	184,900	-3,725	,000	-,000782	-,000240
FTQ_baseline_centred	,000272	,005821	196,388	,047	,963	-,011208	,011753
TCS_baseline_centred	,008557	,002419	202,940	3,538	,000	,003789	,013326
HADS_baseline_centred	-,019667	,005948	200,794	-3,307	,001	-,031395	-,007938
[Time_cent=0]	-,075140	,022092	111,059	-3,401	,001	-,118917	-,031363
[Time_cent=1]	-,007564	,020572	95,638	-,368	,714	-,048400	,033272
[Time_cent=2]	-,000176	,018368	87,204	-,010	,992	-,036683	,036330
[Time_cent=3]	0 ^b	0

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 only Tinnitus Handicap Inventory (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	36,950194	4,518488	142,295	8,178	,000	28,018155	45,882232
[Season_S1=1]	6,693489	4,280855	142,198	1,564	,120	-1,768850	15,155829
[Season_S1=2]	5,667754	4,143081	141,734	1,368	,173	-2,522467	13,857976
[Season_S1=3]	-2,370966	3,449661	142,743	-,687	,493	-9,189989	4,448057
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-4,073503	3,545882	143,151	-1,149	,253	-11,082558	2,935551
[merged_EDN=2]	3,234980	3,292559	142,081	,983	,328	-3,273755	9,743715
[merged_EDN=3]	0 ^b	0
Employed	-,017081	2,753840	141,912	-,006	,995	-5,460930	5,426769
Female	-2,367128	2,437205	141,978	-,971	,333	-7,185027	2,450772
FI_rechts	-,030481	,066518	138,945	-,458	,647	-,161999	,101036
FI_links	-,006712	,062765	138,682	-,107	,915	-,130813	,117388
Tinnitus_Duration_centred	-,014823	,015337	140,387	-,967	,335	-,045144	,015497
Age_centred	-,079244	,130020	144,629	-,609	,543	-,336229	,177740
TQ_baseline_centred	,498846	,128283	142,374	3,889	,000	,245260	,752432
HUI_baseline_centred	-20,456256	5,130931	141,571	-3,987	,000	-30,599401	-10,313110
TDI_baseline_centred	-,011364	,011026	139,527	-1,031	,304	-,033164	,010436
FTQ_baseline_centred	,727099	,479193	143,183	1,517	,131	-,220107	1,674305
TCS_baseline_centred	,045066	,209163	144,138	,215	,830	-,368356	,458489
HADS_baseline_centred	1,207598	,524085	144,369	2,304	,023	,171728	2,243468
[Time_cent=0]	8,427423	4,345488	137,197	1,939	,055	-,165371	17,020218

[Time_cent=1]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-5,349978	4,116050	137,160	-1,300	,196	-13,489099	2,789142
[Time_cent=0] * [Season_S1=2]	-6,750413	3,979556	136,982	-1,696	,092	-14,619719	1,118894
[Time_cent=0] * [Season_S1=3]	3,006129	3,321099	137,366	,905	,367	-3,560960	9,573218
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	1,058890	3,417278	137,517	,310	,757	-5,698316	7,816096
[Time_cent=0] * [merged_EDN=2]	-3,050156	3,164973	137,116	-,964	,337	-9,308626	3,208313
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	2,693271	2,646153	137,051	1,018	,311	-2,539297	7,925839
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	1,967497	2,342236	137,076	,840	,402	-2,664091	6,599085
[Time_cent=1] * Female	0 ^b	0

[Time_cent=0] * FI_rechts	,011726	,063564	135,863	,184	,854	-,113976	,137429
[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,053967	,059952	135,754	,900	,370	-,064595	,172528
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,008099	,014692	136,452	,551	,582	-,020955	,037153
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-,122564	,125924	138,035	-,973	,332	-,371553	,126425
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	-,043182	,123394	137,227	-,350	,727	-,287182	,200817
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	13,381649	4,926733	136,919	2,716	,007	3,639323	23,123975
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,025954	,010547	136,103	2,461	,015	,005097	,046810
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,119200	,461853	137,528	,258	,797	-,794051	1,032451
[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,281007	,202179	137,869	1,390	,167	-,118766	,680780
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,235880	,507021	137,948	-,465	,643	-,1,238417	,766657

[Time_cent=1] * 0^b 0
HADS_baseline_centred

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	36,265166	2,626614	251,359	13,807	,000	31,092190	41,438141
[Season_S1=1]	1,925763	2,300100	195,462	,837	,403	-2,610436	6,461962
[Season_S1=2]	-,310634	2,251277	194,608	-,138	,890	-4,750668	4,129400
[Season_S1=3]	,239690	1,825278	195,966	,131	,896	-3,360020	3,839401
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-3,157948	1,851631	196,123	-1,705	,090	-6,809611	,493715
[merged_EDN=2]	,509471	1,774555	195,360	,287	,774	-2,990273	4,009215
[merged_EDN=3]	0 ^b	0
Employed	2,222444	1,489966	194,840	1,492	,137	-,716087	5,160976
Female	-,710882	1,316668	195,049	-,540	,590	-3,307617	1,885852
FI_rechts	-,023754	,038158	191,035	-,623	,534	-,099019	,051511
FI_links	,040747	,036178	191,342	1,126	,261	-,030612	,112107
Tinnitus_Duration_centred	-,007782	,008580	193,295	-,907	,366	-,024705	,009141
Age_centred	-,192237	,063567	198,534	-3,024	,003	-,317590	-,066884
TQ_baseline_centred	,458830	,068584	195,421	6,690	,000	,323570	,594091
HUI_baseline_centred	-8,888616	2,799227	194,546	-3,175	,002	-14,409344	-3,367888

TDI_baseline_centred	,010771	,006266	192,197	1,719	,087	-,001589	,023130
FTQ_baseline_centred	,830445	,250107	196,611	3,320	,001	,337209	1,323680
TCS_baseline_centred	,300194	,105084	197,654	2,857	,005	,092965	,507424
HADS_baseline_centred	,983834	,260298	198,235	3,780	,000	,470524	1,497143
[Time_cent=0]	9,554926	1,138658	153,751	8,391	,000	7,305492	11,804360
[Time_cent=1]	0 ^b	0

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3))

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	33,678311	6,214085	89,572	5,420	,000	21,332143	46,024478
[Season_S1=1]	5,504375	6,086988	91,190	,904	,368	-6,586340	17,595090
[Season_S1=2]	-1,442116	6,095276	97,747	-,237	,813	-13,538384	10,654152
[Season_S1=3]	1,268976	4,837130	91,391	,262	,794	-8,338836	10,876787
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-5,762814	5,004802	92,222	-1,151	,253	-15,702464	4,176836
[merged_EDN=2]	-,741255	4,781271	94,111	-,155	,877	-10,234435	8,751925
[merged_EDN=3]	0 ^b	0
Employed	,224855	4,054338	93,314	,055	,956	-7,825900	8,275610

Female	-2,553505	3,493374	93,013	-,731	,467	-9,490640	4,383630
FI_rechts	-,079903	,087294	85,362	-,915	,363	-,253455	,093650
FI_links	,045573	,080640	83,219	,565	,573	-,114811	,205956
Tinnitus_Duration_centred	,006862	,020700	91,520	,331	,741	-,034254	,047977
Age_centred	-,109918	,193132	93,920	-,569	,571	-,493392	,273555
TQ_baseline_centred	,409749	,194878	95,732	2,103	,038	,022906	,796592
HUI_baseline_centred	-14,451276	7,690679	92,883	-1,879	,063	-29,723694	,821143
TDI_baseline_centred	-,004537	,015223	88,043	-,298	,766	-,034790	,025715
FTQ_baseline_centred	,752340	,654796	89,271	1,149	,254	-,548670	2,053351
TCS_baseline_centred	-,097051	,301291	89,481	-,322	,748	-,695666	,501564
HADS_baseline_centred	1,410677	,719670	89,962	1,960	,053	-,019082	2,840436
[Time_cent=0]	11,699306	6,063312	83,743	1,930	,057	-,358794	23,757407
[Time_cent=1]	3,271883	5,173021	65,613	,632	,529	-7,057525	13,601291
[Time_cent=2]	-3,464983	3,842614	65,559	-,902	,371	-11,137973	4,208007
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-4,160864	5,948187	85,321	-,700	,486	-15,986810	7,665082
[Time_cent=0] * [Season_S1=2]	,359457	5,962298	91,870	,060	,952	-11,482405	12,201320
[Time_cent=0] * [Season_S1=3]	-,633813	4,727268	85,577	-,134	,894	-10,031973	8,764347
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	1,189114	5,138506	66,338	,231	,818	-9,069267	11,447495
[Time_cent=1] * [Season_S1=2]	7,109870	5,210666	72,961	1,364	,177	-3,275066	17,494806
[Time_cent=1] * [Season_S1=3]	-3,639942	4,063113	67,069	-,896	,374	-11,749796	4,469913
[Time_cent=1] * [Season_S1=4]	0 ^b	0

[Time_cent=2] * [Season_S1=1]	,619560	3,826928	65,525	,162	,872	-7,022182	8,261302
[Time_cent=2] * [Season_S1=2]	2,312310	4,071202	66,188	,568	,572	-5,815676	10,440296
[Time_cent=2] * [Season_S1=3]	-1,742135	3,025096	65,170	-,576	,567	-7,783371	4,299101
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	2,748201	4,895617	86,450	,561	,576	-6,983242	12,479643
[Time_cent=0] * [merged_EDN=2]	,926078	4,676110	88,234	,198	,843	-8,366365	10,218522
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	1,689311	4,217932	67,876	,401	,690	-6,727720	10,106342
[Time_cent=1] * [merged_EDN=2]	3,976235	4,069071	69,125	,977	,332	-4,141078	12,093548
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-,739156	3,188214	66,219	-,232	,817	-7,104238	5,625926
[Time_cent=2] * [merged_EDN=2]	5,340555	3,060175	64,725	1,745	,086	-,771529	11,452639
[Time_cent=2] * [merged_EDN=3]	0 ^b	0

[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	2,451335	3,966825	87,429	,618	,538	-5,432614	10,335284
[Time_cent=1] * Employed	-,241936	3,467527	67,957	-,070	,945	-7,161357	6,677486
[Time_cent=2] * Employed	,929490	2,579477	64,448	,360	,720	-4,222919	6,081899
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	2,153874	3,414051	87,127	,631	,530	-4,631783	8,939531
[Time_cent=1] * Female	,186377	2,957670	68,200	,063	,950	-5,715247	6,088002
[Time_cent=2] * Female	,686210	2,209130	64,608	,311	,757	-3,726235	5,098655
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,061148	,084595	79,715	,723	,472	-,107211	,229507
[Time_cent=1] * FI_rechts	,049421	,070746	63,060	,699	,487	-,091951	,190793
[Time_cent=2] * FI_rechts	,058184	,054626	69,447	1,065	,291	-,050778	,167147
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,001682	,078014	77,711	,022	,983	-,153641	,157004
[Time_cent=1] * FI_links	-,052285	,064588	61,833	-,810	,421	-,181402	,076832
[Time_cent=2] * FI_links	,048310	,047441	64,998	1,018	,312	-,046436	,143056
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	-,013586	,020128	85,821	-,675	,502	-,053601	,026429
[Time_cent=1] * Tinnitus_Duration_centred	-,021685	,017042	69,396	-1,272	,207	-,055680	,012310
[Time_cent=2] * Tinnitus_Duration_centred	-,019012	,012863	64,220	-1,478	,144	-,044707	,006682
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0

[Time_cent=0] * Age_centred	-,091890	,189828	88,557	-,484	,630	-,469100	,285321
[Time_cent=1] * Age_centred	,030674	,166376	69,039	,184	,854	-,301234	,362582
[Time_cent=2] * Age_centred	-,006359	,129018	68,696	-,049	,961	-,263763	,251044
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,045915	,191029	89,936	,240	,811	-,333600	,425430
[Time_cent=1] * TQ_baseline_centred	,089097	,168603	70,240	,528	,599	-,247150	,425345
[Time_cent=2] * TQ_baseline_centred	,143014	,129031	65,980	1,108	,272	-,114607	,400634
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	7,376669	7,527774	86,992	,980	,330	-7,585617	22,338955
[Time_cent=1] * HUI_baseline_centred	-6,004980	6,617596	67,275	-,907	,367	-19,212764	7,202804
[Time_cent=2] * HUI_baseline_centred	-1,915224	5,036725	67,390	-,380	,705	-11,967501	8,137053
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,019127	,014807	82,115	1,292	,200	-,010329	,048583
[Time_cent=1] * TDI_baseline_centred	-,006827	,012652	63,581	-,540	,591	-,032106	,018452
[Time_cent=2] * TDI_baseline_centred	-,003333	,009249	65,018	-,360	,720	-,021804	,015139
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,093959	,639578	83,520	,147	,884	-1,178018	1,365936

[Time_cent=1] * FTQ_baseline_centred	-,025241	,544292	65,617	-,046	,963	-1,112073	1,061591
[Time_cent=2] * FTQ_baseline_centred	,226046	,406553	66,578	,556	,580	-,585532	1,037624
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,423124	,295481	83,943	1,432	,156	-,164477	1,010725
[Time_cent=1] * TCS_baseline_centred	,142117	,256400	64,494	,554	,581	-,370026	,654261
[Time_cent=2] * TCS_baseline_centred	-,267909	,192152	67,790	-1,394	,168	-,651364	,115546
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,438959	,704760	84,394	-,623	,535	-1,840355	,962438
[Time_cent=1] * HADS_baseline_centred	-,203079	,600950	66,510	-,338	,736	-1,402742	,996585
[Time_cent=2] * HADS_baseline_centred	,299874	,441484	64,146	,679	,499	-,582053	1,181800
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound

Intercept	31,413442	2,767859	276,118	11,349	,000	25,964655	36,862228
[Season_S1=1]	1,467956	2,225113	190,524	,660	,510	-2,921064	5,856976
[Season_S1=2]	-,928459	2,178785	190,321	-,426	,670	-5,226127	3,369209
[Season_S1=3]	,186727	1,763030	189,457	,106	,916	-3,290964	3,664417
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-3,665840	1,791311	191,313	-2,046	,042	-7,199096	-,132584
[merged_EDN=2]	1,184529	1,715798	189,995	,690	,491	-2,199931	4,568990
[merged_EDN=3]	0 ^b	0
Employed	2,358749	1,441339	189,968	1,636	,103	-,484336	5,201833
Female	-,692845	1,273754	190,177	-,544	,587	-3,205346	1,819657
FI_rechts	-,009286	,036648	178,910	-,253	,800	-,081604	,063033
FI_links	,062498	,034477	169,200	1,813	,072	-,005562	,130558
Tinnitus_Duration_centred	-,009086	,008216	177,144	-1,106	,270	-,025299	,007128
Age_centred	-,208276	,061972	200,025	-3,361	,001	-,330479	-,086073
TQ_baseline_centred	,467169	,066631	194,379	7,011	,000	,335755	,598582
HUI_baseline_centred	-8,145638	2,719606	193,473	-2,995	,003	-13,509521	-2,781755
TDI_baseline_centred	,011248	,006030	181,939	1,865	,064	-,000650	,023145
FTQ_baseline_centred	,878613	,241608	190,065	3,637	,000	,402034	1,355191
TCS_baseline_centred	,242348	,102094	196,516	2,374	,019	,041008	,443689
HADS_baseline_centred	1,076056	,252062	193,884	4,269	,000	,578921	1,573191
[Time_cent=0]	13,441134	1,555986	110,828	8,638	,000	10,357792	16,524476
[Time_cent=1]	3,884705	1,310235	92,609	2,965	,004	1,282692	6,486718
[Time_cent=2]	1,165003	,995864	82,745	1,170	,245	-,815820	3,145826
[Time_cent=3]	0 ^b	0

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Step 1 only Hospital Anxiety and Depression Scale (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	7,387620	,885582	147,468	8,342	,000	5,637549	9,137690
[Season_S1=1]	-,164148	,832257	146,848	-,197	,844	-1,808896	1,480600
[Season_S1=2]	,489990	,803009	145,638	,610	,543	-1,097067	2,077047
[Season_S1=3]	-,557368	,668622	147,927	-,834	,406	-1,878653	,763917
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,520196	,689576	148,769	,754	,452	-,842431	1,882824
[merged_EDN=2]	1,385438	,635336	146,850	2,181	,031	,129855	2,641021
[merged_EDN=3]	0 ^b	0
Employed	-,367027	,534915	146,319	-,686	,494	-1,424184	,690131
Female	-,946113	,470695	145,900	-2,010	,046	-1,876375	-,015851
FI_rechts	-,012477	,012773	138,946	-,977	,330	-,037732	,012778
FI_links	-,004139	,012365	140,391	-,335	,738	-,028584	,020306
Tinnitus_Duration_centred	-,000316	,002989	143,004	-,106	,916	-,006223	,005592
Age_centred	,039028	,025933	152,848	1,505	,134	-,012207	,090262
TQ_baseline_centred	,002102	,028749	150,743	,073	,942	-,054702	,058905
HUI_baseline_centred	-3,062788	,971716	144,355	-3,152	,002	-4,983418	-1,142158
TDI_baseline_centred	-,003216	,002156	140,480	-1,492	,138	-,007478	,001046
FTQ_baseline_centred	,120538	,093887	147,813	1,284	,201	-,064995	,306072
TCS_baseline_centred	,026511	,038059	148,170	,697	,487	-,048697	,101719
THI_baseline_centred	,104114	,025486	150,025	4,085	,000	,053756	,154471
[Time_cent=0]	,852918	,820536	139,189	1,039	,300	-,769409	2,475245
[Time_cent=1]	0 ^b	0

[Time_cent=0] * [Season_S1=1]	,215770	,770149	138,942	,280	,780	-1,306956	1,738497
[Time_cent=0] * [Season_S1=2]	-,103383	,741316	138,449	-,139	,889	-1,569147	1,362382
[Time_cent=0] * [Season_S1=3]	,680566	,620113	139,368	1,097	,274	-,545479	1,906611
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,198575	,640725	139,691	-,310	,757	-1,465347	1,068196
[Time_cent=0] * [merged_EDN=2]	-,457336	,587925	138,943	-,778	,438	-1,619772	,705099
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	-,391237	,494473	138,728	-,791	,430	-1,368916	,586441
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	,734178	,434753	138,557	1,689	,094	-,125430	1,593787
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,002808	,011655	135,452	-,241	,810	-,025858	,020242

[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,002530	,011309	136,136	,224	,823	-,019834	,024895
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,000754	,002746	137,323	,275	,784	-,004675	,006184
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-,050004	,024366	141,107	-2,052	,042	-,098175	-,001834
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,027781	,026841	140,411	1,035	,302	-,025283	,080845
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	,529995	,894908	137,909	,592	,555	-1,239521	2,299510
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,001582	,001972	136,178	,802	,424	-,002318	,005481
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,142438	,087054	139,324	-1,636	,104	-,314555	,029680
[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,077884	,035316	139,462	2,205	,029	,008060	,147707
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	-,038388	,023750	140,155	-1,616	,108	-,085343	,008568

[Time_cent=1] * 0^b 0
 THI_baseline_centred

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,219725	,606683	219,441	10,252	,000	5,024055	7,415396
[Season_S1=1]	-,010046	,582482	191,843	-,017	,986	-1,158937	1,138845
[Season_S1=2]	,364658	,568737	190,036	,641	,522	-,757190	1,486507
[Season_S1=3]	-,011553	,462143	192,770	-,025	,980	-,923060	,899954
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,321160	,471537	193,458	,681	,497	-,608854	1,251174
[merged_EDN=2]	1,027877	,444655	191,839	2,312	,022	,150836	1,904919
[merged_EDN=3]	0 ^b	0
[Employed=0]	,697927	,376312	190,890	1,855	,065	-,044336	1,440190
[Employed=1]	0 ^b	0
[Female=0]	,398560	,332606	190,567	1,198	,232	-,257502	1,054623
[Female=1]	0 ^b	0
FI_rechts	-,014628	,009551	182,155	-1,532	,127	-,033473	,004217
FI_links	-,001524	,009155	184,184	-,166	,868	-,019586	,016538
Tinnitus_Duration_centred	,000152	,002168	187,348	,070	,944	-,004126	,004429
Age_centred	-,002778	,016556	199,368	-,168	,867	-,035425	,029869

TQ_baseline_centred	,024085	,019127	196,477	1,259	,209	-,013636	,061806
HUI_baseline_centred	-2,681625	,696550	188,514	-3,850	,000	-4,055659	-1,307591
TDI_baseline_centred	-,002119	,001595	184,111	-1,329	,186	-,005265	,001027
FTQ_baseline_centred	,006866	,065025	193,177	,106	,916	-,121384	,135115
TCS_baseline_centred	,086975	,026238	193,293	3,315	,001	,035226	,138724
THI_baseline_centred	,072978	,017143	195,510	4,257	,000	,039168	,106787
[Time_cent=0]	,978351	,204564	155,572	4,783	,000	,574270	1,382431
[Time_cent=1]	0 ^b	0

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	5,113936	1,068072	98,209	4,788	,000	2,994440	7,233433
[Season_S1=1]	,935274	1,021197	98,222	,916	,362	-1,091201	2,961748
[Season_S1=2]	,566521	1,016736	103,087	,557	,579	-1,449916	2,582958
[Season_S1=3]	,332272	,814743	98,958	,408	,684	-1,284364	1,948908
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,489093	,864084	101,649	,566	,573	-1,224885	2,203072
[merged_EDN=2]	1,435749	,795267	100,679	1,805	,074	-,141908	3,013406
[merged_EDN=3]	0 ^b	0
Employed	-,979125	,684877	101,145	-1,430	,156	-2,337712	,379463
Female	-,335757	,592352	101,603	-,567	,572	-1,510741	,839226
FI_rechts	-,012831	,014247	92,020	-,901	,370	-,041127	,015465
FI_links	,013636	,013596	90,917	1,003	,319	-,013370	,040643
Tinnitus_Duration_centred	,001003	,003466	98,684	,290	,773	-,005874	,007881
Age_centred	,018617	,033795	99,078	,551	,583	-,048438	,085672
TQ_baseline_centred	-,027453	,038128	101,647	-,720	,473	-,103084	,048178
HUI_baseline_centred	-4,586598	1,302236	101,097	-3,522	,001	-7,169854	-2,003341
TDI_baseline_centred	-,004441	,002537	95,305	-1,750	,083	-,009477	,000596
FTQ_baseline_centred	,156579	,108846	95,647	1,439	,154	-,059489	,372647
TCS_baseline_centred	,022232	,047386	98,083	,469	,640	-,071804	,116267
THI_baseline_centred	,086423	,032941	102,131	2,624	,010	,021085	,151760
[Time_cent=0]	3,126601	1,043158	91,095	2,997	,004	1,054525	5,198678
[Time_cent=1]	2,273683	,967321	78,643	2,350	,021	,348143	4,199224
[Time_cent=2]	1,400855	,756903	65,586	1,851	,069	-,110528	2,912238
[Time_cent=3]	0 ^b	0

