

**In-session emotional experiencing in brief psychotherapy conducted by trainee psychologists:
process, alliance, and the role of therapist persuasiveness**

Andreia Soares,¹ Laura Ladislau,¹ Ana Aleixo,¹ João M. Santos,² Daniel Sousa¹

¹ISPA - Instituto Universitário, Lisbon; ²University Institute of Lisbon, Portugal

doi: 10.4081/ripppo.2026.891

SUPPLEMENTARY MATERIAL

Supplementary Table 1. Descriptive statistics for the 5 trainees (psychologists in training).

	M	SD	Min	Max	Median	Skewness	Kurtosis
Age	37.47	10.458	22	55	38	.01	-1.02
OQ-45	59.90	12.43	46.75	78.50	57.83	.79	.11
WAI-SR	50.63	2.74	48.17	55.25	50	1.63	3.06
WAI-SR-T	15.95	1.24	14.42	17.75	16.08	.41	.49
WAI-SR-O	17.23	1.02	15.50	18.08	17.42	-1.74	3.35
WAI-SR-V	17.45	1.59	15.50	19.67	17.25	.34	2
EXP-M	2.39	.17	2.17	2.55	2.48	-.61	-2.67
EXP-P	2.98	.13	2.85	3.15	2.95	.38	-2.25
EST-EXP	2.89	.49	2.30	3.34	3.11	-.52	-3.01

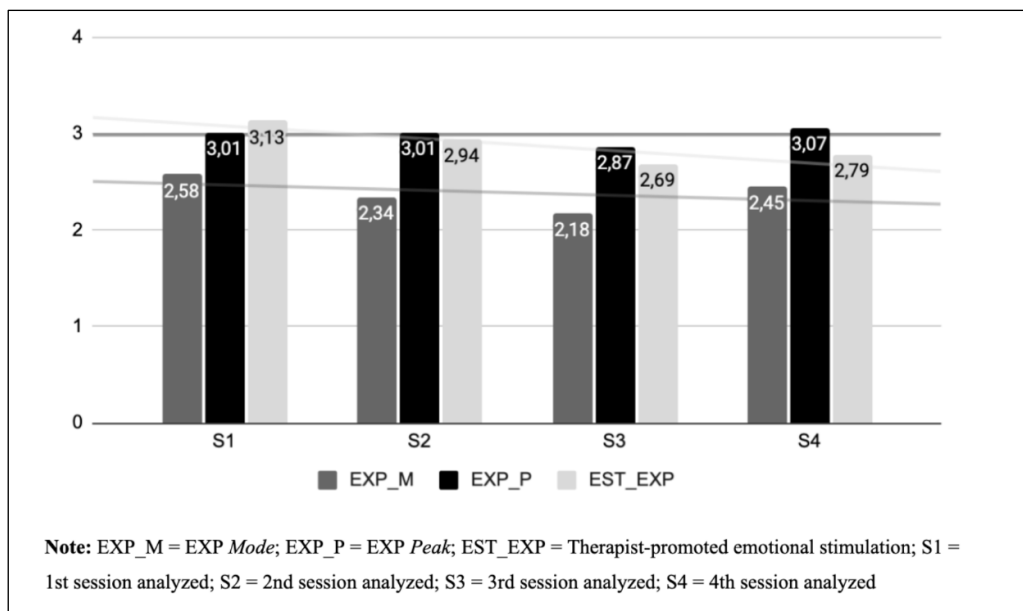
OQ-45, Outcome Questionnaire-45; WAI-SR, Working Alliance Inventory – Short Revised; WAI-SR-T, Tasks subscale; WAI-SR-O, Goals subscale; WAI-SR-V, Bond subscale; EXP-M, Experiencing Scale - *mode*; EXP-P, Experiencing Scale - *peak*; EST-EXP, emotional experiencing stimulation item from the Therapist Persuasiveness Rating Scale.

Supplementary Table 2. Variance estimates associated with the random effects of intercepts across psychologist and patient levels at two points in the psychotherapy session (beginning and middle).

