

**Supplementary Table 1.** Normality test for psychological measures

Scale	Time point (pre- or post-treatment)	Skewness	Kurtosis	Kolmogorov-Smirnov*	
				Statistic	p
Yale-Brown	Pre	0.08	-0.55	0.14	0.002
Obsessive-Compulsive Scale	Post	-0.63	0.29	0.08	0.200
Dimensional	Pre	0.35	-0.18	0.08	0.200
Obsessive-Compulsive Scale	Post	0.58	-0.45	0.13	0.006
	Pre	0.61	-0.95	0.15	0.001
Contamination	Post	0.81	-0.66	0.22	<0.001
	Pre	-0.03	-0.82	0.10	0.178
Responsibility for harm	Post	-0.50	-0.69	0.13	0.007
	Pre	0.04	-0.99	0.09	0.200
Unacceptable thoughts	Post	0.44	-1.01	0.13	0.013
	Pre	0.87	-0.18	0.16	<0.001
Symmetry	Post	0.88	-0.44	0.27	<0.001
Acceptance and	Pre	-0.92	0.61	0.07	0.200
Action Questionnaire-II	Post	0.09	-0.95	0.06	0.200
Acceptance and Action Questionnaire	Pre	-0.04	-0.40	0.16	0.003
for Obsessions and Compulsions	Post	0.17	-0.77	0.08	0.200
Cognitive Fusion Questionnaire	Pre	-0.34	-0.74	0.10	0.200
	Post	0.14	-0.92	0.09	0.200

\*Lilliefors significance correction