[Time_cent=0] * [Season_S1=1]	-,883651	,997834	91,261	-,886	,378	-2,865650	1,098348
[Time_cent=0] * [Season_S1=2]	-,179914	,994282	96,162	-,181	,857	-2,153505	1,793678
[Time_cent=0] * [Season_S1=3]	-,209074	,796352	91,938	-,263	,793	-1,790712	1,372564
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	-1,099421	,927487	78,570	-1,185	,239	-2,945696	,746853
[Time_cent=1] * [Season_S1=2]	-,076531	,927982	83,580	-,082	,934	-1,922060	1,768998
[Time_cent=1] * [Season_S1=3]	-,889640	,740033	79,416	-1,202	,233	-2,362518	,583239
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-1,239820	,730209	65,892	-1,698	,094	-2,697775	,218135
[Time_cent=2] * [Season_S1=2]	,287336	,758275	68,760	,379	,706	-1,225476	1,800148
[Time_cent=2] * [Season_S1=3]	-,557334	,580662	66,154	-,960	,341	-1,716613	,601946
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,167472	,846074	94,841	-,198	,844	-1,847177	1,512233

[Time_cent=0] * [merged_EDN=2]	-,507647	,777793	93,802	-,653	,516	-2,052015	1,036721
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	,031103	,790307	82,275	,039	,969	-1,540991	1,603197
[Time_cent=1] * [merged_EDN=2]	-,050311	,725281	81,107	-,069	,945	-1,493364	1,392742
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	,120492	,646707	68,950	,186	,853	-1,169670	1,410654
[Time_cent=2] * [merged_EDN=2]	-,152332	,575120	66,345	-,265	,792	-1,300485	,995821
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	,220861	,670317	94,453	,329	,743	-1,109986	1,551707
[Time_cent=1] * Employed	,612098	,626982	81,599	,976	,332	-,635261	1,859457
[Time_cent=2] * Employed	,440882	,496063	65,751	,889	,377	-,549610	1,431374
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	,123823	,579186	94,696	,214	,831	-1,026055	1,273701
[Time_cent=1] * Female	-,610356	,540154	82,022	-1,130	,262	-1,684890	,464179
[Time_cent=2] * Female	,018422	,430630	66,726	,043	,966	-,841184	,878028
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,002454	,013786	84,369	-,178	,859	-,029866	,024958
[Time_cent=1] * FI_rechts	,000354	,012496	73,562	,028	,977	-,024547	,025255

[Time_cent=2] * FI_rechts	-.001417	,010326	68,848	-.137	,891	-.022017	,019183
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-.015245	,013153	83,170	-1,159	,250	-.041405	,010915
[Time_cent=1] * FI_links	-.017775	,011897	72,560	-1,494	,139	-.041488	,005938
[Time_cent=2] * FI_links	-.013092	,009159	65,111	-1,429	,158	-.031384	,005201
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	-.000565	,003369	91,044	-.168	,867	-.007258	,006127
[Time_cent=1] * Tinnitus_Duration_centred	-.001319	,003090	79,814	-.427	,671	-.007469	,004830
[Time_cent=2] * Tinnitus_Duration_centred	-.002653	,002412	65,895	-1,100	,275	-.007468	,002162
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-.029593	,033237	93,254	-.890	,376	-.095593	,036407
[Time_cent=1] * Age_centred	,020411	,031343	80,667	,651	,517	-.041956	,082779
[Time_cent=2] * Age_centred	,042605	,026015	70,758	1,638	,106	-.009271	,094481
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,057336	,037463	95,607	1,530	,129	-.017032	,131704
[Time_cent=1] * TQ_baseline_centred	,029555	,035333	82,885	,836	,405	-.040723	,099832
[Time_cent=2] * TQ_baseline_centred	-.005640	,029110	68,721	-.194	,847	-.063716	,052436
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	2,053804	1,275879	94,769	1,610	,111	-.479215	4,586824

[Time_cent=1] * HUI_baseline_centred	1,523810	1,199687	81,743	1,270	,208	-,862861	3,910481
[Time_cent=2] * HUI_baseline_centred	,721215	,964505	66,407	,748	,457	-1,204261	2,646692
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,002806	,002465	87,943	1,138	,258	-,002093	,007705
[Time_cent=1] * TDI_baseline_centred	,001225	,002263	75,832	,541	,590	-,003283	,005732
[Time_cent=2] * TDI_baseline_centred	,005777	,001755	65,268	3,293	,002	,002273	,009281
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,178478	,106120	88,256	-1,682	,096	-,389361	,032405
[Time_cent=1] * FTQ_baseline_centred	-,036041	,097742	76,258	-,369	,713	-,230700	,158618
[Time_cent=2] * FTQ_baseline_centred	-,048368	,076740	67,288	-,630	,531	-,201530	,104794
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,082163	,046369	91,353	1,772	,080	-,009938	,174264
[Time_cent=1] * TCS_baseline_centred	,004279	,043248	78,534	,099	,921	-,081812	,090370
[Time_cent=2] * TCS_baseline_centred	-,004975	,035830	70,036	-,139	,890	-,076435	,066486
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	-,020697	,032320	95,727	-,640	,523	-,084855	,043461
[Time_cent=1] * THI_baseline_centred	,017691	,030359	83,036	,583	,562	-,042692	,078074

[Time_cent=2] * THI_baseline_centred	,000172	,025008	69,220	,007	,995	-,049714	,050059
[Time_cent=3] * THI_baseline_centred	0 ^b	0

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,384942	,652844	234,183	9,780	,000	5,098745	7,671140
[Season_S1=1]	,040358	,575199	191,079	,070	,944	-1,094196	1,174913
[Season_S1=2]	,323455	,561537	189,238	,576	,565	-,784221	1,431131
[Season_S1=3]	,026770	,456081	191,427	,059	,953	-,872818	,926359
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,338502	,465631	192,669	,727	,468	-,579886	1,256891
[merged_EDN=2]	1,074795	,439130	191,140	2,448	,015	,208631	1,940959
[merged_EDN=3]	0 ^b	0
Employed	-,776350	,371728	190,469	-2,088	,038	-1,509583	-,043117
Female	-,380984	,328359	189,659	-1,160	,247	-1,028690	,266721
FI_rechts	-,015678	,009372	175,314	-1,673	,096	-,034175	,002818
FI_links	,001038	,008982	176,761	,116	,908	-,016687	,018763
Tinnitus_Duration_centred	,000287	,002134	183,477	,134	,893	-,003924	,004498
Age_centred	-,001675	,016401	200,573	-,102	,919	-,034016	,030665

TQ_baseline_centred	,019320	,018943	197,574	1,020	,309	-,018037	,056677
HUI_baseline_centred	-2,796617	,688696	188,829	-4,061	,000	-4,155143	-1,438092
TDI_baseline_centred	-,002245	,001570	180,737	-1,430	,154	-,005342	,000852
FTQ_baseline_centred	,021230	,064122	190,958	,331	,741	-,105249	,147708
TCS_baseline_centred	,081195	,025919	192,780	3,133	,002	,030074	,132317
THI_baseline_centred	,074173	,016950	195,580	4,376	,000	,040745	,107602
[Time_cent=0]	1,847483	,277437	113,587	6,659	,000	1,297862	2,397104
[Time_cent=1]	,866282	,247590	95,766	3,499	,001	,374805	1,357759
[Time_cent=2]	,665193	,204444	83,370	3,254	,002	,258590	1,071797
[Time_cent=3]	0 ^b	0

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 only Tinnitus Catastrophizing Scale (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	21,649692	2,561319	136,923	8,453	,000	16,584835	26,714549
[Season_S1=1]	1,752141	2,380554	136,540	,736	,463	-2,955381	6,459664
[Season_S1=2]	,700954	2,298550	136,262	,305	,761	-3,844490	5,246398
[Season_S1=3]	-1,939011	1,923981	136,897	-1,008	,315	-5,743577	1,865554
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,468304	2,022308	137,359	-,232	,817	-4,467187	3,530579
[merged_EDN=2]	1,056911	1,830314	136,489	,577	,565	-2,562529	4,676351
[merged_EDN=3]	0 ^b	0
Employed	-2,646530	1,530908	136,517	-1,729	,086	-5,673890	,380831
Female	-1,476827	1,349569	136,356	-1,094	,276	-4,145619	1,191965
FI_rechts	-,012655	,036542	134,367	-,346	,730	-,084926	,059616
FI_links	-,018285	,036502	135,804	-,501	,617	-,090471	,053901
Tinnitus_Duration_centred	-,011729	,008500	135,437	-1,380	,170	-,028540	,005081
Age_centred	,050322	,076538	138,171	,657	,512	-,101014	,201659
TQ_baseline_centred	,230975	,081958	137,724	2,818	,006	,068916	,393034
HUI_baseline_centred	-5,317594	2,866808	136,322	-1,855	,066	-10,986761	,351574
TDI_baseline_centred	-,006426	,006465	136,138	-,994	,322	-,019210	,006359
FTQ_baseline_centred	,666719	,259024	136,954	2,574	,011	,154514	1,178923
THI_baseline_centred	,038897	,074718	137,478	,521	,603	-,108848	,186641
HADS_baseline_centred	,594724	,275822	137,074	2,156	,033	,049306	1,140141
[Time_cent=0]	4,285198	2,674585	142,212	1,602	,111	-1,001884	9,572280
[Time_cent=1]	0 ^b	0

[Time_cent=0] * [Season_S1=1]	-1,187073	2,490193	141,319	-,477	,634	-6,109918	3,735771
[Time_cent=0] * [Season_S1=2]	-1,770395	2,407210	140,685	-,735	,463	-6,529376	2,988586
[Time_cent=0] * [Season_S1=3]	1,625863	2,009322	142,149	,809	,420	-2,346150	5,597876
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	1,106742	2,106881	143,257	,525	,600	-3,057849	5,271333
[Time_cent=0] * [merged_EDN=2]	-1,595095	1,915035	141,201	-,833	,406	-5,380941	2,190752
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	,311233	1,601578	141,266	,194	,846	-2,854925	3,477391
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	2,010994	1,412824	140,898	1,423	,157	-,782080	4,804068
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,014872	,038517	136,586	,386	,700	-,061296	,091039

[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,010950	,038295	139,660	,286	,775	-,064763	,086663
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,012189	,008929	138,857	1,365	,174	-,005466	,029844
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,019823	,079224	145,358	,250	,803	-,136757	,176402
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	-,052807	,085185	144,168	-,620	,536	-,221180	,115567
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	9,989911	3,001597	140,821	3,328	,001	4,055895	15,923927
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,007112	,006774	140,406	1,050	,296	-,006279	,020504
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,051748	,270439	142,284	,191	,849	-,482848	,586345
[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,098921	,077787	143,550	1,272	,206	-,054835	,252677
[Time_cent=1] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	,057612	,287803	142,570	,200	,842	-,511300	,626525

[Time_cent=1] * 0^b 0

HADS_baseline_centred

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	18,661555	1,522041	234,741	12,261	,000	15,662950	21,660160
[Season_S1=1]	,798996	1,418228	189,228	,563	,574	-1,998571	3,596564
[Season_S1=2]	-,596595	1,383970	187,083	-,431	,667	-3,326787	2,133597
[Season_S1=3]	-,696252	1,126585	190,852	-,618	,537	-2,918409	1,525905
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,367904	1,152051	193,090	,319	,750	-1,904316	2,640123
[merged_EDN=2]	-,240421	1,092767	188,885	-,220	,826	-2,396017	1,915175
[merged_EDN=3]	0 ^b	0
[Employed=0]	2,516460	,912504	188,718	2,758	,006	,716442	4,316478
[Employed=1]	0 ^b	0
[Female=0]	-,036744	,809996	187,979	-,045	,964	-1,634594	1,561107
[Female=1]	0 ^b	0
FI_rechts	-,002074	,023315	177,575	-,089	,929	-,048083	,043936
FI_links	-,010129	,022324	183,768	-,454	,651	-,054174	,033915
Tinnitus_Duration_centred	-,002530	,005271	183,362	-,480	,632	-,012930	,007869
Age_centred	,064677	,040390	201,612	1,601	,111	-,014964	,144318
TQ_baseline_centred	,183891	,045523	196,921	4,040	,000	,094115	,273666

HUI_baseline_centred	2,263069	1,722279	187,503	1,314	,190	-1,134465	5,660602
TDI_baseline_centred	-,001302	,003905	185,212	-,333	,739	-,009005	,006402
FTQ_baseline_centred	,709768	,151286	191,488	4,692	,000	,411367	1,008170
THI_baseline_centred	,118096	,042343	195,665	2,789	,006	,034589	,201603
HADS_baseline_centred	,643439	,160201	192,769	4,016	,000	,327467	,959411
[Time_cent=0]	5,138282	,660136	157,390	7,784	,000	3,834415	6,442150
[Time_cent=1]	0 ^b	0

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3))

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	17,856550	3,135273	93,394	5,695	,000	11,630866	24,082234
[Season_S1=1]	1,844644	2,953371	93,664	,625	,534	-4,019616	7,708905
[Season_S1=2]	-2,451396	2,991455	98,925	-,819	,414	-8,387147	3,484355
[Season_S1=3]	-1,834117	2,389201	94,213	-,768	,445	-6,577792	2,909558
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,557763	2,539090	97,202	-,220	,827	-5,597022	4,481495
[merged_EDN=2]	1,933698	2,336429	96,295	,828	,410	-2,703896	6,571292
[merged_EDN=3]	0 ^b	0
Employed	-3,494856	2,000825	97,207	-1,747	,084	-7,465833	,476122

Female	-,365443	1,730071	97,201	-,211	,833	-3,799065	3,068179
FI_rechts	-,066076	,042161	86,737	-1,567	,121	-,149878	,017727
FI_links	,037354	,039602	84,952	,943	,348	-,041386	,116094
Tinnitus_Duration_centred	-,011929	,010127	92,376	-1,178	,242	-,032041	,008183
Age_centred	,061096	,097834	95,668	,624	,534	-,133111	,255302
TQ_baseline_centred	,164822	,107225	98,674	1,537	,127	-,047943	,377588
HUI_baseline_centred	-3,131280	3,919720	98,609	-,799	,426	-10,909236	4,646676
TDI_baseline_centred	-,008545	,007403	90,137	-1,154	,251	-,023253	,006162
FTQ_baseline_centred	,571735	,304098	90,924	1,880	,063	-,032325	1,175796
THI_baseline_centred	,071531	,097541	98,076	,733	,465	-,122034	,265096
HADS_baseline_centred	,408592	,335210	92,841	1,219	,226	-,257084	1,074269
[Time_cent=0]	8,078340	3,214986	98,676	2,513	,014	1,698852	14,457828
[Time_cent=1]	3,644236	2,706852	75,378	1,346	,182	-1,747645	9,036117
[Time_cent=2]	,484588	2,183414	62,469	,222	,825	-3,879343	4,848519
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-1,279576	3,029556	98,931	-,422	,674	-7,290925	4,731773
[Time_cent=0] * [Season_S1=2]	1,381954	3,063534	104,150	,451	,653	-4,693046	7,456955
[Time_cent=0] * [Season_S1=3]	1,520968	2,448426	99,488	,621	,536	-3,336946	6,378883
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	-,140915	2,550561	75,430	-,055	,956	-5,221418	4,939588
[Time_cent=1] * [Season_S1=2]	3,107772	2,620446	79,862	1,186	,239	-2,107221	8,322765
[Time_cent=1] * [Season_S1=3]	-,099132	2,063892	75,940	-,048	,962	-4,209782	4,011518
[Time_cent=1] * [Season_S1=4]	0 ^b	0

[Time_cent=2] * [Season_S1=1]	,798578	2,060617	62,410	,388	,700	-3,319998	4,917154
[Time_cent=2] * [Season_S1=2]	,138114	2,209324	65,096	,063	,950	-4,274089	4,550316
[Time_cent=2] * [Season_S1=3]	,099218	1,673621	62,818	,059	,953	-3,245437	3,443873
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	1,196202	2,597123	102,439	,461	,646	-3,954915	6,347318
[Time_cent=0] * [merged_EDN=2]	-2,471882	2,393688	101,542	-1,033	,304	-7,220007	2,276244
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	,282049	2,240902	82,117	,126	,900	-4,175724	4,739822
[Time_cent=1] * [merged_EDN=2]	-,863490	2,035838	77,787	-,424	,673	-4,916706	3,189726
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-1,464662	1,859953	65,422	-,787	,434	-5,178789	2,249466
[Time_cent=2] * [merged_EDN=2]	,247193	1,663641	62,844	,149	,882	-3,077490	3,571875
[Time_cent=2] * [merged_EDN=3]	0 ^b	0

[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	1,159560	2,047499	102,421	,566	,572	-2,901445	5,220564
[Time_cent=1] * Employed	,813627	1,759382	78,540	,462	,645	-2,688655	4,315909
[Time_cent=2] * Employed	,286129	1,430227	62,122	,200	,842	-2,572741	3,145000
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	,899610	1,772651	102,437	,507	,613	-2,616254	4,415474
[Time_cent=1] * Female	-1,048235	1,512584	78,295	-,693	,490	-4,059380	1,962909
[Time_cent=2] * Female	-,394259	1,243702	63,245	-,317	,752	-2,879410	2,090892
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,068292	,043636	91,624	1,565	,121	-,018378	,154961
[Time_cent=1] * FI_rechts	,054397	,035255	71,425	1,543	,127	-,015893	,124687
[Time_cent=2] * FI_rechts	,053946	,029974	67,645	1,800	,076	-,005872	,113765
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,044689	,041022	89,834	-1,089	,279	-,126187	,036810
[Time_cent=1] * FI_links	-,050089	,034149	77,351	-1,467	,146	-,118083	,017906
[Time_cent=2] * FI_links	-,011379	,026336	63,004	-,432	,667	-,064006	,041248
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,012389	,010438	97,473	1,187	,238	-,008326	,033103
[Time_cent=1] * Tinnitus_Duration_centred	,000109	,008597	77,046	,013	,990	-,017009	,017227
[Time_cent=2] * Tinnitus_Duration_centred	-,006186	,006957	62,274	-,889	,377	-,020092	,007720
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0

[Time_cent=0] * Age_centred	,009050	,099642	100,585	,091	,928	-,188623	,206723
[Time_cent=1] * Age_centred	-,018421	,086931	78,539	-,212	,833	-,191469	,154627
[Time_cent=2] * Age_centred	-,144448	,072251	66,443	-1,999	,050	-,288684	-,000212
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,013346	,109350	103,755	,122	,903	-,203505	,230198
[Time_cent=1] * TQ_baseline_centred	,071126	,095050	80,798	,748	,456	-,117999	,260252
[Time_cent=2] * TQ_baseline_centred	,111654	,081016	66,896	1,378	,173	-,050059	,273367
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	7,803598	4,004916	103,745	1,949	,054	-,138530	15,745726
[Time_cent=1] * HUI_baseline_centred	-2,157123	3,481358	78,278	-,620	,537	-9,087586	4,773340
[Time_cent=2] * HUI_baseline_centred	-4,150074	2,899190	63,745	-1,431	,157	-9,942317	1,642170
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,009232	,007635	95,205	1,209	,230	-,005926	,024390
[Time_cent=1] * TDI_baseline_centred	,001031	,006620	84,997	,156	,877	-,012131	,014193
[Time_cent=2] * TDI_baseline_centred	,000884	,005040	62,445	,175	,861	-,009190	,010958
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	,146732	,312464	96,211	,470	,640	-,473488	,766951

[Time_cent=1] * FTQ_baseline_centred	,070844	,261403	76,015	,271	,787	-,449784	,591472
[Time_cent=2] * FTQ_baseline_centred	-,125454	,211728	64,794	-,593	,556	-,548330	,297422
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,066287	,099568	103,203	,666	,507	-,131178	,263752
[Time_cent=1] * THI_baseline_centred	-,026636	,086600	80,676	-,308	,759	-,198954	,145682
[Time_cent=2] * THI_baseline_centred	-,118357	,071983	64,786	-1,644	,105	-,262126	,025412
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	,243743	,343700	98,134	,709	,480	-,438306	,925792
[Time_cent=1] * HADS_baseline_centred	,200011	,288061	75,129	,694	,490	-,373820	,773842
[Time_cent=2] * HADS_baseline_centred	,274379	,232780	62,803	1,179	,243	-,190823	,739581
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	17,879969	1,631046	245,170	10,962	,000	14,667318	21,092620
[Season_S1=1]	,846734	1,390158	186,992	,609	,543	-1,895674	3,589142
[Season_S1=2]	-1,048834	1,355852	184,647	-,774	,440	-3,723788	1,626120
[Season_S1=3]	-,766404	1,103493	187,853	-,695	,488	-2,943234	1,410426
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,223547	1,127375	189,539	,198	,843	-2,000267	2,447361
[merged_EDN=2]	-,007868	1,070898	186,506	-,007	,994	-2,120498	2,104762
[merged_EDN=3]	0 ^b	0
Employed	-2,637043	,895559	187,752	-2,945	,004	-4,403694	-,870392
Female	,017983	,793382	185,322	,023	,982	-1,547240	1,583205
FI_rechts	-,005849	,022704	170,266	-,258	,797	-,050668	,038969
FI_links	-,001892	,021594	169,246	-,088	,930	-,044521	,040737
Tinnitus_Duration_centred	-,003343	,005136	175,094	-,651	,516	-,013479	,006793
Age_centred	,057825	,039689	201,259	1,457	,147	-,020435	,136086
TQ_baseline_centred	,181494	,044752	196,724	4,056	,000	,093239	,269748
HUI_baseline_centred	2,020779	1,693348	188,022	1,193	,234	-1,319623	5,361181
TDI_baseline_centred	-,001718	,003788	174,449	-,453	,651	-,009193	,005758
FTQ_baseline_centred	,693628	,147833	186,231	4,692	,000	,401985	,985271
THI_baseline_centred	,113747	,041506	193,631	2,741	,007	,031885	,195609
HADS_baseline_centred	,646537	,157054	190,224	4,117	,000	,336746	,956327
[Time_cent=0]	8,352825	,830251	123,990	10,061	,000	6,709524	9,996125
[Time_cent=1]	3,237702	,691622	96,963	4,681	,000	1,865017	4,610387
[Time_cent=2]	1,257439	,557228	81,760	2,257	,027	,148886	2,365993
[Time_cent=3]	0 ^b	0

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 only Fear of Tinnitus (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,025412	,862306	146,970	6,988	,000	4,321292	7,729532
[Season_S1=1]	1,101626	,818287	146,786	1,346	,180	-,515519	2,718772
[Season_S1=2]	1,697282	,787765	145,893	2,155	,033	,140376	3,254188
[Season_S1=3]	,840477	,659038	147,503	1,275	,204	-,461899	2,142853
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,579783	,677289	147,833	-,856	,393	-1,918202	,758636
[merged_EDN=2]	-,511555	,618779	146,158	-,827	,410	-1,734466	,711356
[merged_EDN=3]	0 ^b	0
Employed	,346941	,527840	146,180	,657	,512	-,696241	1,390124
Female	-1,484073	,461839	146,359	-3,213	,002	-2,396808	-,571338
FI_rechts	-,005080	,012688	142,375	-,400	,689	-,030162	,020002
FI_links	-,009064	,012101	142,871	-,749	,455	-,032984	,014856
Tinnitus_Duration_centred	-,003553	,002914	144,141	-1,219	,225	-,009313	,002208
Age_centred	-,015479	,025683	149,987	-,603	,548	-,066226	,035269
TQ_baseline_centred	,034115	,028477	148,914	1,198	,233	-,022156	,090385

