

Supplementary Methods: Schema Therapy Intervention

Schema therapy (ST) was delivered in an individual format comprising weekly 50-minute sessions over 20 weeks. All participants completed all 20 planned sessions.

Given schema therapy's flexible nature, the intervention was not conducted according to a rigid, session-by-session manual. Instead, treatment was individualized to each participant while adhering to ST's core theoretical framework. Interventions were guided by a shared schema therapy-based case conceptualization framework, which focused on early maladaptive schemas, schema modes, and core emotional needs.

Across therapists, treatment involved an initial phase of assessment and psychoeducation regarding schema concepts, followed by the use of cognitive, experiential, and behavioral techniques (e.g., cognitive restructuring, experiential imagery-based interventions, and behavioral pattern-breaking strategies), applied flexibly according to each participant's formulation and clinical progress.

Five therapists provided the intervention (four licensed clinical psychologists and one licensed psychiatric social worker). All therapists completed an international certification workshop in schema therapy and received regular supervision from an advanced-level schema therapist throughout the study period. Supervision focused on maintaining theoretical consistency in case conceptualization and intervention strategies while allowing for individualized clinical application.