HUI_baseline_centred	-2,972794	,996028	146,060	-2,985	,003	-4,941283	-1,004305
TDI_baseline_centred	-,002359	,002105	142,763	-1,121	,264	-,006520	,001802
THI_baseline_centred	,024693	,025222	148,513	,979	,329	-,025146	,074533
TCS_baseline_centred	,128192	,038078	148,558	3,367	,001	,052948	,203437
HADS_baseline_centred	-,081804	,101142	148,964	-,809	,420	-,281663	,118054
[Time_cent=0]	3,503740	,855827	145,915	4,094	,000	1,812321	5,195159
[Time_cent=1]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-1,451400	,812090	145,747	-1,787	,076	-3,056394	,153593
[Time_cent=0] * [Season_S1=2]	-1,870096	,781582	144,930	-2,393	,018	-3,414868	-,325324
[Time_cent=0] * [Season_S1=3]	-1,187419	,654208	146,401	-1,815	,072	-2,480330	,105493
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	,068700	,672408	146,701	,102	,919	-1,260157	1,397557
[Time_cent=0] * [merged_EDN=2]	-,324577	,613971	145,173	-,529	,598	-1,538055	,888901
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0

[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	-,208885	,523742	145,193	-,399	,691	-1,244027	,826258
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	,924974	,458279	145,357	2,018	,045	,019223	1,830726
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,002357	,012577	141,681	,187	,852	-,022506	,027221
[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,003816	,011997	142,141	-,318	,751	-,027531	,019898
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,001105	,002890	143,317	,382	,703	-,004608	,006817
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,007259	,025526	148,634	,284	,777	-,043183	,057701
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	-,033201	,028284	147,678	-1,174	,242	-,089095	,022694
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	3,551890	,988260	145,083	3,594	,000	1,598645	5,505136
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,005162	,002087	142,042	2,474	,015	,001037	,009287
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,037756	,025047	147,317	1,507	,134	-,011742	,087253

[Time_cent=1] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	-,002758	,037815	147,357	-,073	,942	-,077487	,071971
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	,057914	,100462	147,723	,576	,565	-,140615	,256442
[Time_cent=1] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	7,103966	,641827	213,313	11,068	,000	5,838829	8,369102
[Season_S1=1]	,070767	,592002	192,889	,120	,905	-1,096862	1,238395
[Season_S1=2]	,376018	,578085	190,200	,650	,516	-,764264	1,516300
[Season_S1=3]	-,040490	,469990	194,399	-,086	,931	-,967424	,886443
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,519997	,479163	194,801	-1,085	,279	-1,465011	,425016
[merged_EDN=2]	-,757719	,452689	191,588	-1,674	,096	-1,650614	,135176
[merged_EDN=3]	0 ^b	0

Employed	,141429	,385582	190,874	,367	,714	-,619120	,901978
Female	-,858816	,336451	191,498	-2,553	,011	-1,522442	-,195191
FI_rechts	-,004127	,009727	181,357	-,424	,672	-,023320	,015066
FI_links	-,012570	,009234	182,987	-1,361	,175	-,030789	,005650
Tinnitus_Duration_centred	-,002961	,002193	186,429	-1,350	,179	-,007287	,001365
Age_centred	-,010315	,016943	203,249	-,609	,543	-,043722	,023091
TQ_baseline_centred	,006887	,019615	198,850	,351	,726	-,031793	,045566
HUI_baseline_centred	-,492473	,728996	190,582	-,676	,500	-1,930411	,945464
TDI_baseline_centred	,001109	,001608	182,868	,690	,491	-,002064	,004283
THI_baseline_centred	,054383	,017572	197,507	3,095	,002	,019731	,089035
TCS_baseline_centred	,126821	,026483	197,362	4,789	,000	,074595	,179046
HADS_baseline_centred	-,036943	,069603	199,342	-,531	,596	-,174197	,100310
[Time_cent=0]	2,152998	,220406	160,924	9,768	,000	1,717736	2,588259
[Time_cent=1]	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3))

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	5,765152	1,128320	82,918	5,110	,000	3,520937	8,009367
[Season_S1=1]	-,446061	1,081194	82,684	-,413	,681	-2,596634	1,704512
[Season_S1=2]	,111492	1,104240	86,049	,101	,920	-2,083647	2,306631

[Season_S1=3]	,467810	,872177	83,184	,536	,593	-1,266859	2,202478
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,895431	,932656	84,848	-,960	,340	-2,749849	,958988
[merged_EDN=2]	-,959773	,848510	84,328	-1,131	,261	-2,647031	,727486
[merged_EDN=3]	0 ^b	0
Employed	,202833	,738712	84,242	,275	,784	-1,266116	1,671782
Female	-,500617	,636681	84,874	-,786	,434	-1,766536	,765301
FI_rechts	-,020024	,015227	79,691	-1,315	,192	-,050330	,010281
FI_links	,004874	,014229	78,429	,343	,733	-,023453	,033200
Tinnitus_Duration_centred	-,001021	,003712	84,443	-,275	,784	-,008403	,006361
Age_centred	,004538	,036459	82,373	,124	,901	-,067986	,077062
TQ_baseline_centred	-,031925	,041710	84,355	-,765	,446	-,114865	,051016
HUI_baseline_centred	-,253546	1,458133	84,254	-,174	,862	-3,153076	2,645985
TDI_baseline_centred	-,001396	,002673	81,190	-,522	,603	-,006715	,003923
THI_baseline_centred	,064138	,035920	84,268	1,786	,078	-,007290	,135566
TCS_baseline_centred	,146163	,050543	81,232	2,892	,005	,045603	,246724
HADS_baseline_centred	,021401	,127798	80,874	,167	,867	-,232884	,275685
[Time_cent=0]	3,764000	1,131657	82,723	3,326	,001	1,513069	6,014931
[Time_cent=1]	,260260	1,033076	68,178	,252	,802	-1,801114	2,321634
[Time_cent=2]	,243450	1,024638	62,756	,238	,813	-1,804281	2,291181
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	,096287	1,084355	82,610	,089	,929	-2,060602	2,253176
[Time_cent=0] * [Season_S1=2]	-,284306	1,107213	85,994	-,257	,798	-2,485375	1,916763
[Time_cent=0] * [Season_S1=3]	-,814751	,874638	83,048	-,932	,354	-2,554355	,924853
[Time_cent=0] * [Season_S1=4]	0 ^b	0

[Time_cent=1] * [Season_S1=1]	1,547687	,991440	67,940	1,561	,123	-,430731	3,526106
[Time_cent=1] * [Season_S1=2]	1,585790	1,021857	71,590	1,552	,125	-,451444	3,623024
[Time_cent=1] * [Season_S1=3]	,372667	,801080	68,599	,465	,643	-1,225611	1,970945
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	,616935	,993586	63,341	,621	,537	-1,368379	2,602248
[Time_cent=2] * [Season_S1=2]	,145335	1,023545	68,166	,142	,888	-1,897026	2,187697
[Time_cent=2] * [Season_S1=3]	-,220697	,793463	63,703	-,278	,782	-1,805965	1,364570
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	,384348	,935046	84,794	,411	,682	-1,474840	2,243536
[Time_cent=0] * [merged_EDN=2]	,123641	,850873	84,357	,145	,885	-1,568309	1,815590
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	,315648	,863191	70,609	,366	,716	-1,405670	2,036966
[Time_cent=1] * [merged_EDN=2]	,448218	,782551	69,720	,573	,569	-1,112641	2,009076

[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	,399538	,873060	68,164	,458	,649	-1,342550	2,141626
[Time_cent=2] * [merged_EDN=2]	,663644	,779008	64,593	,852	,397	-,892327	2,219616
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	-,064776	,740686	84,413	-,087	,931	-1,537606	1,408054
[Time_cent=1] * Employed	,144109	,683697	69,802	,211	,834	-1,219550	1,507767
[Time_cent=2] * Employed	-,522974	,677839	63,562	-,772	,443	-1,877293	,831344
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	-,058481	,638421	84,864	-,092	,927	-1,327863	1,210900
[Time_cent=1] * Female	-,983456	,587913	70,344	-1,673	,099	-2,155910	,188998
[Time_cent=2] * Female	-,079683	,582901	65,085	-,137	,892	-1,243787	1,084421
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,017302	,015290	78,796	1,132	,261	-,013133	,047737
[Time_cent=1] * FI_rechts	,014945	,013568	64,609	1,101	,275	-,012156	,042045
[Time_cent=2] * FI_rechts	,012283	,014288	65,769	,860	,393	-,016247	,040813
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,017754	,014289	77,374	-1,242	,218	-,046206	,010697
[Time_cent=1] * FI_links	-,013938	,012621	63,475	-1,104	,274	-,039155	,011279
[Time_cent=2] * FI_links	-,006403	,012586	60,736	-,509	,613	-,031572	,018765
[Time_cent=3] * FI_links	0 ^b	0

[Time_cent=0] * Tinnitus_Duration_centred	-,001427	,003725	83,697	-,383	,703	-,008836	,005981
[Time_cent=1] * Tinnitus_Duration_centred	-,002532	,003364	69,430	-,752	,454	-,009243	,004179
[Time_cent=2] * Tinnitus_Duration_centred	-,001878	,003288	64,225	-,571	,570	-,008446	,004691
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-,012758	,036534	82,628	-,349	,728	-,085427	,059911
[Time_cent=1] * Age_centred	-,020017	,034083	69,194	-,587	,559	-,088006	,047973
[Time_cent=2] * Age_centred	-,030057	,035168	68,620	-,855	,396	-,100222	,040107
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,032839	,041799	84,616	,786	,434	-,050274	,115951
[Time_cent=1] * TQ_baseline_centred	,066039	,039054	71,018	1,691	,095	-,011831	,143910
[Time_cent=2] * TQ_baseline_centred	,087018	,039720	67,866	2,191	,032	,007755	,166281
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	,832642	1,461710	84,641	,570	,570	-2,073807	3,739092
[Time_cent=1] * HUI_baseline_centred	-2,719248	1,359019	70,264	-2,001	,049	-5,429546	-,008950
[Time_cent=2] * HUI_baseline_centred	-,437581	1,368278	65,126	-,320	,750	-3,170121	2,294958
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,004198	,002683	80,935	1,565	,122	-,001140	,009537

[Time_cent=1] * TDI_baseline_centred	-,000964	,002416	65,895	-,399	,691	-,005788	,003861
[Time_cent=2] * TDI_baseline_centred	-,000101	,002411	61,437	-,042	,967	-,004921	,004719
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	-,001689	,036003	84,447	-,047	,963	-,073280	,069902
[Time_cent=1] * THI_baseline_centred	-,039445	,033468	70,500	-1,179	,243	-,106186	,027296
[Time_cent=2] * THI_baseline_centred	-,051699	,034074	68,142	-1,517	,134	-,119689	,016291
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	-,020729	,050677	81,310	-,409	,684	-,121554	,080096
[Time_cent=1] * TCS_baseline_centred	-,017971	,046553	66,895	-,386	,701	-,110893	,074951
[Time_cent=2] * TCS_baseline_centred	-,059755	,048333	66,137	-1,236	,221	-,156251	,036742
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,045291	,128161	80,554	-,353	,725	-,300314	,209731
[Time_cent=1] * HADS_baseline_centred	-,103205	,116746	66,493	-,884	,380	-,336264	,129854
[Time_cent=2] * HADS_baseline_centred	,072855	,114688	61,314	,635	,528	-,156454	,302164
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T2), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,211489	,665223	238,115	9,337	,000	4,901016	7,521961
[Season_S1=1]	-,007147	,587750	192,889	-,012	,990	-1,166390	1,152096
[Season_S1=2]	,270778	,573916	190,217	,472	,638	-,861279	1,402836
[Season_S1=3]	-,054357	,466432	194,080	-,117	,907	-,974284	,865570
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,518286	,475714	194,806	-1,089	,277	-1,456497	,419924
[merged_EDN=2]	-,746906	,449458	191,637	-1,662	,098	-1,633425	,139614
[merged_EDN=3]	0 ^b	0
Employed	,109045	,382900	191,088	,285	,776	-,646208	,864298
Female	-,790412	,334021	191,494	-2,366	,019	-1,449246	-,131578
FI_rechts	-,005848	,009633	179,345	-,607	,545	-,024856	,013160
FI_links	-,010557	,009141	180,330	-1,155	,250	-,028593	,007480
Tinnitus_Duration_centred	-,002754	,002173	185,006	-1,267	,207	-,007042	,001534
Age_centred	-,009068	,016844	204,059	-,538	,591	-,042280	,024143
TQ_baseline_centred	,005277	,019500	199,630	,271	,787	-,033175	,043728
HUI_baseline_centred	-,361355	,724473	191,243	-,499	,619	-1,790340	1,067629
TDI_baseline_centred	,001054	,001595	182,126	,661	,510	-,002093	,004201

THI_baseline_centred	,055794	,017458	197,969	3,196	,002	,021366	,090222
TCS_baseline_centred	,124127	,026307	197,678	4,718	,000	,072249	,176004
HADS_baseline_centred	-,025596	,069114	199,320	-,370	,712	-,161885	,110693
[Time_cent=0]	3,067994	,285313	104,309	10,753	,000	2,502227	3,633760
[Time_cent=1]	,915390	,262872	91,376	3,482	,001	,393257	1,437524
[Time_cent=2]	,272850	,245320	82,386	1,112	,269	-,215136	,760836
[Time_cent=3]	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 only Tinnitus Questionnaire (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	44,311041	3,986037	143,669	11,117	,000	36,432185	52,189896
[Season_S1=1]	1,537008	3,733979	143,079	,412	,681	-5,843884	8,917901
[Season_S1=2]	7,095699	3,560914	141,911	1,993	,048	,056407	14,134992
[Season_S1=3]	1,258397	3,007446	143,943	,418	,676	-4,686067	7,202860
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-1,284361	3,091672	144,195	-,415	,678	-7,395213	4,826491
[merged_EDN=2]	-1,869110	2,835619	142,772	-,659	,511	-7,474332	3,736112
[merged_EDN=3]	0 ^b	0
Employed	-3,372948	2,404884	142,308	-1,403	,163	-8,126862	1,380965
Female	-1,759352	2,119565	142,606	-,830	,408	-5,949179	2,430475
FI_rechts	-,000287	,057686	138,313	-,005	,996	-,114348	,113773
FI_links	-,000855	,055217	138,464	-,015	,988	-,110032	,108323
Tinnitus_Duration_centred	-,004189	,013227	140,038	-,317	,752	-,030339	,021962
Age_centred	,131858	,115055	147,078	1,146	,254	-,095518	,359233
FTQ_baseline_centred	,332377	,423503	143,908	,785	,434	-,504712	1,169467
HUI_baseline_centred	-15,627184	4,527146	142,007	-3,452	,001	-24,576492	-6,677877
TDI_baseline_centred	,010146	,009230	137,940	1,099	,274	-,008104	,028396
THI_baseline_centred	,354869	,100534	141,876	3,530	,001	,156131	,553607
TCS_baseline_centred	,205262	,179861	145,854	1,141	,256	-,150209	,560733
HADS_baseline_centred	,075871	,462239	145,865	,164	,870	-,837680	,989422
[Time_cent=0]	9,180401	3,759352	136,658	2,442	,016	1,746374	16,614427
[Time_cent=1]	0 ^b	0

[Time_cent=0] * [Season_S1=1]	-2,676311	3,516515	136,494	-,761	,448	-9,630207	4,277584
[Time_cent=0] * [Season_S1=2]	-3,622575	3,344541	136,160	-1,083	,281	-10,236538	2,991387
[Time_cent=0] * [Season_S1=3]	,267687	2,838412	136,732	,094	,925	-5,345176	5,880550
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	1,656000	2,919842	136,800	,567	,572	-4,117861	7,429861
[Time_cent=0] * [merged_EDN=2]	-1,455595	2,668524	136,407	-,545	,586	-6,732623	3,821433
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	3,810749	2,260761	136,275	1,686	,094	-,659962	8,281460
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	2,196227	1,993897	136,360	1,101	,273	-1,746732	6,139187
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,049195	,053792	135,060	,915	,362	-,057188	,155579

[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,009299	,051504	135,108	-,181	,857	-,111157	,092560
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,017122	,012375	135,601	1,384	,169	-,007351	,041595
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,054903	,109745	137,517	,500	,618	-,162104	,271909
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,321841	,399663	136,723	-,805	,422	-1,112161	,468480
[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	13,999977	4,252961	136,188	3,292	,001	5,589592	22,410362
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,012478	,008601	134,940	1,451	,149	-,004532	,029488
[Time_cent=1] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,032738	,094418	136,150	,347	,729	-,153977	,219453
[Time_cent=1] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,153319	,170713	137,230	,898	,371	-,184249	,490887
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	,299944	,438744	137,232	,684	,495	-,567628	1,167517

[Time_cent=1] * 0^b 0

HADS_baseline_centred

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	42,928366	2,376068	239,012	18,067	,000	38,247657	47,609075
[Season_S1=1]	-,769123	2,111813	194,527	-,364	,716	-4,934112	3,395865
[Season_S1=2]	4,023976	2,052622	193,100	1,960	,051	-,024462	8,072414
[Season_S1=3]	1,461104	1,673031	195,175	,873	,384	-1,838435	4,760644
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,109054	1,710654	195,248	,064	,949	-3,264678	3,482786
[merged_EDN=2]	-3,129174	1,612313	194,202	-1,941	,054	-6,309066	,050719
[merged_EDN=3]	0 ^b	0
Employed	-,247408	1,377833	193,668	-,180	,858	-2,964892	2,470076
Female	,059532	1,208445	193,968	,049	,961	-2,323848	2,442911
FI_rechts	,038709	,034856	189,133	1,111	,268	-,030047	,107465
FI_links	-,008349	,033324	189,865	-,251	,802	-,074083	,057384
Tinnitus_Duration_centred	,010102	,007832	191,657	1,290	,199	-,005347	,025551
Age_centred	,179245	,058438	198,805	3,067	,002	,064007	,294482
FTQ_baseline_centred	,065372	,235837	195,411	,277	,782	-,399739	,530484
HUI_baseline_centred	-3,777502	2,606995	193,646	-1,449	,149	-8,919253	1,364249

TDI_baseline_centred	,020246	,005604	189,510	3,613	,000	,009191	,031301
THI_baseline_centred	,383055	,057995	193,267	6,605	,000	,268670	,497440
TCS_baseline_centred	,336954	,095548	197,147	3,527	,001	,148528	,525381
HADS_baseline_centred	,328621	,245592	197,479	1,338	,182	-,155698	,812940
[Time_cent=0]	11,039010	,942600	153,779	11,711	,000	9,176893	12,901127
[Time_cent=1]	0 ^b	0

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3))

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	38,441232	4,930685	95,245	7,796	,000	28,652908	48,229555
[Season_S1=1]	4,814451	4,691451	95,913	1,026	,307	-4,498112	14,127015
[Season_S1=2]	1,129008	4,625021	99,110	,244	,808	-8,047912	10,305928
[Season_S1=3]	1,037985	3,762831	96,156	,276	,783	-6,431021	8,506992
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	1,217395	3,911515	97,693	,311	,756	-6,545184	8,979975
[merged_EDN=2]	3,545306	3,636668	98,026	,975	,332	-3,671519	10,762132
[merged_EDN=3]	0 ^b	0
Employed	-5,777132	3,083515	96,563	-1,874	,064	-11,897404	,343141
Female	-2,994631	2,717791	97,997	-1,102	,273	-8,388000	2,398738

FI_rechts	-,052702	,065972	86,539	-,799	,427	-,183838	,078434
FI_links	,096598	,062406	85,302	1,548	,125	-,027476	,220671
Tinnitus_Duration_centred	-,009206	,015776	93,539	-,584	,561	-,040531	,022119
Age_centred	-,012013	,154396	99,104	-,078	,938	-,318363	,294338
FTQ_baseline_centred	,788829	,509124	92,846	1,549	,125	-,222212	1,799869
HUI_baseline_centred	-14,324213	6,045491	97,899	-2,369	,020	-26,321448	-2,326979
TDI_baseline_centred	,002453	,011054	90,905	,222	,825	-,019505	,024411
THI_baseline_centred	,219357	,131337	98,193	1,670	,098	-,041269	,479984
TCS_baseline_centred	,106850	,221831	94,258	,482	,631	-,333585	,547285
HADS_baseline_centred	,646928	,560013	93,326	1,155	,251	-,465096	1,758953
[Time_cent=0]	15,050210	4,880455	98,934	3,084	,003	5,366248	24,734171
[Time_cent=1]	5,869809	4,091871	73,590	1,435	,156	-2,284176	14,023794
[Time_cent=2]	1,018643	3,515249	65,499	,290	,773	-6,000781	8,038068
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-5,953754	4,644044	99,571	-1,282	,203	-15,167892	3,260384
[Time_cent=0] * [Season_S1=2]	2,344116	4,579458	102,604	,512	,610	-6,738575	11,426807
[Time_cent=0] * [Season_S1=3]	,488098	3,725794	99,667	,131	,896	-6,904073	7,880269
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	-3,277443	3,919088	73,726	-,836	,406	-11,086879	4,531993
[Time_cent=1] * [Season_S1=2]	5,966691	3,915012	76,473	1,524	,132	-1,829951	13,763334
[Time_cent=1] * [Season_S1=3]	,220411	3,139019	74,055	,070	,944	-6,034144	6,474966
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-7,096425	3,377111	65,872	-2,101	,039	-13,839290	-,353560

[Time_cent=2] * [Season_S1=2]	-,696123	3,441560	67,457	-,202	,840	-7,564649	6,172403
[Time_cent=2] * [Season_S1=3]	-,024432	2,696040	65,662	-,009	,993	-5,407765	5,358902
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,845756	3,874276	101,028	-,218	,828	-8,531252	6,839740
[Time_cent=0] * [merged_EDN=2]	-6,870011	3,601001	101,518	-1,908	,059	-14,012986	,272964
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	-2,501756	3,279150	75,387	-,763	,448	-9,033607	4,030094
[Time_cent=1] * [merged_EDN=2]	-5,414416	3,063884	75,479	-1,767	,081	-11,517350	,688518
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-2,252264	2,879300	67,806	-,782	,437	-7,998114	3,493587
[Time_cent=2] * [merged_EDN=2]	-2,936853	2,650824	65,824	-1,108	,272	-8,229658	2,355953
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0

[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	6,214932	3,052756	100,145	2,036	,044	,158458	12,271406
[Time_cent=1] * Employed	2,404183	2,597067	73,795	,926	,358	-2,770825	7,579192
[Time_cent=2] * Employed	2,159084	2,219714	64,695	,973	,334	-2,274388	6,592555
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	3,431506	2,690965	101,524	1,275	,205	-1,906310	8,769323
[Time_cent=1] * Female	1,235279	2,289376	75,489	,540	,591	-3,324907	5,795465
[Time_cent=2] * Female	1,397240	1,982958	66,054	,705	,484	-2,561802	5,356282
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,101610	,065042	92,060	1,562	,122	-,027568	,230787
[Time_cent=1] * FI_rechts	,052414	,052444	69,771	,999	,321	-,052188	,157017
[Time_cent=2] * FI_rechts	,095730	,046304	68,814	2,067	,042	,003351	,188108
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,106751	,061509	90,867	-1,736	,086	-,228933	,015430
[Time_cent=1] * FI_links	-,097452	,049267	69,227	-1,978	,052	-,195731	,000826
[Time_cent=2] * FI_links	-,026524	,041745	64,720	-,635	,527	-,109901	,056853
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,022140	,015580	98,384	1,421	,158	-,008778	,053057
[Time_cent=1] * Tinnitus_Duration_centred	,005018	,012842	75,327	,391	,697	-,020562	,030597
[Time_cent=2] * Tinnitus_Duration_centred	,008373	,011027	64,953	,759	,450	-,013649	,030395
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,198773	,153307	101,143	1,297	,198	-,105341	,502888

[Time_cent=1] * Age_centred	,143871	,132667	74,753	1,084	,282	-,120430	,408171
[Time_cent=2] * Age_centred	,099612	,118401	70,822	,841	,403	-,136483	,335708
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,778292	,503685	96,738	-1,545	,126	-1,778002	,221418
[Time_cent=1] * FTQ_baseline_centred	-,456451	,416921	72,254	-1,095	,277	-1,287519	,374616
[Time_cent=2] * FTQ_baseline_centred	-,308232	,359603	67,153	-,857	,394	-1,025973	,409509
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	12,697006	5,989344	101,050	2,120	,036	,815829	24,578183
[Time_cent=1] * HUI_baseline_centred	-1,302971	5,171980	74,239	-,252	,802	-11,607815	9,001874
[Time_cent=2] * HUI_baseline_centred	,570513	4,518392	67,257	,126	,900	-8,447602	9,588629
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,020171	,010911	96,086	1,849	,068	-,001487	,041829
[Time_cent=1] * TDI_baseline_centred	,007693	,009009	71,683	,854	,396	-,010268	,025654
[Time_cent=2] * TDI_baseline_centred	,017672	,007661	64,985	2,307	,024	,002373	,032971
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,168250	,130056	101,635	1,294	,199	-,089728	,426227
[Time_cent=1] * THI_baseline_centred	,135512	,111427	75,168	1,216	,228	-,086453	,357476

[Time_cent=2] * THI_baseline_centred	,029191	,097620	67,837	,299	,766	-,165615	,223998
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,251730	,219792	97,383	1,145	,255	-,184475	,687936
[Time_cent=1] * TCS_baseline_centred	,098412	,184099	71,946	,535	,595	-,268588	,465411
[Time_cent=2] * TCS_baseline_centred	-,018665	,164626	71,027	-,113	,910	-,346918	,309588
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-,271113	,554683	96,594	-,489	,626	-,1,372064	,829838
[Time_cent=1] * HADS_baseline_centred	-,571058	,460930	71,812	-,1,239	,219	-,1,489947	,347831
[Time_cent=2] * HADS_baseline_centred	-,072337	,390082	64,588	-,185	,853	-,851479	,706806
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	40,783219	3,483677	168,788	11,707	,000	33,906028	47,660410
[Season_S1=1]	-1,976803	4,279975	118,398	-,462	,645	-10,452025	6,498418
[Season_S1=2]	-5,115103	4,253558	119,304	-1,203	,232	-13,537352	3,307146
[Season_S1=3]	-,015198	3,596672	109,768	-,004	,997	-7,143125	7,112730
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,112928	1,693182	193,391	,067	,947	-3,226545	3,452402
[merged_EDN=2]	-2,737964	1,596661	192,889	-1,715	,088	-5,887121	,411193
[merged_EDN=3]	0 ^b	0
Employed	-,407146	1,363884	192,057	-,299	,766	-3,097260	2,282968
Female	-,092614	1,195701	191,873	-,077	,938	-2,451021	2,265792
FI_rechts	,034866	,034367	182,209	1,015	,312	-,032942	,102673
FI_links	,003102	,032832	181,814	,094	,925	-,061679	,067883
Tinnitus_Duration_centred	,010250	,007729	186,086	1,326	,186	-,004998	,025498
Age_centred	,172695	,057990	199,114	2,978	,003	,058343	,287048
FTQ_baseline_centred	,100454	,233317	192,845	,431	,667	-,359727	,560636
HUI_baseline_centred	-3,763591	2,582831	192,850	-1,457	,147	-8,857815	1,330633
TDI_baseline_centred	,020382	,005533	184,823	3,684	,000	,009467	,031298
THI_baseline_centred	,373493	,057397	191,469	6,507	,000	,260281	,486706
TCS_baseline_centred	,321066	,094700	196,438	3,390	,001	,134307	,507825
HADS_baseline_centred	,368734	,243311	196,382	1,515	,131	-,111103	,848571
[Time_cent=0]	12,942558	3,019310	116,066	4,287	,000	6,962469	18,922647
[Time_cent=1]	1,693425	2,347990	85,544	,721	,473	-2,974579	6,361429
[Time_cent=2]	2,069280	2,044298	80,101	1,012	,314	-1,998925	6,137485

[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	1,390449	4,196551	118,222	,331	,741	-6,919702	9,700601
[Time_cent=0] * [Season_S1=2]	8,894691	4,205846	122,331	2,115	,036	,569024	17,220357
[Time_cent=0] * [Season_S1=3]	1,609743	3,591644	117,338	,448	,655	-5,503106	8,722592
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	1,308887	3,302401	86,450	,396	,693	-5,255580	7,873354
[Time_cent=1] * [Season_S1=2]	11,172784	3,368563	89,049	3,317	,001	4,479572	17,865997
[Time_cent=1] * [Season_S1=3]	,918021	2,812639	86,124	,326	,745	-4,673206	6,509248
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-4,403313	2,860578	79,061	-1,539	,128	-10,097083	1,290457
[Time_cent=2] * [Season_S1=2]	1,723206	2,977877	81,600	,579	,564	-4,201174	7,647586
[Time_cent=2] * [Season_S1=3]	,169431	2,452867	80,224	,069	,945	-4,711720	5,050582
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 only Tinnitus Disability Index (Secondary outcome)

Baseline (T0) – End of Step 1 at 3 months (T1)

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	194,609957	32,521780	133,166	5,984	,000	130,283870	258,936043
[Season_S1=1]	48,560864	30,491476	133,154	1,593	,114	-11,749453	108,871180
[Season_S1=2]	18,458222	29,233526	133,106	,631	,529	-39,364137	76,280582
[Season_S1=3]	-5,193281	24,491454	133,173	-,212	,832	-53,635850	43,249288
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-60,149764	25,790018	133,215	-2,332	,021	-111,160663	-9,138865
[merged_EDN=2]	15,674232	22,740235	133,133	,689	,492	-29,304660	60,653125
[merged_EDN=3]	0 ^b	0
Employed	-17,377690	19,568749	133,115	-,888	,376	-56,083609	21,328229
Female	22,969544	17,244507	133,132	1,332	,185	-11,139113	57,078201
FI_rechts	-,486627	,464162	132,894	-1,048	,296	-1,404728	,431473
FI_links	,449193	,464894	133,062	,966	,336	-,470345	1,368732
Tinnitus_Duration_centred	-,139577	,107977	133,024	-1,293	,198	-,353152	,073998
Age_centred	-1,323221	,971089	133,255	-1,363	,175	-3,243964	,597522
FTQ_baseline_centred	-,547950	3,477515	133,197	-,158	,875	-7,426247	6,330347
HUI_baseline_centred	-163,064979	35,568342	133,104	-4,585	,000	-233,417276	-92,712681
TQ_baseline_centred	2,568641	1,025520	133,231	2,505	,013	,540235	4,597047

THI_baseline_centred	2,992713	,963263	133,225	3,107	,002	1,087446	4,897979
TCS_baseline_centred	-2,780104	1,536926	133,243	-1,809	,073	-5,820033	,259825
HADS_baseline_centred	1,195930	3,844739	133,244	,311	,756	-6,408686	8,800547
[Time_cent=0]	45,241559	40,069025	166,681	1,129	,260	-33,866659	124,349777
[Time_cent=1]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-23,682076	37,650188	166,173	-,629	,530	-98,016450	50,652298
[Time_cent=0] * [Season_S1=2]	-7,582673	36,391516	164,215	-,208	,835	-79,438280	64,272934
[Time_cent=0] * [Season_S1=3]	,872393	30,128562	167,032	,029	,977	-58,609468	60,354254
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	0 ^b	0
[Time_cent=1] * [Season_S1=2]	0 ^b	0
[Time_cent=1] * [Season_S1=3]	0 ^b	0
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	65,857462	31,396255	169,276	2,098	,037	3,878830	127,836095
[Time_cent=0] * [merged_EDN=2]	45,281853	28,187122	165,263	1,606	,110	-10,371433	100,935138
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	0 ^b	0
[Time_cent=1] * [merged_EDN=2]	0 ^b	0
[Time_cent=1] * [merged_EDN=3]	0 ^b	0

[Time_cent=0] * Employed	19,522055	24,325988	164,562	,803	,423	-28,509230	67,553341
[Time_cent=1] * Employed	0 ^b	0
[Time_cent=0] * Female	-38,106318	21,379391	165,213	-1,782	,077	-80,318361	4,105725
[Time_cent=1] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,049547	,592239	157,693	,084	,933	-1,120196	1,219290
[Time_cent=1] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,315456	,582339	162,642	-,542	,589	-1,465376	,834464
[Time_cent=1] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,025594	,135908	161,388	,188	,851	-,242794	,293982
[Time_cent=1] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	-,156757	1,150555	173,748	-,136	,892	-2,427621	2,114107
[Time_cent=1] * Age_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	5,098820	4,255246	168,204	1,198	,233	-3,301749	13,499388
[Time_cent=1] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	45,083197	44,289646	164,146	1,018	,310	-42,367662	132,534055
[Time_cent=1] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,618023	1,241785	170,325	,498	,619	-1,833247	3,069293
[Time_cent=1] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	-1,244638	1,168726	169,943	-1,065	,288	-3,551729	1,062452
[Time_cent=1] * THI_baseline_centred	0 ^b	0

[Time_cent=0] * TCS_baseline_centred	2,974737	1,850818	171,325	1,607	,110	-,678605	6,628079
[Time_cent=1] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-4,091114	4,625613	171,487	-,884	,378	-13,221584	5,039355
[Time_cent=1] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	196,535426	22,787958	211,674	8,625	,000	151,615019	241,455833
[Season_S1=1]	33,213107	20,687100	191,650	1,605	,110	-7,590529	74,016742
[Season_S1=2]	15,803411	20,096926	186,893	,786	,433	-23,842566	55,449388
[Season_S1=3]	-6,479408	16,458705	192,911	-,394	,694	-38,941529	25,982712
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-20,059919	16,931991	198,076	-1,185	,238	-53,450023	13,330186
[merged_EDN=2]	44,266473	15,529399	189,402	2,850	,005	13,633675	74,899271
[merged_EDN=3]	0 ^b	0
Employed	-7,014506	13,419699	187,462	-,523	,602	-33,487538	19,458526
Female	-2,550078	11,777483	189,234	-,217	,829	-25,782097	20,681941
FI_rechts	-,529583	,332049	173,354	-1,595	,113	-1,184963	,125797

FI_links	,292698	,323416	183,721	,905	,367	-,345388	,930784
Tinnitus_Duration_centred	-,115757	,075792	181,271	-1,527	,128	-,265304	,033791
Age_centred	-1,413565	,602028	213,317	-2,348	,020	-2,600251	-,226880
FTQ_baseline_centred	2,603777	2,316221	196,313	1,124	,262	-1,964092	7,171646
HUI_baseline_centred	-138,413788	24,483595	186,802	-5,653	,000	-186,713669	-90,113906
TQ_baseline_centred	2,813900	,667510	201,657	4,216	,000	1,497706	4,130094
THI_baseline_centred	2,258009	,631033	201,082	3,578	,000	1,013718	3,502300
TCS_baseline_centred	-,779345	,985796	203,762	-,791	,430	-2,723014	1,164324
HADS_baseline_centred	-1,601773	2,466018	204,730	-,650	,517	-6,463821	3,260275
[Time_cent=0]	46,587183	10,095425	181,457	4,615	,000	26,667660	66,506705
[Time_cent=1]	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Baseline (T0) – 12 months (4 months-follow-up, post treatment (T3))

Full model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	158,071303	49,238071	84,674	3,210	,002	60,167377	255,975229
[Season_S1=1]	54,564208	47,315333	85,299	1,153	,252	-39,506587	148,635002
[Season_S1=2]	5,731916	47,449246	90,155	,121	,904	-88,532084	99,995915
[Season_S1=3]	,599010	37,740339	85,629	,016	,987	-74,430935	75,628955

[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-18,064170	40,241036	88,398	-,449	,655	-98,029760	61,901420
[merged_EDN=2]	74,427379	35,785872	87,165	2,080	,040	3,300982	145,553776
[merged_EDN=3]	0 ^b	0
Employed	-31,917689	31,602766	88,380	-1,010	,315	-94,717780	30,882402
Female	3,274967	27,456694	88,292	,119	,905	-51,286928	57,836861
FI_rechts	-,868377	,653352	78,841	-1,329	,188	-2,168882	,432128
FI_links	1,560424	,614455	77,268	2,540	,013	,336957	2,783892
Tinnitus_Duration_centred	-,129813	,158157	84,129	-,821	,414	-,444318	,184692
Age_centred	-2,212064	1,578830	87,449	-1,401	,165	-5,349933	,925806
FTQ_baseline_centred	8,832667	5,071148	82,595	1,742	,085	-1,254374	18,919707
HUI_baseline_centred	-147,250156	58,939244	89,281	-2,498	,014	-264,356092	-30,144219
TQ_baseline_centred	3,081877	1,701792	90,349	1,811	,073	-,298851	6,462606
THI_baseline_centred	2,207880	1,565088	88,861	1,411	,162	-,901984	5,317745
TCS_baseline_centred	-3,688366	2,345544	83,735	-1,572	,120	-8,352952	,976221
HADS_baseline_centred	-1,141467	5,636255	82,773	-,203	,840	-12,352208	10,069274
[Time_cent=0]	81,780213	54,401578	104,375	1,503	,136	-26,095595	189,656021
[Time_cent=1]	29,656171	42,454217	70,875	,699	,487	-54,997719	114,310060
[Time_cent=2]	-28,476112	36,313979	64,267	-,784	,436	-101,015829	44,063604
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-29,685420	52,107818	104,994	-,570	,570	-133,005661	73,634821
[Time_cent=0] * [Season_S1=2]	5,143634	52,060262	109,976	,099	,921	-98,027836	108,315103
[Time_cent=0] * [Season_S1=3]	-4,919898	41,534147	105,226	-,118	,906	-87,272378	77,432582
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	-6,942075	41,236260	72,096	-,168	,867	-89,143181	75,259032

[Time_cent=1] * [Season_S1=2]	8,735620	41,773013	75,138	,209	,835	-74,477979	91,949219
[Time_cent=1] * [Season_S1=3]	-6,258060	32,661630	71,479	-,192	,849	-71,375944	58,859824
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	13,152465	35,174909	64,528	,374	,710	-57,106415	83,411345
[Time_cent=2] * [Season_S1=2]	1,569838	36,950912	66,585	,042	,966	-72,192935	75,332610
[Time_cent=2] * [Season_S1=3]	-7,707853	27,942381	64,180	-,276	,784	-63,526163	48,110457
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	23,771869	43,960201	107,714	,541	,590	-63,367500	110,911237
[Time_cent=0] * [merged_EDN=2]	-13,471293	39,390170	106,945	-,342	,733	-91,558170	64,615583
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	-33,698689	35,467228	76,497	-,950	,345	-104,330372	36,932994
[Time_cent=1] * [merged_EDN=2]	-61,538718	31,188119	72,331	-1,973	,052	-123,706233	,628797
[Time_cent=1] * [merged_EDN=3]	0 ^b	0

[Time_cent=2] * [merged_EDN=1]	,423272	30,910182	66,549	,014	,989	-61,281401	62,127946
[Time_cent=2] * [merged_EDN=2]	-7,302191	26,947992	64,903	-,271	,787	-61,122576	46,518195
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	34,062055	34,680047	108,208	,982	,328	-34,678319	102,802428
[Time_cent=1] * Employed	13,590914	27,962157	74,733	,486	,628	-42,115825	69,297652
[Time_cent=2] * Employed	32,876902	23,875350	63,712	1,377	,173	-14,823748	80,577553
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	-18,411741	30,164026	108,080	-,610	,543	-78,201572	41,378091
[Time_cent=1] * Female	23,206898	24,061188	73,065	,964	,338	-24,746264	71,160059
[Time_cent=2] * Female	29,936590	20,788368	64,506	1,440	,155	-11,586674	71,459853
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,431297	,747682	98,470	,577	,565	-1,052366	1,914959
[Time_cent=1] * FI_rechts	,451332	,547103	68,131	,825	,412	-,640357	1,543021
[Time_cent=2] * FI_rechts	,486033	,485540	69,557	1,001	,320	-,482454	1,454521
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-1,426687	,705473	96,815	-2,022	,046	-2,826889	-,026485
[Time_cent=1] * FI_links	-,814789	,523499	72,402	-1,556	,124	-1,858266	,228689
[Time_cent=2] * FI_links	-,466567	,431997	64,377	-1,080	,284	-1,329483	,396349
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,015830	,177953	103,915	,089	,929	-,337061	,368722

[Time_cent=1] * Tinnitus_Duration_centred	-,014369	,134665	73,230	-,107	,915	-,282741	,254003
[Time_cent=2] * Tinnitus_Duration_centred	,044362	,114990	63,383	,386	,701	-,185401	,274124
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,732086	1,692522	104,790	,433	,666	-2,623951	4,088123
[Time_cent=1] * Age_centred	,648440	1,396891	72,396	,464	,644	-2,135952	3,432831
[Time_cent=2] * Age_centred	,640666	1,232966	69,064	,520	,605	-1,818993	3,100324
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-4,281797	5,620583	102,212	-,762	,448	-15,429919	6,866325
[Time_cent=1] * FTQ_baseline_centred	-10,437159	4,341842	71,130	-2,404	,019	-19,094271	-1,780047
[Time_cent=2] * FTQ_baseline_centred	-,972508	3,714065	65,940	-,262	,794	-8,388005	6,442989
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	29,268374	64,452575	109,077	,454	,651	-98,473520	157,010268
[Time_cent=1] * HUI_baseline_centred	-6,455003	52,419296	73,825	-,123	,902	-110,906848	97,996842
[Time_cent=2] * HUI_baseline_centred	11,596796	45,862237	66,051	,253	,801	-79,968798	103,162389
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	,104786	1,837131	108,862	,057	,955	-3,536400	3,745973
[Time_cent=1] * TQ_baseline_centred	-,309601	1,518090	77,159	-,204	,839	-3,332405	2,713202

[Time_cent=2] * TQ_baseline_centred	,677622	1,329757	66,189	,510	,612	-1,977182	3,332426
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	-,459806	1,696284	107,676	-,271	,787	-3,822250	2,902638
[Time_cent=1] * THI_baseline_centred	1,011478	1,386782	74,987	,729	,468	-1,751142	3,774097
[Time_cent=2] * THI_baseline_centred	-,143319	1,214308	66,838	-,118	,906	-2,567195	2,280558
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	3,882999	2,557397	102,517	1,518	,132	-1,189279	8,955276
[Time_cent=1] * TCS_baseline_centred	,468478	2,061554	74,352	,227	,821	-3,638934	4,575891
[Time_cent=2] * TCS_baseline_centred	-1,675348	1,773944	68,162	-,944	,348	-5,215045	1,864349
[Time_cent=3] * TCS_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	-1,753717	6,182890	101,820	-,284	,777	-14,017710	10,510276
[Time_cent=1] * HADS_baseline_centred	3,587468	4,845452	70,686	,740	,462	-6,074834	13,249770
[Time_cent=2] * HADS_baseline_centred	7,014777	4,063366	63,123	1,726	,089	-1,104903	15,134456
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Reduced model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	183,624916	24,122851	258,270	7,612	,000	136,122400	231,127433
[Season_S1=1]	32,611265	20,308603	198,599	1,606	,110	-7,436913	72,659443
[Season_S1=2]	12,100282	19,731958	194,172	,613	,540	-26,816201	51,016766
[Season_S1=3]	-6,521712	16,170040	200,028	-,403	,687	-38,407326	25,363902
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-16,026222	16,586987	204,005	-,966	,335	-48,730129	16,677686
[merged_EDN=2]	45,389884	15,250842	196,534	2,976	,003	15,313577	75,466190
[merged_EDN=3]	0 ^b	0
Employed	-8,220949	13,161645	194,213	-,625	,533	-34,179055	17,737157
Female	-1,653518	11,555374	196,133	-,143	,886	-24,442251	21,135214
FI_rechts	-,535133	,324884	179,223	-1,647	,101	-1,176222	,105957
FI_links	,534571	,312560	183,826	1,710	,089	-,082095	1,151237
Tinnitus_Duration_centred	-,113804	,074305	187,822	-1,532	,127	-,260384	,032776
Age_centred	-1,548884	,592274	220,285	-2,615	,010	-2,716133	-,381634
FTQ_baseline_centred	2,725021	2,268531	201,812	1,201	,231	-1,748043	7,198085
HUI_baseline_centred	-132,989486	24,003750	193,532	-5,540	,000	-180,332022	-85,646950
TQ_baseline_centred	2,917993	,656307	208,760	4,446	,000	1,624154	4,211831
THI_baseline_centred	2,341890	,619270	207,759	3,782	,000	1,121031	3,562750
TCS_baseline_centred	-1,069059	,967520	210,001	-1,105	,270	-2,976355	,838236
HADS_baseline_centred	-1,269798	2,421058	210,764	-,524	,600	-6,042389	3,502792
[Time_cent=0]	53,537717	13,227543	136,495	4,047	,000	27,380297	79,695137
[Time_cent=1]	9,731818	10,695548	96,699	,910	,365	-11,496718	30,960354
[Time_cent=2]	-3,878401	8,605200	81,506	-,451	,653	-20,998437	13,241636
[Time_cent=3]	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 & 2 participants

Mixed (multilevel) regression results for primary and secondary outcomes

Estimates of effects using REML for full and reduced models

Step 1 & 2 HUI (primary outcome)

Full/initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,631778	,094561	118,776	6,681	,000	,444534	,819021
[Season_S1=1]	,092775	,080147	113,706	1,158	,249	-,066001	,251551
[Season_S1=2]	,076697	,074069	115,363	1,035	,303	-,070014	,223409
[Season_S1=3]	,032714	,061846	120,437	,529	,598	-,089732	,155161
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,026125	,062181	109,850	-,420	,675	-,149355	,097106
[merged_EDN=2]	,027632	,053102	112,477	,520	,604	-,077578	,132843
[merged_EDN=3]	0 ^b	0
Employed	,003649	,057543	119,485	,063	,950	-,110287	,117585
Female	,002561	,045373	107,824	,056	,955	-,087379	,092500
FI_rechts	-,003083	,001469	105,262	-2,099	,038	-,005995	-,000170
FI_links	,000729	,001427	122,022	,511	,611	-,002096	,003553
Tinnitus_Duration_centred	,000215	,000213	102,746	1,010	,315	-,000207	,000637
Age_centred	-,000921	,003121	120,420	-,295	,769	-,007100	,005259
TQ_baseline_centred	-,002234	,002510	107,428	-,890	,376	-,007210	,002742
THI_baseline_centred	-,000104	,002782	109,970	-,037	,970	-,005618	,005410
TDI_baseline_centred	-,000233	,000202	114,162	-1,154	,251	-,000632	,000167
FTQ_baseline_centred	-,024351	,009728	115,015	-2,503	,014	-,043621	-,005081
TCS_baseline_centred	,008770	,003709	109,389	2,364	,020	,001418	,016121
HADS_baseline_centred	-,017163	,010414	110,862	-1,648	,102	-,037798	,003472
[Time_cent=0]	-,123173	,089387	130,024	-1,378	,171	-,300013	,053667
[Time_cent=1]	-,232010	,084420	121,151	-2,748	,007	-,399140	-,064880
[Time_cent=2]	,018532	,069604	112,323	,266	,791	-,119374	,156439
[Time_cent=3]	0 ^b	0

[Time_cent=0] *	,065359	,075536	125,180	,865	,389	-,084134	,214851
[Season_S1=1]							
[Time_cent=0] *	,052031	,069900	126,604	,744	,458	-,086294	,190355
[Season_S1=2]							
[Time_cent=0] *	,018444	,058476	131,716	,315	,753	-,097230	,134118
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							
[Time_cent=1] *	,048694	,070913	116,824	,687	,494	-,091747	,189135
[Season_S1=1]							
[Time_cent=1] *	,075835	,065696	118,194	1,154	,251	-,054259	,205928
[Season_S1=2]							
[Time_cent=1] *	,011571	,055082	123,301	,210	,834	-,097458	,120600
[Season_S1=3]							
[Time_cent=1] *	0 ^b	0
[Season_S1=4]							
[Time_cent=2] *	-,017801	,057884	110,231	-,308	,759	-,132511	,096909
[Season_S1=1]							
[Time_cent=2] *	-,030285	,053826	110,839	-,563	,575	-,136945	,076376
[Season_S1=2]							
[Time_cent=2] *	-,053939	,045747	113,652	-1,179	,241	-,144566	,036688
[Season_S1=3]							
[Time_cent=2] *	0 ^b	0
[Season_S1=4]							
[Time_cent=3] *	0 ^b	0
[Season_S1=1]							
[Time_cent=3] *	0 ^b	0
[Season_S1=2]							
[Time_cent=3] *	0 ^b	0
[Season_S1=3]							
[Time_cent=3] *	0 ^b	0
[Season_S1=4]							
[Time_cent=0] *	,002379	,058495	121,242	,041	,968	-,113425	,118182
[merged_EDN=1]							
[Time_cent=0] *	-,006885	,050081	123,574	-,137	,891	-,106012	,092243
[merged_EDN=2]							
[Time_cent=0] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=1] *	,004253	,054746	113,021	,078	,938	-,104208	,112714
[merged_EDN=1]							

[Time_cent=1] * [merged_EDN=2]	,009920	,047080	114,792	,211	,833	-,083339	,103179
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-,013956	,044269	107,872	-,315	,753	-,101706	,073794
[Time_cent=2] * [merged_EDN=2]	-,069933	,038233	108,339	-1,829	,070	-,145715	,005849
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0
[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	,057621	,054510	130,352	1,057	,292	-,050217	,165458
[Time_cent=1] * Employed	,081948	,051808	120,392	1,582	,116	-,020625	,184521
[Time_cent=2] * Employed	,072986	,042595	110,911	1,713	,089	-,011420	,157391
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	,044841	,042640	119,107	1,052	,295	-,039590	,129272
[Time_cent=1] * Female	,037460	,039933	110,701	,938	,350	-,041672	,116592
[Time_cent=2] * Female	-,025395	,032055	106,460	-,792	,430	-,088943	,038153
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	,003241	,001377	116,538	2,353	,020	,000513	,005969
[Time_cent=1] * FI_rechts	,005013	,001285	108,641	3,901	,000	,002466	,007560
[Time_cent=2] * FI_rechts	,001135	,001026	105,705	1,106	,271	-,000899	,003169
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	-,002037	,001351	133,110	-1,508	,134	-,004709	,000635
[Time_cent=1] * FI_links	-,000800	,001275	124,293	-,627	,532	-,003323	,001723
[Time_cent=2] * FI_links	-,001188	,001062	113,646	-1,119	,266	-,003293	,000916
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	-,000281	,000200	113,795	-1,409	,162	-,000676	,000114
[Time_cent=1] * Tinnitus_Duration_centred	-,000208	,000186	105,590	-1,121	,265	-,000577	,000160
[Time_cent=2] * Tinnitus_Duration_centred	-9,564121E-5	,000147	102,718	-,649	,518	-,000388	,000197
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0

[Time_cent=0] *	-.005328	,002959	131,321	-1,801	,074	-.011181	,000525
Age_centred							
[Time_cent=1] *	-.004502	,002797	121,637	-1,609	,110	-.010039	,001035
Age_centred							
[Time_cent=2] *	,000198	,002319	111,171	,085	,932	-.004398	,004794
Age_centred							
[Time_cent=3] *	0 ^b	0
Age_centred							
[Time_cent=0] *	,001937	,002361	118,561	,820	,414	-.002738	,006612
TQ_baseline_centred							
[Time_cent=1] *	,001052	,002218	109,473	,474	,636	-.003343	,005447
TQ_baseline_centred							
[Time_cent=2] *	,000127	,001774	104,779	,071	,943	-.003391	,003645
TQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
TQ_baseline_centred							
[Time_cent=0] *	-.004692	,002619	121,272	-1,792	,076	-.009876	,000492
THI_baseline_centred							
[Time_cent=1] *	-.002436	,002456	112,709	-.992	,323	-.007301	,002430
THI_baseline_centred							
[Time_cent=2] *	-.000368	,001983	107,380	-.186	,853	-.004300	,003563
THI_baseline_centred							
[Time_cent=3] *	0 ^b	0
THI_baseline_centred							
[Time_cent=0] *	-.000261	,000190	125,603	-1,375	,172	-.000637	,000115
TDI_baseline_centred							
[Time_cent=1] *	-.000510	,000179	117,006	-2,847	,005	-.000865	-.000155
TDI_baseline_centred							
[Time_cent=2] *	-.000270	,000146	110,907	-1,855	,066	-.000559	1,848987E-5
TDI_baseline_centred							
[Time_cent=3] *	0 ^b	0
TDI_baseline_centred							
[Time_cent=0] *	,012355	,009185	126,213	1,345	,181	-.005821	,030532
FTQ_baseline_centred							
[Time_cent=1] *	,011115	,008641	117,442	1,286	,201	-.005998	,028228
FTQ_baseline_centred							
[Time_cent=2] *	,009920	,007070	109,897	1,403	,163	-.004091	,023930
FTQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
FTQ_baseline_centred							

[Time_cent=0] *	,000106	,003491	120,714	,030	,976	-,006805	,007016
TCS_baseline_centred							
[Time_cent=1] *	,001500	,003271	112,110	,459	,647	-,004980	,007981
TCS_baseline_centred							
[Time_cent=2] *	,002236	,002639	106,777	,847	,399	-,002996	,007469
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							
[Time_cent=0] *	-,002472	,009811	122,141	-,252	,801	-,021894	,016949
HADS_baseline_centred							
[Time_cent=1] *	-,005238	,009224	113,081	-,568	,571	-,023513	,013037
HADS_baseline_centred							
[Time_cent=2] *	-,011979	,007457	107,168	-1,606	,111	-,026760	,002803
HADS_baseline_centred							
[Time_cent=3] *	0 ^b	0
HADS_baseline_centred							

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

HUI Final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	,516245	,063310	165,000	8,154	,000	,391243	,641247
[Season_S1=1]	,142073	,052916	143,393	2,685	,008	,037477	,246669
[Season_S1=2]	,131597	,048483	144,218	2,714	,007	,035768	,227426
[Season_S1=3]	,038751	,039756	143,251	,975	,331	-,039832	,117335
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,025553	,041648	143,283	-,614	,540	-,107878	,056772
[merged_EDN=2]	,018674	,035000	144,972	,534	,594	-,050503	,087851
[merged_EDN=3]	0 ^b	0
Employed	,073995	,036643	146,448	2,019	,045	,001577	,146413
Female	,034255	,030664	143,886	1,117	,266	-,026355	,094865

FI_rechts	,000809	,001007	143,076	,804	,423	-,001181	,002800
FI_links	-,000628	,000906	143,460	-,693	,489	-,002418	,001163
Tinnitus_Duration_centred	-1,513365E-5	,000147	143,049	-,103	,918	-,000305	,000275
Age_centred	-,005291	,001965	144,061	-2,693	,008	-,009175	-,001407
TQ_baseline_centred	-,000965	,001689	144,675	-,572	,568	-,004303	,002373
THI_baseline_centred	-,003166	,001859	143,969	-1,703	,091	-,006840	,000508
TDI_baseline_centred	-,000620	,000134	144,686	-4,639	,000	-,000884	-,000356
FTQ_baseline_centred	-,012343	,006346	144,370	-1,945	,054	-,024887	,000200
TCS_baseline_centred	,009826	,002479	143,515	3,964	,000	,004926	,014727
HADS_baseline_centred	-,022819	,006906	144,296	-3,304	,001	-,036470	-,009168
[Time_cent=0]	-,045441	,020202	140,419	-2,249	,026	-,085379	-,005502
[Time_cent=1]	-,043395	,019650	133,719	-2,208	,029	-,082259	-,004530
[Time_cent=2]	-,016993	,015289	127,613	-1,111	,268	-,047246	,013259
[Time_cent=3]	0 ^b	0

a. Dependent Variable: HUI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 & 2 Tinnitus Handicap Inventory (secondary outcome)

Full/Initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	30,327891	7,229328	126,506	4,195	,000	16,021819	44,633963
[Season_S1=1]	15,498114	6,167593	123,715	2,513	,013	3,290444	27,705785
[Season_S1=2]	4,594037	5,730183	123,419	,802	,424	-6,748127	15,936200
[Season_S1=3]	8,948724	4,765506	128,453	1,878	,063	-,480327	18,377774
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,849160	4,703889	119,439	-,181	,857	-10,162979	8,464659
[merged_EDN=2]	2,848721	4,047782	121,121	,704	,483	-5,164849	10,862292
[merged_EDN=3]	0 ^b	0
Employed	-2,854283	4,398867	124,625	-,649	,518	-11,560443	5,851876
Female	-1,308235	3,409712	117,385	-,384	,702	-8,060761	5,444290
FI_rechts	,197522	,109509	115,943	1,804	,074	-,019375	,414419
FI_links	-,098993	,110801	128,869	-,893	,373	-,318218	,120232

Tinnitus_Duration_centred	-,003958	,015856	112,243	-,250	,803	-,035375	,027459
Age_centred	-,230027	,239287	128,728	-,961	,338	-,703472	,243418
TQ_baseline_centred	,242065	,179924	115,928	1,345	,181	-,114299	,598429
HUI_baseline_centred	-19,958603	7,404660	120,445	-2,695	,008	-34,618761	-5,298444
TDI_baseline_centred	,003339	,015302	122,471	,218	,828	-,026952	,033630
FTQ_baseline_centred	,671708	,739954	122,322	,908	,366	-,793066	2,136483
TCS_baseline_centred	-,080119	,266722	116,541	-,300	,764	-,608370	,448131
HADS_baseline_centred	,250486	,712379	117,385	,352	,726	-1,160296	1,661268
[Time_cent=0]	15,158604	7,492298	132,793	2,023	,045	,338916	29,978292
[Time_cent=1]	14,969092	6,868479	121,759	2,179	,031	1,371982	28,566202
[Time_cent=2]	7,244944	5,936317	108,709	1,220	,225	-4,520995	19,010884
[Time_cent=3]	0 ^b	0
[Time_cent=0] *	-11,167216	6,406077	129,641	-1,743	,084	-23,841203	1,506771
[Season_S1=1]							
[Time_cent=0] *	-3,535357	5,947792	129,578	-,594	,553	-15,302713	8,232000
[Season_S1=2]							
[Time_cent=0] *	-6,277573	4,936004	134,661	-1,272	,206	-16,039692	3,484547
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							
[Time_cent=1] *	-10,745616	5,834181	119,629	-1,842	,068	-22,297255	,806022
[Season_S1=1]							
[Time_cent=1] *	-4,510448	5,444008	121,216	-,829	,409	-15,288104	6,267207
[Season_S1=2]							
[Time_cent=1] *	-4,486278	4,528248	123,082	-,991	,324	-13,449609	4,477053
[Season_S1=3]							
[Time_cent=1] *	0 ^b	0
[Season_S1=4]							
[Time_cent=2] *	-8,770906	5,010591	108,270	-1,750	,083	-18,702486	1,160673
[Season_S1=1]							
[Time_cent=2] *	-,983343	4,649922	108,128	-,211	,833	-10,200173	8,233487
[Season_S1=2]							
[Time_cent=2] *	-9,191048	3,943653	109,146	-2,331	,022	-17,007122	-1,374974
[Season_S1=3]							
[Time_cent=2] *	0 ^b	0
[Season_S1=4]							
[Time_cent=3] *	0 ^b	0
[Season_S1=1]							
[Time_cent=3] *	0 ^b	0
[Season_S1=2]							

[Time_cent=3] *	0 ^b	0
[Season_S1=3]							
[Time_cent=3] *	0 ^b	0
[Season_S1=4]							
[Time_cent=0] *	-.097087	4,894558	125,335	-.020	,984	-9,783772	9,589599
[merged_EDN=1]							
[Time_cent=0] *	-2,129930	4,203286	127,443	-.507	,613	-10,447196	6,187337
[merged_EDN=2]							
[Time_cent=0] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=1] *	-1,238941	4,457976	117,685	-.278	,782	-10,067191	7,589309
[merged_EDN=1]							
[Time_cent=1] *	-4,162624	3,832103	116,961	-1,086	,280	-11,751931	3,426682
[merged_EDN=2]							
[Time_cent=1] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=2] *	-1,748403	3,762564	107,204	-.465	,643	-9,207085	5,710279
[merged_EDN=1]							
[Time_cent=2] *	-.363862	3,257849	107,445	-.112	,911	-6,821863	6,094139
[merged_EDN=2]							
[Time_cent=2] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=1]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=2]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=0] * Employed	3,882654	4,556537	131,317	,852	,396	-5,131061	12,896369
[Time_cent=1] * Employed	-1,017748	4,187301	118,688	-.243	,808	-9,309246	7,273750
[Time_cent=2] * Employed	-2,632191	3,588412	108,034	-.734	,465	-9,745021	4,480639
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	3,259148	3,551356	123,226	,918	,361	-3,770416	10,288712
[Time_cent=1] * Female	4,281753	3,216510	114,091	1,331	,186	-2,090075	10,653581
[Time_cent=2] * Female	5,154355	2,707611	106,664	1,904	,060	-.213362	10,522073
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-.128835	,114217	121,490	-1,128	,262	-.354949	,097280
[Time_cent=1] * FI_rechts	-.179469	,102955	112,744	-1,743	,084	-.383445	,024508
[Time_cent=2] * FI_rechts	-.075276	,086516	106,451	-.870	,386	-.246794	,096242
[Time_cent=3] * FI_rechts	0 ^b	0

[Time_cent=0] * FI_links	,114599	,114670	135,297	,999	,319	-,112179	,341376
[Time_cent=1] * FI_links	,149002	,105396	123,427	1,414	,160	-,059615	,357620
[Time_cent=2] * FI_links	,131799	,091851	109,137	1,435	,154	-,050244	,313843
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] *	,002558	,016557	117,931	,154	,878	-,030231	,035346
Tinnitus_Duration_centred							
[Time_cent=1] *	,002331	,014872	108,978	,157	,876	-,027145	,031808
Tinnitus_Duration_centred							
[Time_cent=2] *	,010356	,012366	105,115	,837	,404	-,014162	,034874
Tinnitus_Duration_centred							
[Time_cent=3] *	0 ^b	0
Tinnitus_Duration_centred							
[Time_cent=0] *	-,118498	,247074	135,848	-,480	,632	-,607107	,370110
Age_centred							
[Time_cent=1] *	-,181448	,228632	122,068	-,794	,429	-,634045	,271149
Age_centred							
[Time_cent=2] *	-,146242	,198554	108,774	-,737	,463	-,539780	,247295
Age_centred							
[Time_cent=3] *	0 ^b	0
Age_centred							
[Time_cent=0] *	,020853	,187372	122,017	,111	,912	-,350069	,391774
TQ_baseline_centred							
[Time_cent=1] *	-,003656	,169771	112,236	-,022	,983	-,340028	,332717
TQ_baseline_centred							
[Time_cent=2] *	,001092	,142166	106,005	,008	,994	-,280766	,282951
TQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
TQ_baseline_centred							
[Time_cent=0] *	14,119353	7,697812	126,539	1,834	,069	-1,113762	29,352469
HUI_baseline_centred							
[Time_cent=1] *	17,882478	6,996333	116,181	2,556	,012	4,025588	31,739369
HUI_baseline_centred							
[Time_cent=2] *	10,296374	5,945212	107,330	1,732	,086	-1,488903	22,081650
HUI_baseline_centred							
[Time_cent=3] *	0 ^b	0
HUI_baseline_centred							
[Time_cent=0] *	,012571	,015909	128,245	,790	,431	-,018907	,044048
TDI_baseline_centred							
[Time_cent=1] *	,019466	,014489	119,435	1,344	,182	-,009222	,048153
TDI_baseline_centred							

[Time_cent=2] *	,021130	,012375	108,073	1,707	,091	-,003399	,045660
TDI_baseline_centred							
[Time_cent=3] *	0 ^b	0
TDI_baseline_centred							
[Time_cent=0] *	-,351564	,768184	128,595	-,458	,648	-1,871480	1,168353
FTQ_baseline_centred							
[Time_cent=1] *	-,240147	,701833	118,830	-,342	,733	-1,629868	1,149573
FTQ_baseline_centred							
[Time_cent=2] *	-,194374	,598137	107,762	-,325	,746	-1,380015	,991267
FTQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
FTQ_baseline_centred							
[Time_cent=0] *	,540116	,277831	122,474	1,944	,054	-,009856	1,090088
TCS_baseline_centred							
[Time_cent=1] *	,298132	,251141	112,562	1,187	,238	-,199445	,795710
TCS_baseline_centred							
[Time_cent=2] *	,013730	,211177	106,322	,065	,948	-,404935	,432395
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							
[Time_cent=0] *	1,370323	,741327	123,543	1,848	,067	-,097025	2,837671
HADS_baseline_centred							
[Time_cent=1] *	1,297057	,672963	112,446	1,927	,056	-,036275	2,630388
HADS_baseline_centred							
[Time_cent=2] *	,944602	,565818	106,338	1,669	,098	-,177146	2,066350
HADS_baseline_centred							
[Time_cent=3] *	0 ^b	0
HADS_baseline_centred							

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	30,178833	2,910688	235,793	10,368	,000	24,444557	35,913110
[Season_S1=1]	5,263925	2,180107	147,566	2,415	,017	,955662	9,572189
[Season_S1=2]	1,256522	2,009363	148,161	,625	,533	-2,714189	5,227234
[Season_S1=3]	3,111300	1,623789	148,703	1,916	,057	-,097380	6,319980
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,954605	1,701799	147,183	-,561	,576	-4,317723	2,408512
[merged_EDN=2]	,774383	1,428435	148,412	,542	,589	-2,048316	3,597081
[merged_EDN=3]	0 ^b	0
Employed	,173466	1,500820	149,136	,116	,908	-2,792152	3,139084
Female	1,661644	1,247963	146,686	1,331	,185	-,804667	4,127955
FI_rechts	,080757	,040720	145,711	1,983	,049	,000279	,161234
FI_links	,005505	,037300	148,918	,148	,883	-,068201	,079211
Tinnitus_Duration_centred	-,001239	,005974	145,052	-,207	,836	-,013047	,010570
Age_centred	-,340018	,077977	150,308	-4,360	,000	-,494091	-,185944
TQ_baseline_centred	,252663	,065759	146,858	3,842	,000	,122707	,382618
HUI_baseline_centred	-7,088660	2,648919	147,580	-2,676	,008	-12,323372	-1,853948
TDI_baseline_centred	,015775	,005474	147,339	2,882	,005	,004957	,026592
FTQ_baseline_centred	,390334	,260169	148,335	1,500	,136	-,123783	,904451
TCS_baseline_centred	,376763	,097694	146,382	3,857	,000	,183690	,569836
HADS_baseline_centred	1,487237	,257975	147,031	5,765	,000	,977419	1,997054
[Time_cent=0]	15,920573	1,700938	145,149	9,360	,000	12,558767	19,282380
[Time_cent=1]	11,827393	1,554088	134,616	7,611	,000	8,753805	14,900980
[Time_cent=2]	4,811173	1,362255	125,469	3,532	,001	2,115198	7,507147
[Time_cent=3]	0 ^b	0

a. Dependent Variable: THI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 & 2 HADS (secondary outcome)

Full/Initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,583875	1,265177	126,791	5,204	,000	4,080278	9,087473
[Season_S1=1]	1,918147	1,083449	122,324	1,770	,079	-,226592	4,062885
[Season_S1=2]	,627520	,994466	123,366	,631	,529	-1,340907	2,595946
[Season_S1=3]	1,229834	,834304	128,655	1,474	,143	-,420900	2,880567
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,288894	,825919	119,166	,350	,727	-1,346485	1,924273
[merged_EDN=2]	,258049	,703640	119,646	,367	,714	-1,135152	1,651250
[merged_EDN=3]	0 ^b	0
Employed	-1,560079	,763195	125,024	-2,044	,043	-3,070533	-,049624
Female	,074126	,599311	117,252	,124	,902	-1,112751	1,261004
FI_rechts	,023868	,019356	115,056	1,233	,220	-,014473	,062209
FI_links	-,023945	,019295	129,603	-1,241	,217	-,062119	,014230
Tinnitus_Duration_centred	-,000616	,002788	111,727	-,221	,826	-,006141	,004909
Age_centred	-,057415	,043584	128,114	-1,317	,190	-,143652	,028821
TQ_baseline_centred	,014435	,032630	115,095	,442	,659	-,050198	,079069
HUI_baseline_centred	-4,382108	1,292736	119,428	-3,390	,001	-6,941759	-1,822457
TDI_baseline_centred	,000656	,002768	123,525	,237	,813	-,004822	,006135
FTQ_baseline_centred	,272568	,130041	122,462	2,096	,038	,015149	,529987
TCS_baseline_centred	-,084815	,049711	116,829	-1,706	,091	-,183266	,013636
THI_baseline_centred	,028139	,033153	115,048	,849	,398	-,037530	,093809
[Time_cent=0]	1,921379	1,296013	118,787	1,483	,141	-,644904	4,487663
[Time_cent=1]	2,144041	1,180212	116,728	1,817	,072	-,193364	4,481446
[Time_cent=2]	,669535	1,022396	112,198	,655	,514	-1,356173	2,695243
[Time_cent=3]	0 ^b	0
[Time_cent=0] *	-1,397474	1,111725	113,794	-1,257	,211	-3,599835	,804887
[Season_S1=1]							
[Time_cent=0] *	,366090	1,019629	115,142	,359	,720	-1,653572	2,385753
[Season_S1=2]							
[Time_cent=0] *	-1,269550	,854526	120,726	-1,486	,140	-2,961348	,422248
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							
[Time_cent=1] *	-1,070888	1,004673	112,985	-1,066	,289	-3,061329	,919552
[Season_S1=1]							

[Time_cent=1] * [Season_S1=2]	-1,331267	,923722	113,831	-1,441	,152	-3,161182	,498649
[Time_cent=1] * [Season_S1=3]	-1,435100	,778491	118,806	-1,843	,068	-2,976614	,106415
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-1,353641	,862179	111,093	-1,570	,119	-3,062091	,354809
[Time_cent=2] * [Season_S1=2]	,355506	,794251	111,314	,448	,655	-1,218306	1,929318
[Time_cent=2] * [Season_S1=3]	-1,084944	,678299	112,850	-1,600	,113	-2,428797	,258908
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-,238114	,848172	110,496	-,281	,779	-1,918907	1,442678
[Time_cent=0] * [merged_EDN=2]	-,148765	,721947	111,315	-,206	,837	-1,579306	1,281777
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	-,479835	,763855	109,980	-,628	,531	-1,993618	1,033949
[Time_cent=1] * [merged_EDN=2]	-,205035	,652333	109,996	-,314	,754	-1,497807	1,087737
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-,457306	,650443	110,022	-,703	,483	-1,746329	,831718
[Time_cent=2] * [merged_EDN=2]	,109995	,555313	109,903	,198	,843	-,990515	1,210506
[Time_cent=2] * [merged_EDN=3]	0 ^b	0

[Time_cent=3] *	0 ^b	0
[merged_EDN=1]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=2]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=0] * Employed	,703299	,781321	117,250	,900	,370	-,844032	2,250631
[Time_cent=1] * Employed	,340502	,714188	114,040	,477	,634	-1,074293	1,755298
[Time_cent=2] * Employed	,153553	,614090	111,152	,250	,803	-1,063288	1,370395
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	-,663700	,615736	108,534	-1,078	,283	-1,884128	,556728
[Time_cent=1] * Female	-,008057	,553495	108,088	-,015	,988	-1,105170	1,089056
[Time_cent=2] * Female	-,087111	,469068	109,265	-,186	,853	-1,016763	,842542
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,030019	,019909	106,129	-1,508	,135	-,069491	,009453
[Time_cent=1] * FI_rechts	-,029423	,017812	106,493	-1,652	,102	-,064736	,005890
[Time_cent=2] * FI_rechts	-,004098	,015035	108,751	-,273	,786	-,033897	,025700
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,015899	,019748	121,943	,805	,422	-,023194	,054992
[Time_cent=1] * FI_links	,017307	,018040	119,323	,959	,339	-,018412	,053026
[Time_cent=2] * FI_links	,011358	,015746	112,874	,721	,472	-,019838	,042555
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] *	-,000746	,002870	102,853	-,260	,795	-,006437	,004945
Tinnitus_Duration_centred							
[Time_cent=1] *	8,934726E-6	,002560	102,928	,003	,997	-,005069	,005087
Tinnitus_Duration_centred							
[Time_cent=2] *	6,233286E-5	,002143	107,009	,029	,977	-,004185	,004310
Tinnitus_Duration_centred							
[Time_cent=3] *	0 ^b	0
Tinnitus_Duration_centred							
[Time_cent=0] *	,055884	,044561	120,766	1,254	,212	-,032339	,144107
Age_centred							
[Time_cent=1] *	,029881	,040908	116,729	,730	,467	-,051136	,110899
Age_centred							
[Time_cent=2] *	,021617	,035478	111,851	,609	,544	-,048679	,091914
Age_centred							
[Time_cent=3] *	0 ^b	0
Age_centred							
[Time_cent=0] *	,020653	,033530	106,437	,616	,539	-,045821	,087127
TQ_baseline_centred							

[Time_cent=1] *	-.020722	,030121	105,572	-,688	,493	-,080444	,038999
TQ_baseline_centred							
[Time_cent=2] *	-,009515	,025372	108,079	-,375	,708	-,059806	,040775
TQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
TQ_baseline_centred							
[Time_cent=0] *	2,659196	1,326871	110,885	2,004	,047	,029882	5,288510
HUI_baseline_centred							
[Time_cent=1] *	1,876939	1,197499	109,771	1,567	,120	-,496279	4,250156
HUI_baseline_centred							
[Time_cent=2] *	1,263393	1,019543	109,799	1,239	,218	-,757143	3,283930
HUI_baseline_centred							
[Time_cent=3] *	0 ^b	0
HUI_baseline_centred							
[Time_cent=0] *	-,000403	,002840	115,023	-,142	,887	-,006028	,005222
TDI_baseline_centred							
[Time_cent=1] *	,001315	,002567	114,402	,512	,610	-,003771	,006400
TDI_baseline_centred							
[Time_cent=2] *	,000259	,002211	111,627	,117	,907	-,004122	,004640
TDI_baseline_centred							
[Time_cent=3] *	0 ^b	0
TDI_baseline_centred							
[Time_cent=0] *	-,308541	,133350	114,185	-2,314	,022	-,572701	-,044380
FTQ_baseline_centred							
[Time_cent=1] *	-,223639	,120790	112,750	-1,851	,067	-,462952	,015674
FTQ_baseline_centred							
[Time_cent=2] *	-,200845	,103573	110,913	-1,939	,055	-,406084	,004395
FTQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
FTQ_baseline_centred							
[Time_cent=0] *	,117046	,051079	108,082	2,291	,024	,015799	,218293
TCS_baseline_centred							
[Time_cent=1] *	,094945	,045889	107,644	2,069	,041	,003980	,185909
TCS_baseline_centred							
[Time_cent=2] *	,034968	,038855	109,062	,900	,370	-,042041	,111977
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							
[Time_cent=0] *	,088670	,034070	106,389	2,603	,011	,021126	,156213
THI_baseline_centred							

[Time_cent=1] * THI_baseline_centred	,069244	,030582	105,705	2,264	,026	,008610	,129879
[Time_cent=2] * THI_baseline_centred	,055958	,025770	108,156	2,171	,032	,004878	,107037
[Time_cent=3] * THI_baseline_centred	0 ^b	0

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

HADS Final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	6,905497	,707310	188,191	9,763	,000	5,510221	8,300772
[Season_S1=1]	,866664	,585280	147,460	1,481	,141	-,289956	2,023283
[Season_S1=2]	,691644	,529836	148,351	1,305	,194	-,355357	1,738645
[Season_S1=3]	,193945	,435708	149,123	,445	,657	-,667013	1,054903
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,069540	,453138	147,099	,153	,878	-,825962	,965041
[merged_EDN=2]	,129477	,380098	148,181	,341	,734	-,621636	,880589
[merged_EDN=3]	0 ^b	0
Employed	-,986044	,394590	149,315	-2,499	,014	-1,765746	-,206341
Female	-,406139	,331288	146,452	-1,226	,222	-1,060861	,248582
FI_rechts	-,000768	,010908	145,295	-,070	,944	-,022328	,020792
FI_links	-,011212	,009919	149,419	-1,130	,260	-,030812	,008388
Tinnitus_Duration_centred	-,001272	,001584	144,122	-,803	,423	-,004403	,001860
Age_centred	-,012857	,021927	149,869	-,586	,559	-,056182	,030468
TQ_baseline_centred	,027619	,018088	146,202	1,527	,129	-,008130	,063367
HUI_baseline_centred	-2,248759	,702190	147,211	-3,202	,002	-3,636434	-,861083
TDI_baseline_centred	,000629	,001494	148,091	,421	,675	-,002325	,003582
FTQ_baseline_centred	,022503	,069494	148,440	,324	,747	-,114823	,159828
TCS_baseline_centred	-,107371	,036265	201,515	-2,961	,003	-,178879	-,035863
THI_baseline_centred	,097128	,018394	145,952	5,281	,000	,060776	,133480
[Time_cent=0]	1,574972	,303621	127,455	5,187	,000	,974182	2,175763
[Time_cent=1]	1,205643	,267752	126,987	4,503	,000	,675810	1,735476
[Time_cent=2]	,609556	,233047	128,432	2,616	,010	,148447	1,070665

[Time_cent=3]	0 ^b	0
[Time_cent=0] *	,150935	,029798	129,835	5,065	,000	,091982	,209888
TCS_baseline_centred							
[Time_cent=1] *	,098734	,026363	129,363	3,745	,000	,046576	,150891
TCS_baseline_centred							
[Time_cent=2] *	,045564	,023017	129,482	1,980	,050	2,698377E-5	,091101
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							

a. Dependent Variable: HADS total.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T2), 3=12-months (T3)

Step 1 & 2 TCS (secondary outcome)

Full/Initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	14,181777	3,780330	150,802	3,751	,000	6,712526	21,651029
[Season_S1=1]	5,563570	3,254257	146,493	1,710	,089	-,867786	11,994927
[Season_S1=2]	3,950083	3,004507	146,991	1,315	,191	-1,987527	9,887692
[Season_S1=3]	2,288746	2,498864	152,749	,916	,361	-2,648049	7,225542
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	4,839040	2,445303	143,023	1,979	,050	,005437	9,672644
[merged_EDN=2]	3,566712	2,126835	144,511	1,677	,096	-,637010	7,770435
[merged_EDN=3]	0 ^b	0
Employed	-4,175387	2,260017	148,284	-1,848	,067	-8,641388	,290614
Female	-1,999975	1,800260	140,738	-1,111	,268	-5,559022	1,559072
Fl_rechts	,078658	,057344	138,080	1,372	,172	-,034727	,192043

FI_links	-,062757	,057967	154,042	-1,083	,281	-,177269	,051755
Tinnitus_Duration_centred	-,008875	,008353	134,125	-1,063	,290	-,025396	,007645
Age_centred	-,044310	,130645	152,609	-,339	,735	-,302415	,213796
TQ_baseline_centred	,093620	,098603	137,736	,949	,344	-,101351	,288592
HUI_baseline_centred	-3,748103	3,875756	144,311	-,967	,335	-11,408686	3,912479
TDI_baseline_centred	-,004457	,008276	147,471	-,539	,591	-,020813	,011898
FTQ_baseline_centred	,799170	,373070	147,000	2,142	,034	,061895	1,536444
THI_baseline_centred	,042283	,104755	140,259	,404	,687	-,164820	,249386
HADS_baseline_centred	-,084342	,419659	143,150	-,201	,841	-,913872	,745187
[Time_cent=0]	12,267765	3,919840	153,149	3,130	,002	4,523827	20,011704
[Time_cent=1]	10,989164	3,736692	145,781	2,941	,004	3,604076	18,374251
[Time_cent=2]	3,500154	3,047819	124,552	1,148	,253	-2,532070	9,532379
[Time_cent=3]	0 ^b	0
[Time_cent=0] * [Season_S1=1]	-6,856026	3,381984	148,301	-2,027	,044	-13,539129	-,172923
[Time_cent=0] * [Season_S1=2]	-3,193836	3,119563	149,141	-1,024	,308	-9,358085	2,970414
[Time_cent=0] * [Season_S1=3]	-2,800297	2,590329	155,016	-1,081	,281	-7,917195	2,316601
[Time_cent=0] * [Season_S1=4]	0 ^b	0
[Time_cent=1] * [Season_S1=1]	-5,143272	3,209558	141,362	-1,602	,111	-11,488208	1,201664
[Time_cent=1] * [Season_S1=2]	-2,885115	2,977452	144,391	-,969	,334	-8,770138	2,999908
[Time_cent=1] * [Season_S1=3]	-2,083359	2,467290	147,242	-,844	,400	-6,959234	2,792516
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-3,265335	2,610129	125,391	-1,251	,213	-8,430948	1,900278

[Time_cent=2] * [Season_S1=2]	-,973300	2,391855	123,769	-,407	,685	-5,707539	3,760938
[Time_cent=2] * [Season_S1=3]	-3,008531	2,029990	125,053	-1,482	,141	-7,026117	1,009054
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-2,222124	2,544569	144,665	-,873	,384	-7,251459	2,807211
[Time_cent=0] * [merged_EDN=2]	-2,876738	2,208796	146,847	-1,302	,195	-7,241872	1,488396
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	-1,310461	2,424700	140,474	-,540	,590	-6,104082	3,483160
[Time_cent=1] * [merged_EDN=2]	-2,965547	2,101767	139,547	-1,411	,160	-7,120972	1,189878
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	-1,785636	1,973130	127,994	-,905	,367	-5,689814	2,118541
[Time_cent=2] * [merged_EDN=2]	-2,051270	1,681137	123,197	-1,220	,225	-5,378926	1,276385
[Time_cent=2] * [merged_EDN=3]	0 ^b	0
[Time_cent=3] * [merged_EDN=1]	0 ^b	0

[Time_cent=3] * [merged_EDN=2]	0 ^b	0
[Time_cent=3] * [merged_EDN=3]	0 ^b	0
[Time_cent=0] * Employed	1,646913	2,342673	151,044	,703	,483	-2,981726	6,275552
[Time_cent=1] * Employed	-1,217181	2,238754	142,427	-,544	,588	-5,642660	3,208297
[Time_cent=2] * Employed	,421551	1,810759	124,181	,233	,816	-3,162397	4,005499
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	3,274193	1,874876	142,300	1,746	,083	-,432015	6,980402
[Time_cent=1] * Female	2,561489	1,778300	135,943	1,440	,152	-,955221	6,078200
[Time_cent=2] * Female	4,005255	1,412856	123,097	2,835	,005	1,208615	6,801895
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,135845	,059825	139,194	-2,271	,025	-,254128	-,017562
[Time_cent=1] * FI_rechts	-,078828	,056527	132,718	-1,395	,165	-,190639	,032982
[Time_cent=2] * FI_rechts	-,071284	,044449	121,751	-1,604	,111	-,159277	,016709
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,032969	,060004	156,813	,549	,583	-,085552	,151490
[Time_cent=1] * FI_links	,010731	,057254	148,769	,187	,852	-,102405	,123867
[Time_cent=2] * FI_links	,051925	,047334	125,296	1,097	,275	-,041752	,145602
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] * Tinnitus_Duration_centred	,011698	,008721	135,463	1,341	,182	-,005549	,028945
[Time_cent=1] * Tinnitus_Duration_centred	,006476	,008227	128,755	,787	,433	-,009801	,022753
[Time_cent=2] * Tinnitus_Duration_centred	,006018	,006402	120,359	,940	,349	-,006657	,018692
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,211726	,134873	156,626	1,570	,118	-,054679	,478131

[Time_cent=1] * Age_centred	,015956	,129219	146,921	,123	,902	-,239411	,271324
[Time_cent=2] * Age_centred	,059671	,106464	125,431	,560	,576	-,151027	,270370
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TQ_baseline_centred	-,015962	,102671	139,781	-,155	,877	-,218950	,187027
[Time_cent=1] * TQ_baseline_centred	-,032347	,097355	132,580	-,332	,740	-,224917	,160223
[Time_cent=2] * TQ_baseline_centred	,005071	,076226	120,843	,067	,947	-,145841	,155983
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	9,657812	4,027163	146,478	2,398	,018	1,698962	17,616662
[Time_cent=1] * HUI_baseline_centred	7,688450	3,824940	139,063	2,010	,046	,125894	15,251005
[Time_cent=2] * HUI_baseline_centred	4,333499	3,064803	123,201	1,414	,160	-1,732993	10,399991
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	,007632	,008602	149,132	,887	,376	-,009364	,024629
[Time_cent=1] * TDI_baseline_centred	,003363	,008186	143,479	,411	,682	-,012818	,019544
[Time_cent=2] * TDI_baseline_centred	,009989	,006670	126,126	1,498	,137	-,003211	,023188
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,035370	,387279	149,250	-,091	,927	-,800628	,729887
[Time_cent=1] * FTQ_baseline_centred	-,021953	,369195	143,011	-,059	,953	-,751738	,707831

[Time_cent=2] * FTQ_baseline_centred	-,028854	,297052	123,647	-,097	,923	-,616819	,559111
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,209275	,109045	142,098	1,919	,057	-,006285	,424835
[Time_cent=1] * THI_baseline_centred	,096074	,103299	134,715	,930	,354	-,108223	,300372
[Time_cent=2] * THI_baseline_centred	,004088	,081678	121,964	,050	,960	-,157602	,165778
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * HADS_baseline_centred	,328916	,436339	145,153	,754	,452	-,533483	1,191315
[Time_cent=1] * HADS_baseline_centred	,600363	,414670	137,076	1,448	,150	-,219613	1,420340
[Time_cent=2] * HADS_baseline_centred	,276772	,330231	122,734	,838	,404	-,376914	,930457
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T2), 3=12-months (T3)

TCS Final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	16,628054	1,962303	201,409	8,474	,000	12,758762	20,497347
[Season_S1=1]	-,373477	1,585759	146,617	-,236	,814	-3,507375	2,760421
[Season_S1=2]	1,115785	1,447939	147,356	,771	,442	-1,745624	3,977193
[Season_S1=3]	-,298428	1,175071	146,517	-,254	,800	-2,620706	2,023850
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	2,888128	1,213223	147,108	2,381	,019	,490532	5,285724
[merged_EDN=2]	,837574	1,029310	147,889	,814	,417	-1,196481	2,871628
[merged_EDN=3]	0 ^b	0
Employed	-3,128158	1,065249	148,058	-2,937	,004	-5,233213	-1,023103
Female	1,087567	,902198	146,745	1,205	,230	-,695412	2,870546
FI_rechts	-,034156	,029328	145,800	-1,165	,246	-,092119	,023807
FI_links	-,033481	,026734	147,113	-1,252	,212	-,086313	,019350
Tinnitus_Duration_centred	,000756	,004316	146,229	,175	,861	-,007774	,009285
Age_centred	,110535	,058015	149,169	1,905	,059	-,004103	,225173
TQ_baseline_centred	,075033	,049355	147,391	1,520	,131	-,022502	,172567
HUI_baseline_centred	4,477823	1,885994	147,166	2,374	,019	,750694	8,204952
TDI_baseline_centred	,002437	,004035	146,535	,604	,547	-,005537	,010411
FTQ_baseline_centred	,779727	,179335	147,505	4,348	,000	,425329	1,134125
THI_baseline_centred	,198055	,052201	146,991	3,794	,000	,094895	,301216
HADS_baseline_centred	,281037	,206003	147,135	1,364	,175	-,126070	,688144
[Time_cent=0]	9,750766	,939815	143,715	10,375	,000	7,893119	11,608412
[Time_cent=1]	7,212905	,871458	135,460	8,277	,000	5,489483	8,936327
[Time_cent=2]	2,609909	,730182	123,638	3,574	,001	1,164632	4,055185
[Time_cent=3]	0 ^b	0

a. Dependent Variable: TCS.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 & 2 FTQ (secondary outcome)

Full/initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	4,255111	1,404375	127,791	3,030	,003	1,476272	7,033950
[Season_S1=1]	1,422429	1,210897	123,434	1,175	,242	-,974385	3,819242
[Season_S1=2]	1,270335	1,117116	124,599	1,137	,258	-,940646	3,481316
[Season_S1=3]	1,586568	,925185	130,218	1,715	,089	-,243770	3,416906
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-,064282	,923024	119,951	-,070	,945	-1,891813	1,763249
[merged_EDN=2]	,635969	,789480	122,033	,806	,422	-,926881	2,198819
[merged_EDN=3]	0 ^b	0
Employed	-,973432	,853619	128,128	-1,140	,256	-2,662446	,715582
Female	-1,477972	,674109	117,994	-2,192	,030	-2,812891	-,143052
FI_rechts	,038550	,021597	114,806	1,785	,077	-,004231	,081331
FI_links	-,010218	,021438	132,065	-,477	,634	-,052624	,032189
Tinnitus_Duration_centred	,000491	,003141	112,187	,156	,876	-,005732	,006713
Age_centred	-,106046	,047544	133,529	-2,230	,027	-,200083	-,012009
TQ_baseline_centred	,060014	,035869	115,881	1,673	,097	-,011029	,131057
HUI_baseline_centred	-2,865044	1,456820	120,899	-1,967	,052	-5,749228	,019140
TDI_baseline_centred	,000419	,003084	124,257	,136	,892	-,005685	,006523
THI_baseline_centred	-,025566	,041335	118,075	-,619	,537	-,107420	,056288
TCS_baseline_centred	,087662	,053195	117,731	1,648	,102	-,017681	,193004
HADS_baseline_centred	-,036214	,156317	120,412	-,232	,817	-,345700	,273271
[Time_cent=0]	4,244131	1,425113	130,371	2,978	,003	1,424792	7,063470
[Time_cent=1]	2,940665	1,231960	119,259	2,387	,019	,501317	5,380014
[Time_cent=2]	1,430680	1,026475	109,486	1,394	,166	-,603660	3,465019
[Time_cent=3]	0 ^b	0
[Time_cent=0] *	-1,778277	1,229695	126,010	-1,446	,151	-4,211806	,655251
[Season_S1=1]							
[Time_cent=0] *	-1,522189	1,134032	127,209	-1,342	,182	-3,766198	,721820
[Season_S1=2]							
[Time_cent=0] *	-1,812054	,938672	132,843	-1,930	,056	-3,668731	,044623
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							

[Time_cent=1] * [Season_S1=1]	-,889741	1,053582	116,259	-,844	,400	-2,976443	1,196961
[Time_cent=1] * [Season_S1=2]	-,364227	,974321	116,865	-,374	,709	-2,293843	1,565388
[Time_cent=1] * [Season_S1=3]	-1,124353	,813071	121,991	-1,383	,169	-2,733910	,485204
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-1,109115	,869543	108,960	-1,276	,205	-2,832528	,614297
[Time_cent=2] * [Season_S1=2]	-,220136	,805467	109,085	-,273	,785	-1,816531	1,376260
[Time_cent=2] * [Season_S1=3]	-1,492528	,684499	109,890	-2,180	,031	-2,849059	-,135997
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	,103065	,937780	122,535	,110	,913	-1,753283	1,959412
[Time_cent=0] * [merged_EDN=2]	-,359161	,801545	124,619	-,448	,655	-1,945565	1,227243
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	,592928	,799075	113,196	,742	,460	-,990155	2,176010
[Time_cent=1] * [merged_EDN=2]	-,304235	,687409	113,738	-,443	,659	-1,666020	1,057550
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	,529884	,652877	108,342	,812	,419	-,764185	1,823953
[Time_cent=2] * [merged_EDN=2]	,066973	,562057	108,480	,119	,905	-1,047065	1,181012

[Time_cent=2] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=1]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=2]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=0] * Employed	,285339	,865775	130,634	,330	,742	-1,427415	1,998092
[Time_cent=1] * Employed	-,560809	,753401	117,300	-,744	,458	-2,052839	,931222
[Time_cent=2] * Employed	-,975886	,622484	109,152	-1,568	,120	-2,209609	,257838
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	1,131061	,685073	120,590	1,651	,101	-,225268	2,487390
[Time_cent=1] * Female	1,477454	,581973	111,488	2,539	,013	,324290	2,630617
[Time_cent=2] * Female	1,270535	,472857	107,957	2,687	,008	,333245	2,207825
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,024513	,021963	117,434	-1,116	,267	-,068007	,018982
[Time_cent=1] * FI_rechts	-,020042	,018522	109,528	-1,082	,282	-,056749	,016666
[Time_cent=2] * FI_rechts	-,003905	,014965	107,458	-,261	,795	-,033571	,025760
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,006729	,021741	134,647	,309	,757	-,036269	,049726
[Time_cent=1] * FI_links	,006110	,018921	122,565	,323	,747	-,031345	,043565
[Time_cent=2] * FI_links	,009050	,015953	109,963	,567	,572	-,022565	,040665
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] *	-,000664	,003194	114,768	-,208	,836	-,006991	,005664
Tinnitus_Duration_centred							
[Time_cent=1] *	-,002789	,002687	106,040	-1,038	,302	-,008116	,002538
Tinnitus_Duration_centred							
[Time_cent=2] *	,001055	,002145	106,508	,492	,624	-,003198	,005308
Tinnitus_Duration_centred							
[Time_cent=3] *	0 ^b	0
Tinnitus_Duration_centred							
[Time_cent=0] *	,031779	,048171	135,899	,660	,511	-,063482	,127040
Age_centred							
[Time_cent=1] *	-,007630	,042395	120,364	-,180	,857	-,091567	,076307
Age_centred							
[Time_cent=2] *	-,008681	,035389	109,623	-,245	,807	-,078816	,061454
Age_centred							
[Time_cent=3] *	0 ^b	0
Age_centred							

[Time_cent=0] * TQ_baseline_centred	,002302	,036454	118,393	,063	,950	-,069884	,074489
[Time_cent=1] * TQ_baseline_centred	,003463	,030968	107,949	,112	,911	-,057921	,064848
[Time_cent=2] * TQ_baseline_centred	,041204	,024853	107,074	1,658	,100	-,008063	,090471
[Time_cent=3] * TQ_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	1,593196	1,479696	123,423	1,077	,284	-1,335671	4,522063
[Time_cent=1] * HUI_baseline_centred	1,809332	1,265189	113,092	1,430	,155	-,697215	4,315878
[Time_cent=2] * HUI_baseline_centred	1,547509	1,032741	108,321	1,498	,137	-,499495	3,594513
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	-,000791	,003132	126,880	-,253	,801	-,006989	,005407
[Time_cent=1] * TDI_baseline_centred	,000696	,002683	117,671	,259	,796	-,004618	,006010
[Time_cent=2] * TDI_baseline_centred	,001222	,002226	109,215	,549	,584	-,003191	,005634
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,053446	,042001	120,630	1,272	,206	-,029709	,136601
[Time_cent=1] * THI_baseline_centred	,040703	,035731	110,833	1,139	,257	-,030101	,111506
[Time_cent=2] * THI_baseline_centred	,003361	,028959	107,808	,116	,908	-,054041	,060763
[Time_cent=3] * THI_baseline_centred	0 ^b	0
[Time_cent=0] * TCS_baseline_centred	,033968	,054061	120,296	,628	,531	-,073066	,141003
[Time_cent=1] * TCS_baseline_centred	-,012626	,045923	110,950	-,275	,784	-,103626	,078375
[Time_cent=2] * TCS_baseline_centred	-,076283	,037245	107,829	-2,048	,043	-,150110	-,002456
[Time_cent=3] * TCS_baseline_centred	0 ^b	0

[Time_cent=0] * HADS_baseline_centred	-,007254	,158780	122,947	-,046	,964	-,321550	,307043
[Time_cent=1] * HADS_baseline_centred	,016796	,135929	112,177	,124	,902	-,252525	,286117
[Time_cent=2] * HADS_baseline_centred	,097023	,110574	108,130	,877	,382	-,122150	,316197
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T2), 3=12-months (T3)

FTQ final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	4,956510	,779164	180,812	6,361	,000	3,419087	6,493933
[Season_S1=1]	,004288	,648067	146,094	,007	,995	-1,276510	1,285085
[Season_S1=2]	,136800	,591030	146,653	,231	,817	-1,031236	1,304836
[Season_S1=3]	,088913	,480196	146,681	,185	,853	-,860083	1,037909
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	,144466	,501293	145,963	,288	,774	-,846265	1,135196
[merged_EDN=2]	,318283	,419773	146,821	,758	,450	-,511295	1,147862
[merged_EDN=3]	0 ^b	0
Employed	-,895400	,438364	147,319	-2,043	,043	-1,761695	-,029106
Female	-,395398	,369225	145,764	-1,071	,286	-1,125124	,334327
FI_rechts	,017893	,012054	145,065	1,484	,140	-,005931	,041717
FI_links	-,004323	,010952	146,838	-,395	,694	-,025967	,017321
Tinnitus_Duration_centred	-,000544	,001762	144,768	-,309	,758	-,004027	,002939
Age_centred	-,087169	,023481	147,321	-3,712	,000	-,133572	-,040765
TQ_baseline_centred	,062204	,019680	145,671	3,161	,002	,023309	,101098
HUI_baseline_centred	-1,412875	,784081	145,979	-1,802	,074	-2,962491	,136742
TDI_baseline_centred	4,577105E-5	,001650	146,193	,028	,978	-,003216	,003308
THI_baseline_centred	,017851	,022538	145,773	,792	,430	-,026693	,062395
TCS_baseline_centred	,108854	,029146	145,509	3,735	,000	,051251	,166458

HADS_baseline_centred	-,033885	,084311	146,135	-,402	,688	-,200512	,132742
[Time_cent=0]	3,386829	,307733	138,881	11,006	,000	2,778382	3,995276
[Time_cent=1]	2,427801	,272315	131,496	8,915	,000	1,889115	2,966487
[Time_cent=2]	,948478	,228580	125,393	4,149	,000	,496103	1,400852
[Time_cent=3]	0 ^b	0

a. Dependent Variable: FTQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Step 1 & 2 TQ (secondary outcome)

Full/initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	38,491487	6,684303	128,699	5,758	,000	25,266136	51,716839
[Season_S1=1]	7,138112	5,714253	124,785	1,249	,214	-4,171294	18,447517
[Season_S1=2]	1,478758	5,269568	125,763	,281	,779	-8,949752	11,907268
[Season_S1=3]	6,610121	4,453411	130,825	1,484	,140	-2,199898	15,420140
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	5,889725	4,450061	123,009	1,324	,188	-2,918891	14,698340
[merged_EDN=2]	,742922	3,743522	123,708	,198	,843	-6,666728	8,152572
[merged_EDN=3]	0 ^b	0
Employed	-2,730621	4,124241	128,251	-,662	,509	-10,890984	5,429741
Female	-3,100127	3,214538	120,247	-,964	,337	-9,464555	3,264301
FI_rechts	,138666	,103024	117,810	1,346	,181	-,065352	,342684
FI_links	-,095954	,103263	131,773	-,929	,354	-,300222	,108314
Tinnitus_Duration_centred	-,005580	,014886	114,789	-,375	,708	-,035066	,023907
Age_centred	,166353	,225633	131,642	,737	,462	-,279983	,612690
TDI_baseline_centred	,012194	,014792	126,583	,824	,411	-,017077	,041465
HUI_baseline_centred	-12,378245	6,997808	122,483	-1,769	,079	-26,230556	1,474067
FTQ_baseline_centred	1,505543	,674138	125,353	2,233	,027	,171377	2,839710
THI_baseline_centred	,058085	,189782	121,125	,306	,760	-,317634	,433805
TCS_baseline_centred	-,133666	,266126	120,354	-,502	,616	-,660562	,393229
HADS_baseline_centred	-,019174	,739993	122,758	-,026	,979	-1,483973	1,445626
[Time_cent=0]	21,802736	6,687711	126,708	3,260	,001	8,568670	35,036802

[Time_cent=1]	17,597990	6,037552	122,488	2,915	,004	5,646529	29,549450
[Time_cent=2]	4,602039	5,360153	107,596	,859	,392	-6,023167	15,227244
[Time_cent=3]	0 ^b	0
[Time_cent=0] *	-11,176218	5,717367	122,637	-1,955	,053	-22,493728	,141293
[Season_S1=1]							
[Time_cent=0] *	-6,011897	5,272345	123,697	-1,140	,256	-16,447596	4,423803
[Season_S1=2]							
[Time_cent=0] *	-7,731697	4,455630	128,860	-1,735	,085	-16,547361	1,083968
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							
[Time_cent=1] *	-9,082393	5,122216	120,389	-1,773	,079	-19,223691	1,058904
[Season_S1=1]							
[Time_cent=1] *	-3,112792	4,735773	120,705	-,657	,512	-12,488736	6,263152
[Season_S1=2]							
[Time_cent=1] *	-5,206384	4,033692	124,029	-1,291	,199	-13,190173	2,777405
[Season_S1=3]							
[Time_cent=1] *	0 ^b	0
[Season_S1=4]							
[Time_cent=2] *	-3,824851	4,573231	109,843	-,836	,405	-12,888065	5,238363
[Season_S1=1]							
[Time_cent=2] *	2,078654	4,165398	106,514	,499	,619	-6,179192	10,336500
[Season_S1=2]							
[Time_cent=2] *	-7,178590	3,591867	107,350	-1,999	,048	-14,298782	-,058397
[Season_S1=3]							
[Time_cent=2] *	0 ^b	0
[Season_S1=4]							
[Time_cent=3] *	0 ^b	0
[Season_S1=1]							
[Time_cent=3] *	0 ^b	0
[Season_S1=2]							
[Time_cent=3] *	0 ^b	0
[Season_S1=3]							
[Time_cent=3] *	0 ^b	0
[Season_S1=4]							
[Time_cent=0] *	-4,575097	4,452482	120,948	-1,028	,306	-13,389997	4,239803
[merged_EDN=1]							
[Time_cent=0] *	-3,195907	3,745516	121,672	-,853	,395	-10,610730	4,218916
[merged_EDN=2]							

[Time_cent=0] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=1] *	-3,699595	3,989076	118,186	-,927	,356	-11,598923	4,199733
[merged_EDN=1]							
[Time_cent=1] *	-2,181051	3,358898	118,755	-,649	,517	-8,832146	4,470044
[merged_EDN=2]							
[Time_cent=1] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=2] *	-4,227543	3,533154	108,974	-1,197	,234	-11,230157	2,775071
[merged_EDN=1]							
[Time_cent=2] *	1,392168	2,937357	106,013	,474	,637	-4,431419	7,215755
[merged_EDN=2]							
[Time_cent=2] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=1]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=2]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=0] * Employed	3,852366	4,126259	126,457	,934	,352	-4,313093	12,017825
[Time_cent=1] * Employed	-1,404738	3,739780	120,816	-,376	,708	-8,808733	5,999258
[Time_cent=2] * Employed	-,989850	3,324705	108,918	-,298	,766	-7,579362	5,599662
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	1,832504	3,216363	118,090	,570	,570	-4,536719	8,201728
[Time_cent=1] * Female	2,522111	2,866092	116,603	,880	,381	-3,154236	8,198458
[Time_cent=2] * Female	4,049809	2,511053	106,914	1,613	,110	-,928107	9,027724
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,150726	,103085	115,524	-1,462	,146	-,354907	,053455
[Time_cent=1] * FI_rechts	-,147301	,091316	115,642	-1,613	,109	-,328170	,033568
[Time_cent=2] * FI_rechts	-,100482	,079100	104,817	-1,270	,207	-,257326	,056362
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	,087616	,103313	129,918	,848	,398	-,116777	,292010
[Time_cent=1] * FI_links	,095617	,093846	124,097	1,019	,310	-,090130	,281363
[Time_cent=2] * FI_links	,130619	,083725	107,701	1,560	,122	-,035344	,296582
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] *	,004253	,014895	112,565	,286	,776	-,025257	,033763
Tinnitus_Duration_centred							
[Time_cent=1] *	-,004308	,013164	112,389	-,327	,744	-,030390	,021775
Tinnitus_Duration_centred							

[Time_cent=2] * Tinnitus_Duration_centred	,011164	,011305	103,704	,988	,326	-,011256	,033584
[Time_cent=3] * Tinnitus_Duration_centred	0 ^b	0
[Time_cent=0] * Age_centred	,164019	,225736	130,069	,727	,469	-,282570	,610608
[Time_cent=1] * Age_centred	,008741	,206384	122,317	,042	,966	-,399806	,417288
[Time_cent=2] * Age_centred	,034082	,184002	108,880	,185	,853	-,330608	,398772
[Time_cent=3] * Age_centred	0 ^b	0
[Time_cent=0] * TDI_baseline_centred	-,002204	,014799	124,525	-,149	,882	-,031495	,027087
[Time_cent=1] * TDI_baseline_centred	,004956	,013312	121,196	,372	,710	-,021398	,031309
[Time_cent=2] * TDI_baseline_centred	,004692	,011766	107,071	,399	,691	-,018633	,028017
[Time_cent=3] * TDI_baseline_centred	0 ^b	0
[Time_cent=0] * HUI_baseline_centred	11,926508	7,001643	120,415	1,703	,091	-1,935771	25,788787
[Time_cent=1] * HUI_baseline_centred	12,013412	6,268535	117,767	1,916	,058	-,400248	24,427072
[Time_cent=2] * HUI_baseline_centred	4,414625	5,606595	111,484	,787	,433	-6,694687	15,523936
[Time_cent=3] * HUI_baseline_centred	0 ^b	0
[Time_cent=0] * FTQ_baseline_centred	-,611513	,674493	123,338	-,907	,366	-1,946594	,723568
[Time_cent=1] * FTQ_baseline_centred	-,328383	,606381	119,904	-,542	,589	-1,528984	,872218
[Time_cent=2] * FTQ_baseline_centred	-,788480	,535837	107,904	-1,471	,144	-1,850612	,273652
[Time_cent=3] * FTQ_baseline_centred	0 ^b	0
[Time_cent=0] * THI_baseline_centred	,270397	,189888	118,990	1,424	,157	-,105601	,646394
[Time_cent=1] * THI_baseline_centred	,277618	,169449	117,226	1,638	,104	-,057959	,613196

[Time_cent=2] *	,169275	,147335	105,298	1,149	,253	-,122853	,461402
THI_baseline_centred							
[Time_cent=3] *	0 ^b	0
THI_baseline_centred							
[Time_cent=0] *	,311084	,266276	118,257	1,168	,245	-,216202	,838371
TCS_baseline_centred							
[Time_cent=1] *	,076711	,237664	116,146	,323	,747	-,394007	,547429
TCS_baseline_centred							
[Time_cent=2] *	,087042	,206451	105,393	,422	,674	-,322293	,496378
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							
[Time_cent=0] *	,627462	,740397	120,690	,847	,398	-,838388	2,093312
HADS_baseline_centred							
[Time_cent=1] *	,106233	,663084	118,001	,160	,873	-1,206854	1,419319
HADS_baseline_centred							
[Time_cent=2] *	,298501	,578840	105,959	,516	,607	-,849111	1,446112
HADS_baseline_centred							
[Time_cent=3] *	0 ^b	0
HADS_baseline_centred							

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

TQ final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	41,807009	3,051414	211,741	13,701	,000	35,791968	47,822050
[Season_S1=1]	-3,055920	2,410113	146,904	-1,268	,207	-7,818891	1,707052
[Season_S1=2]	-3,546273	2,188418	147,511	-1,620	,107	-7,870974	,778428
[Season_S1=3]	-,142542	1,796447	147,011	-,079	,937	-3,692738	3,407654
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	1,701081	1,875698	147,025	,907	,366	-2,005730	5,407892
[merged_EDN=2]	-2,084975	1,563385	147,646	-1,334	,184	-5,174476	1,004525
[merged_EDN=3]	0 ^b	0

Employed	-,443516	1,649769	147,403	-,269	,788	-3,703769	2,816738
Female	-1,139499	1,383858	146,964	-,823	,412	-3,874331	1,595332
FI_rechts	-,004839	,045370	146,786	-,107	,915	-,094503	,084825
FI_links	-,009050	,040995	147,084	-,221	,826	-,090065	,071965
Tinnitus_Duration_centred	-,003905	,006609	146,732	-,591	,556	-,016967	,009157
Age_centred	,280136	,086814	147,100	3,227	,002	,108572	,451699
TDI_baseline_centred	,012109	,006136	147,006	1,973	,050	-1,809254E-5	,024236
HUI_baseline_centred	-,867830	2,959746	146,916	-,293	,770	-6,717006	4,981346
FTQ_baseline_centred	,990337	,279541	147,289	3,543	,001	,437908	1,542766
THI_baseline_centred	,318861	,081120	147,142	3,931	,000	,158551	,479171
TCS_baseline_centred	,103525	,113912	146,892	,909	,365	-,121592	,328643
HADS_baseline_centred	,447834	,312589	146,904	1,433	,154	-,169919	1,065587
[Time_cent=0]	18,596416	1,502299	137,858	12,379	,000	15,625888	21,566945
[Time_cent=1]	13,408668	1,341996	133,416	9,992	,000	10,754327	16,063009
[Time_cent=2]	4,668313	1,237593	124,582	3,772	,000	2,218881	7,117744
[Time_cent=3]	0 ^b	0

a. Dependent Variable: TQ.

b. This parameter is set to zero because it is redundant.

Step 1 & 2 TDI (secondary outcome)

Full/Initial model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	129,057977	47,436273	126,025	2,721	,007	35,183171	222,932783
[Season_S1=1]	68,604911	41,593535	122,683	1,649	,102	-13,729055	150,938877
[Season_S1=2]	21,737038	38,337608	123,305	,567	,572	-54,148043	97,622119
[Season_S1=3]	27,679408	32,325555	127,128	,856	,393	-36,286412	91,645228
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-34,306920	31,702857	120,402	-1,082	,281	-97,074238	28,460398
[merged_EDN=2]	21,275172	27,359472	121,565	,778	,438	-32,887577	75,437921
[merged_EDN=3]	0 ^b	0
Employed	13,841849	29,282881	126,563	,473	,637	-44,105613	71,789312
Female	19,744201	23,349001	118,320	,846	,399	-26,491885	65,980287
FI_rechts	1,197249	,740696	115,798	1,616	,109	-,269819	2,664317
FI_links	-,232835	,747319	128,432	-,312	,756	-1,711485	1,245815
Tinnitus_Duration_centred	-,126529	,107351	112,844	-1,179	,241	-,339214	,086157
Age_centred	-1,218714	1,672558	127,411	-,729	,468	-4,528301	2,090874
TQ_baseline_centred	1,484313	1,264854	116,722	1,174	,243	-1,020727	3,989353
HUI_baseline_centred	-142,282402	50,828326	124,179	-2,799	,006	-242,884470	-41,680334
FTQ_baseline_centred	12,776226	5,077324	123,679	2,516	,013	2,726522	22,825930
THI_baseline_centred	,837735	1,394357	117,962	,601	,549	-1,923482	3,598952
TCS_baseline_centred	-2,859602	1,932867	118,212	-1,479	,142	-6,687133	,967929
HADS_baseline_centred	-,039985	5,430798	120,480	-,007	,994	-10,792150	10,712180
[Time_cent=0]	4,035321	50,930360	120,680	,079	,937	-96,797459	104,868102
[Time_cent=1]	41,126073	44,578511	116,576	,923	,358	-47,162689	129,414834
[Time_cent=2]	-20,129262	45,046825	100,160	-,447	,656	-109,499135	69,240610
[Time_cent=3]	0 ^b	0
[Time_cent=0] *	-5,873233	44,860296	116,038	-,131	,896	-94,724394	82,977928
[Season_S1=1]							
[Time_cent=0] *	37,950271	41,273124	117,237	,919	,360	-43,787264	119,687805
[Season_S1=2]							
[Time_cent=0] *	-9,989036	34,685475	121,969	-,288	,774	-78,652573	58,674501
[Season_S1=3]							
[Time_cent=0] *	0 ^b	0
[Season_S1=4]							

[Time_cent=1] * [Season_S1=1]	-34,231397	39,259426	116,423	-,872	,385	-111,986663	43,523869
[Time_cent=1] * [Season_S1=2]	-7,938613	35,847511	114,978	-,221	,825	-78,945780	63,068554
[Time_cent=1] * [Season_S1=3]	-3,660186	30,347740	117,520	-,121	,904	-63,759514	56,439142
[Time_cent=1] * [Season_S1=4]	0 ^b	0
[Time_cent=2] * [Season_S1=1]	-14,263174	39,931787	99,995	-,357	,722	-93,486749	64,960400
[Time_cent=2] * [Season_S1=2]	23,660958	36,281637	98,272	,652	,516	-48,336275	95,658191
[Time_cent=2] * [Season_S1=3]	-6,430359	30,677853	101,754	-,210	,834	-67,281499	54,420780
[Time_cent=2] * [Season_S1=4]	0 ^b	0
[Time_cent=3] * [Season_S1=1]	0 ^b	0
[Time_cent=3] * [Season_S1=2]	0 ^b	0
[Time_cent=3] * [Season_S1=3]	0 ^b	0
[Time_cent=3] * [Season_S1=4]	0 ^b	0
[Time_cent=0] * [merged_EDN=1]	-18,893315	34,247755	113,511	-,552	,582	-86,740991	48,954361
[Time_cent=0] * [merged_EDN=2]	-4,720934	29,485236	115,332	-,160	,873	-63,123725	53,681857
[Time_cent=0] * [merged_EDN=3]	0 ^b	0
[Time_cent=1] * [merged_EDN=1]	-15,529873	29,936932	116,573	-,519	,605	-74,820668	43,760922
[Time_cent=1] * [merged_EDN=2]	-4,097785	25,588651	113,546	-,160	,873	-54,790877	46,595308
[Time_cent=1] * [merged_EDN=3]	0 ^b	0
[Time_cent=2] * [merged_EDN=1]	14,445580	30,660201	98,601	,471	,639	-46,393953	75,285113
[Time_cent=2] * [merged_EDN=2]	13,921544	26,097293	98,056	,533	,595	-37,867313	65,710401

[Time_cent=2] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=1]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=2]							
[Time_cent=3] *	0 ^b	0
[merged_EDN=3]							
[Time_cent=0] * Employed	55,164300	31,341212	122,285	1,760	,081	-6,877311	117,205910
[Time_cent=1] * Employed	10,241726	27,663124	116,087	,370	,712	-44,548144	65,031596
[Time_cent=2] * Employed	6,786236	28,229247	101,037	,240	,811	-49,212747	62,785219
[Time_cent=3] * Employed	0 ^b	0
[Time_cent=0] * Female	-11,323023	25,288373	110,880	-,448	,655	-61,434221	38,788175
[Time_cent=1] * Female	-14,372266	21,838765	111,723	-,658	,512	-57,644152	28,899621
[Time_cent=2] * Female	-21,012000	22,340464	96,075	-,941	,349	-65,357027	23,333027
[Time_cent=3] * Female	0 ^b	0
[Time_cent=0] * FI_rechts	-,249417	,805044	107,665	-,310	,757	-1,845209	1,346376
[Time_cent=1] * FI_rechts	-1,029679	,686401	109,425	-1,500	,136	-2,390044	,330687
[Time_cent=2] * FI_rechts	-,041901	,695692	93,400	-,060	,952	-1,423329	1,339527
[Time_cent=3] * FI_rechts	0 ^b	0
[Time_cent=0] * FI_links	1,176092	,799551	124,277	1,471	,144	-,406408	2,758593
[Time_cent=1] * FI_links	1,133773	,703842	118,376	1,611	,110	-,259980	2,527525
[Time_cent=2] * FI_links	1,084187	,712184	102,337	1,522	,131	-,328370	2,496744
[Time_cent=3] * FI_links	0 ^b	0
[Time_cent=0] *	,077464	,116903	104,705	,663	,509	-,154341	,309269
Tinnitus_Duration_centred							
[Time_cent=1] *	,017610	,099297	106,823	,177	,860	-,179239	,214459
Tinnitus_Duration_centred							
[Time_cent=2] *	,041298	,100744	89,932	,410	,683	-,158849	,241446
Tinnitus_Duration_centred							
[Time_cent=3] *	0 ^b	0
Tinnitus_Duration_centred							
[Time_cent=0] *	-,915242	1,785909	123,972	-,512	,609	-4,450063	2,619579
Age_centred							
[Time_cent=1] *	-,862818	1,584536	118,368	-,545	,587	-4,000530	2,274894
Age_centred							
[Time_cent=2] *	,105882	1,644834	103,776	,064	,949	-3,155969	3,367733
Age_centred							
[Time_cent=3] *	0 ^b	0
Age_centred							

[Time_cent=0] *	,021386	1,370540	109,414	,016	,988	-2,694865	2,737637
TQ_baseline_centred							
[Time_cent=1] *	-1,627767	1,178151	108,977	-1,382	,170	-3,962830	,707296
TQ_baseline_centred							
[Time_cent=2] *	-1,091222	1,197174	92,081	-,911	,364	-3,468884	1,286440
TQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
TQ_baseline_centred							
[Time_cent=0] *	29,054665	54,677367	118,258	,531	,596	-79,218960	137,328290
HUI_baseline_centred							
[Time_cent=1] *	61,440174	48,049936	113,379	1,279	,204	-33,751976	156,632324
HUI_baseline_centred							
[Time_cent=2] *	77,866261	48,463472	98,459	1,607	,111	-18,302320	174,034842
HUI_baseline_centred							
[Time_cent=3] *	0 ^b	0
HUI_baseline_centred							
[Time_cent=0] *	-13,579969	5,462132	117,817	-2,486	,014	-24,396651	-2,763287
FTQ_baseline_centred							
[Time_cent=1] *	-11,144386	4,756876	114,688	-2,343	,021	-20,567115	-1,721657
FTQ_baseline_centred							
[Time_cent=2] *	-7,890018	4,889535	101,417	-1,614	,110	-17,589056	1,809020
FTQ_baseline_centred							
[Time_cent=3] *	0 ^b	0
FTQ_baseline_centred							
[Time_cent=0] *	2,157961	1,510195	110,583	1,429	,156	-,834715	5,150638
THI_baseline_centred							
[Time_cent=1] *	3,210733	1,297206	110,591	2,475	,015	,640128	5,781339
THI_baseline_centred							
[Time_cent=2] *	1,878010	1,313734	93,711	1,430	,156	-,730546	4,486565
THI_baseline_centred							
[Time_cent=3] *	0 ^b	0
THI_baseline_centred							
[Time_cent=0] *	3,952840	2,092788	110,896	1,889	,062	-,194202	8,099882
TCS_baseline_centred							
[Time_cent=1] *	3,112254	1,799915	111,249	1,729	,087	-,454309	6,678817
TCS_baseline_centred							
[Time_cent=2] *	2,132235	1,834700	94,236	1,162	,248	-1,510485	5,774955
TCS_baseline_centred							
[Time_cent=3] *	0 ^b	0
TCS_baseline_centred							

[Time_cent=0] * HADS_baseline_centred	,702145	5,864720	113,686	,120	,905	-10,916164	12,320455
[Time_cent=1] * HADS_baseline_centred	-2,286992	5,074115	112,033	-,451	,653	-12,340669	7,766685
[Time_cent=2] * HADS_baseline_centred	3,174541	5,131504	94,784	,619	,538	-7,013081	13,362163
[Time_cent=3] * HADS_baseline_centred	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

TDI final model

Estimates of Fixed Effects^a

Parameter	Estimate	Std. Error	df	t	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	79,854189	31,351153	171,624	2,547	,012	17,970688	141,737691
[Season_S1=1]	57,586223	27,252642	147,289	2,113	,036	3,729522	111,442924
[Season_S1=2]	40,965479	24,811020	147,551	1,651	,101	-8,065368	89,996325
[Season_S1=3]	23,804422	20,413958	147,834	1,166	,245	-16,536434	64,145278
[Season_S1=4]	0 ^b	0
[merged_EDN=1]	-48,038459	21,007625	147,246	-2,287	,024	-89,553852	-6,523066
[merged_EDN=2]	18,113752	17,856520	147,949	1,014	,312	-17,173019	53,400522
[merged_EDN=3]	0 ^b	0
Employed	46,553662	18,191423	149,377	2,559	,011	10,607913	82,499411
Female	8,852000	15,728331	146,384	,563	,574	-22,231938	39,935937
FI_rechts	,803922	,508999	144,406	1,579	,116	-,202129	1,809974
FI_links	,741724	,462064	148,466	1,605	,111	-,171348	1,654797
Tinnitus_Duration_centred	-,085826	,074617	143,576	-1,150	,252	-,233315	,061664
Age_centred	-1,936830	1,019002	149,087	-1,901	,059	-3,950383	,076723
TQ_baseline_centred	1,068318	,854249	146,039	1,251	,213	-,619970	2,756605
HUI_baseline_centred	-105,869651	32,790304	148,992	-3,229	,002	-170,663751	-41,075551
FTQ_baseline_centred	2,431922	3,270785	147,981	,744	,458	-4,031556	8,895400
THI_baseline_centred	2,823151	,938168	145,657	3,009	,003	,968970	4,677331
TCS_baseline_centred	,107718	1,297265	145,545	,083	,934	-2,456193	2,671629

HADS_baseline_centred	-,088500	3,586322	146,630	-,025	,980	-7,176056	6,999057
[Time_cent=0]	83,991261	11,899232	128,636	7,059	,000	60,447710	107,534812
[Time_cent=1]	50,044732	10,205262	128,883	4,904	,000	29,853198	70,236265
[Time_cent=2]	30,963914	10,351110	112,657	2,991	,003	10,455822	51,472005
[Time_cent=3]	0 ^b	0

a. Dependent Variable: TDI.

b. This parameter is set to zero because it is redundant.

Coding of categorical variables: Season_S1: 1=Spring, 2= Summer, 3= Autumn, 4= Winter; Merged_Edn: 1=Low, 2= middle or high, 3= other or missing; Employed: 0= No, 1=Yes; Female: 0= No, 1= Yes; Time_cent: 0=Baseline (T0), 1= 3-months (T1), 2= 8-months (T3), 3=12-months (T3)

Supplemental Digital Content 5

P values for predictors and predictor by time interactions for initial and final models (using ML estimation), by participant group, time points and outcome measure.

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Table 1. P values of main effects and interactions for initial and final models by participants and time points for Health Utilities Index (HUI) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model p	Final model p	Initial model p	Final model p	Initial model p	Final model p
Intercept	.000	.000	.000	.000	.000	.000
Season	.577	.642	.642	.723	.077	.007
Education	.007	.005	.157	.012	.684	.564
Employed	.148	.126	.368	.128	.136	.035
Female	.024	.028	.001	.013	.593	.236
FI - right	.411	.370	.465	.344	.475	.396
FI - left	.092	.089	.070	.110	.767	.461
Tinnitus Duration	.753	.689	.690	.862	.646	.910
Age	.118	.136	.274	.121	.105	.005
TQ baseline	.724	.669	.456	.679	.402	.540
THI baseline	.000	.000	.003	.000	.301	.074
TDI baseline	.000	.000	.001	.000	.000	.000
FTQ baseline	.903	.811	.615	.974	.015	.040
TCS baseline	.001	.001	.000	.000	.000	.000
HADS baseline	.001	.000	.006	.001	.002	.001
Time	.343	.000	.062	.000	.009	.104
Time*Season	.206		.278		.788	
Time*Education	.383		.033		.512	
Time*Employed	.467		.665		.221	
Time*Female	.845		.118		.312	
Time*FI - right	.120		.294		.001	
Time*FI - left	.158		.165		.357	
Time*Tinnitus Duration	.419		.414		.460	
Time*Age	.822		.963		.140	
Time*TQ baseline	.580		.811		.844	
Time*THI baseline	.046		.141		.276	
Time*TDI baseline	.259		.599		.021	
Time*FTQ baseline	.214		.283		.335	
Time*TCS baseline	.218		.439		.800	

Time*HADS baseline	.374	.758	.380
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Note: HADS: Hospital Anxiety and Depression Scale; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 2. P values of main effects and interactions for initial and final models by participants and time points for Tinnitus Handicap Inventory (THI) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model p	Final model p	Initial model p	Final model p	Initial model p	Final model p
Intercept	.000	.000	.000	.000	.000	.000
Season	.125	.706	.341	.687	.064	.031
Education	.097	.145	.093	.037	.555	.590
Employed	.434	.122	.649	.089	.208	.906
Female	.358	.572	.353	.580	.302	.159
FI - right	.559	.516	.468	.803	.084	.038
FI - left	.611	.240	.355	.056	.998	.874
Tinnitus Duration	.263	.343	.574	.245	.987	.831
Age	.069	.002	.223	.000	.004	.000
TQ baseline	.000	.000	.000	.000	.011	.000
HUI baseline	.000	.001	.001	.002	.016	.005
TDI baseline	.817	.076	.791	.056	.037	.003
FTQ baseline	.007	.001	.028	.000	.212	.114
TCS baseline	.139	.003	.892	.015	.348	.000
HADS baseline	.001	.000	.001	.000	.002	.000
Time	.077	.000	.007	.000	.184	.000
Time*Season	.007		.053		.039	
Time*Education	.462		.299		.794	
Time*Employed	.280		.670		.194	
Time*Female	.373		.796		.228	
Time*FI - right	.845		.653		.294	
Time*FI - left	.340		.118		.416	
Time*Tinnitus Duration	.558		.387		.776	
Time*Age	.302		.769		.818	
Time*TQ baseline	.710		.631		.997	
Time*HUI baseline	.004		.039		.058	
Time*TDI baseline	.010		.084		.284	

Time*FTQ baseline	.784	.844	.969
Time*TCS baseline	.141	.031	.109
Time*HADS baseline	.621	.520	.182

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 3. P values of main effects and interactions for initial and final models by participants and time points for Hospital Anxiety and Depression Scale (HADS) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model p	Final model p	Initial model p	Final model p	Initial model p	Final model p
Intercept	.000	.000	.000	.000	.000	.000
Season	.575	.845	.670	.912	.528	.323
Education	.039	.056	.046	.040	.886	.932
Employed	.141	.055	.124	.031	.006	.009
Female	.086	.206	.227	.222	.758	.196
FI - right	.144	.109	.176	.079	.517	.944
FI - left	.753	.868	.829	.891	.259	.232
Tinnitus Duration	.978	.941	.956	.886	.662	.396
Age	.421	.869	.187	.925	.229	.536
TQ baseline	.419	.194	.753	.297	.558	.108
HUI baseline	.000	.000	.000	.000	.000	.001
TDI baseline	.128	.165	.248	.136	.575	.659
FTQ baseline	.457	.910	.212	.727	.260	.736
TCS baseline	.015	.001	.160	.001	.460	.227
THI baseline	.000	.000	.000	.000	.000	.000
Time	.157	.000	.011	.000	.359	.000
Time*TCS baseline	.462		.094		.077	.000
Time*Season	.709		.428		.002	
Time*Education	.401		.984		.964	
Time*Employed	.075		.617		.771	
Time*Female	.798		.248		.430	
Time*FI - right	.812		.993		.208	
Time*FI - left	.771		.278		.780	
Time*Tinnitus Duration	.031		.648		.982	
Time*Age	.273		.044		.577	

Time*TQ baseline	.530	.275	.305
Time*HUI baseline	.395	.362	.205
Time*TDI baseline	.084	.002	.798
Time*FTQ baseline	.020	.224	.084
Time*THI baseline	.088	.394	.035

Note: HUI: Health Utilities Index; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 4. P values of main effects and interactions for initial and final models by participants and time points for Tinnitus Catastrophising Scale (TCS) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model	Final model	Initial model	Final model	Initial model	Final model
	p	p	p	p	p	p
Intercept	.000	.000	.000	.000	.000	.000
Season	.283	.525	.141	.350	.515	.583
Education	.975	.894	.552	.979	.046	.044
Employed	.010	.004	.012	.002	.002	.002
Female	.577	.959	.617	.980	.663	.203
FI - right	.825	.940	.418	.802	.834	.220
FI - left	.579	.625	.671	.919	.224	.186
Tinnitus Duration	.299	.605	.096	.480	.574	.856
Age	.183	.096	.684	.131	.699	.046
TQ baseline	.000	.000	.001	.000	.156	.109
HUI baseline	.858	.179	.210	.228	.454	.013
TDI baseline	.481	.722	.206	.633	.868	.523
FTQ baseline	.000	.000	.002	.000	.000	.000
THI baseline	.053	.004	.347	.005	.053	.000
HADS baseline	.000	.000	.004	.000	.372	.150
Time	.050	.000	.003	.000	.017	.000
Time*Season	.254		.468		.626	
Time*Education	.462		.522		.814	
Time*Employed	.837		.933		.257	
Time*Female	.132		.517		.041	
Time*FI - right	.682		.136		.114	
Time*FI - left	.762		.396		.611	
Time*Tinnitus Duration	.149		.221		.539	
Time*Age	.791		.081		.078	
Time*TQ baseline	.511		.419		.977	

Time*HUI baseline	.001	.002	.126
Time*TDI baseline	.266	.535	.392
Time*FTQ baseline	.839	.722	1.000
Time*THI baseline	.178	.098	.164
Time*HADS baseline	.832	.602	.475

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 5. P values of main effects and interactions for initial and final models by participants and time points for Fear of Tinnitus Questionnaire (FTQ) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model p	Final model p	Initial model p	Final model p	Initial model p	Final model p
Intercept	.000	.000	.000	.000	.000	.000
Season	.582	.835	.870	.912	.716	.991
Education	.240	.172	.316	.175	.585	.725
Employed	.521	.707	.833	.773	.010	.032
Female	.002	.008	.037	.014	.217	.255
FI - right	.678	.650	.379	.519	.049	.117
FI - left	.221	.158	.629	.231	.700	.676
Tinnitus Duration	.160	.156	.285	.183	.956	.742
Age	.492	.522	.588	.572	.000	.000
TQ baseline	.372	.709	.529	.773	.001	.001
HUI baseline	.095	.465	.314	.586	.064	.058
TDI baseline	.887	.481	.717	.500	.703	.976
THI baseline	.013	.001	.046	.001	.962	.403
TCS baseline	.000	.000	.000	.000	.024	.000
HADS baseline	.448	.572	.976	.691	.919	.669
Time	.000	.000	.000	.000	.016	.000
Time*Season	.081		.281		.215	
Time*Education	.819		.972		.862	
Time*Employed	.672		.616		.076	
Time*Female	.034		.058		.017	
Time*FI - right	.843		.565		.571	
Time*FI - left	.736		.534		.943	
Time*Tinnitus Duration	.685		.859		.284	
Time*Age	.763		.805		.477	
Time*TQ baseline	.214		.075		.189	
Time*HUI baseline	.000		.001		.375	
Time*TDI baseline	.009		.076		.750	

Time*THI baseline	.111	.185	.420
Time*TCS baseline	.938	.549	.016
Time*HADS baseline	.541	.321	.689

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FI: Fletcher Index; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 6. P values of main effects and interactions for initial and final models by participants and time points for Tinnitus Questionnaire (TQ) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model p	Final model p	Initial model p	Final model p	Initial model p	Final model p
Intercept	.000	.000	.000	.000	.000	.000
Season	.054	.052	.708	.124	.819	.167
Education	.348	.104	.992	.183	.433	.108
Employed	.340	.841	.103	.663	.273	.775
Female	.625	.964	.371	.938	.571	.384
FI - right	.521	.248	.825	.312	.495	.909
FI - left	.879	.791	.359	.898	.741	.815
Tinnitus Duration	.611	.180	.975	.172	.738	.533
Age	.023	.002	.273	.002	.058	.001
FTQ baseline	.521	.770	.215	.582	.003	.000
HUI baseline	.003	.131	.002	.125	.164	.757
TDI baseline	.008	.000	.056	.000	.075	.038
THI baseline	.000	.000	.000	.000	.023	.000
TCS baseline	.012	.000	.172	.001	.918	.337
HADS baseline	.429	.165	.237	.115	.550	.131
Time	.005	.000	.000	.000	.008	.000
Time*Season	.437		.025		.028	
Time*Education	.589		.434		.499	
Time*Employed	.075		.128		.114	
Time*Female	.243		.482		.369	
Time*FI - right	.332		.060		.362	
Time*FI - left	.848		.113		.415	
Time*Tinnitus Duration	.143		.326		.294	
Time*Age	.595		.535		.572	
Time*FTQ baseline	.393		.392		.302	
Time*HUI baseline	.001		.007		.197	
Time*TDI baseline	.125		.012		.814	

Time*THI baseline	.713	.416	.371
Time*TCS baseline	.341	.574	.404
Time*HADS baseline	.468	.416	.548

Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; TDI: Tinnitus Disability Index; THI: Tinnitus Handicap Inventory. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 7. P values of main effects and interactions for initial and final models by participants and time points for Tinnitus Disability Index (TDI) as the outcome

Predictors	Step 1 only T0-T1 (n=215)		Step 1 only T0-T3 (n=215)		Step 1 & 2 T0 – T3 (n=165)	
	Initial model	Final model	Initial model	Final model	Initial model	Final model
	p	p	p	p	p	p
Intercept	.000	.000	.000	.000	.000	.000
Season	.083	.097	.099	.105	.263	.148
Education	.002	.001	.003	.001	.024	.006
Employed	.555	.600	.471	.534	.093	.007
Female	.729	.852	.402	.905	.616	.547
FI - right	.146	.097	.164	.087	.096	.096
FI - left	.347	.324	.014	.072	.197	.092
Tinnitus Duration	.081	.115	.177	.114	.226	.224
Age	.020	.014	.035	.007	.126	.046
FTQ baseline	.372	.253	.080	.216	.170	.432
HUI baseline	.000	.000	.000	.000	.003	.001
TQ baseline	.000	.000	.000	.000	.355	.186
THI baseline	.000	.000	.004	.000	.006	.002
TCS baseline	.183	.402	.017	.246	.672	.934
HADS baseline	.725	.508	.726	.593	.922	.979
Time	.011	.000	.018	.000	.686	.000
Time*Season	.865		.983		.637	
Time*Education	.050		.081		.953	
Time*Employed	.397		.309		.181	
Time*Female	.061		.089		.783	
Time*FI - right	.930		.711		.297	
Time*FI - left	.567		.165		.287	
Time*Tinnitus Duration	.842		.902		.880	
Time*Age	.885		.941		.888	
Time*FTQ baseline	.206		.009		.043	
Time*HUI baseline	.283		.828		.301	
Time*TQ baseline	.599		.767		.295	
Time*THI baseline	.261		.413		.070	
Time*TCS baseline	.090		.077		.194	

Time*HADS baseline	.350	.129	.680
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Note: HADS: Hospital Anxiety and Depression Scale; HUI: Health Utilities Index; FI: Fletcher Index; FTQ: Fear of Tinnitus Questionnaire; TCS: Tinnitus Catastrophizing Scale; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire. Values derived using maximum likelihood estimation (ML). B and SE are not shown because there are multiple B's and SE's for each categorical predictor with more than two categories (season, time, all interactions with time).

Table 8. Numbers of participants improved by outcome measure

Outcome	MCID	Baseline to 3 months % (n improved/n at T1)	Baseline to 8 months % (n improved/n at T2)	Baseline to 12-months % (n improved/n at T3)
HUI	.03	46.8 (155/331)	51.0 (133/261)	54.0 (115/213)
THI	7	43.7 (145/332)	59.0 (154/261)	67.8 (145/214)
TQ	12	32.9 (110/334)	55.4 (143/258)	62.4 (133/213)
HADS (CVD)	1.7	30.0 (100/333)	39.1 (102/261)	46.7 (100/214)
HADS (COPD)	1.5	37.8 (126/333)	48.3 (126/261)	53.7 (115/214)

Note: HADS CVD: Hospital Anxiety and Depression Scale for cardiovascular patients; HADS COPD: Hospital Anxiety and Depression Scale for chronic obstructive pulmonary disease patients HUI: Health Utilities Index; THI: Tinnitus Handicap Inventory; TQ: Tinnitus Questionnaire; MCID: minimal clinically important difference criteria.

In the absence of existing data for tinnitus patients, participants were classified as ‘improved’ on HADS if their total score decreased by 1.7 points (reference group cardiovascular patients; Lemay, Tulloch, Pipe, & Reed, 2019) and 1.5 points (reference group chronic obstructive pulmonary disease patients; Puhan, Frey, Büchi, & Schünemann, 2008).

Sources for MCID cutoff by outcome: HUI (Horsman et al., 2003; Marra et al., 2005); THI (Zeman et al., 2011); TQ (Hall, Mehta, & Argstatter, 2018); HADS reported for chronic conditions such as cardiovascular disease (1.7 points) (Lemay et al., 2019) and chronic obstructive pulmonary disease patients (1.5 points) (Puhan et al., 2008).

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