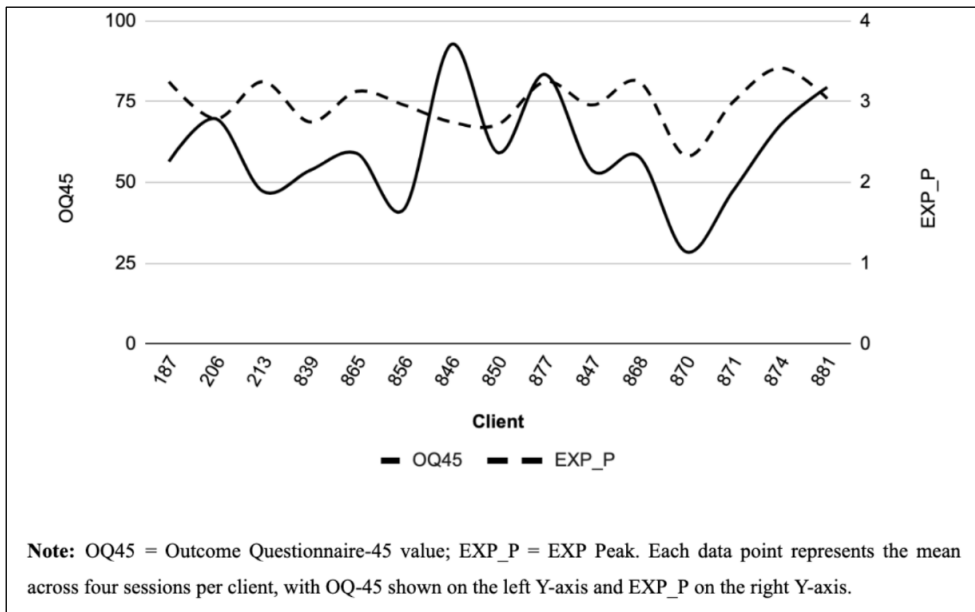
Variables (n=56)	Variance estimates	Standard error
Psychologist intercept (beginning)	.058	.064
Psychologist intercept (middle)	.065	.090
Patient intercept (beginning)	.015	.038
Patient intercept (middle)	.034	.048

Psychologists = sample of 5 trainee psychologists whose persuasion level was rated; Patients = sample of 15 patients whose emotional experiencing level was rated.

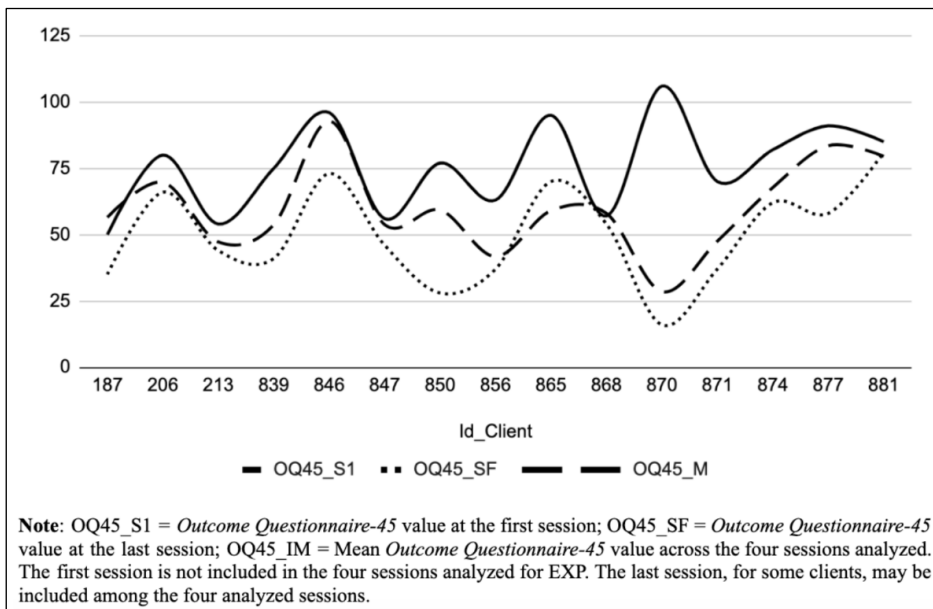
Supplementary Figure 1. Average level of emotional experiencing and stimulation per session.



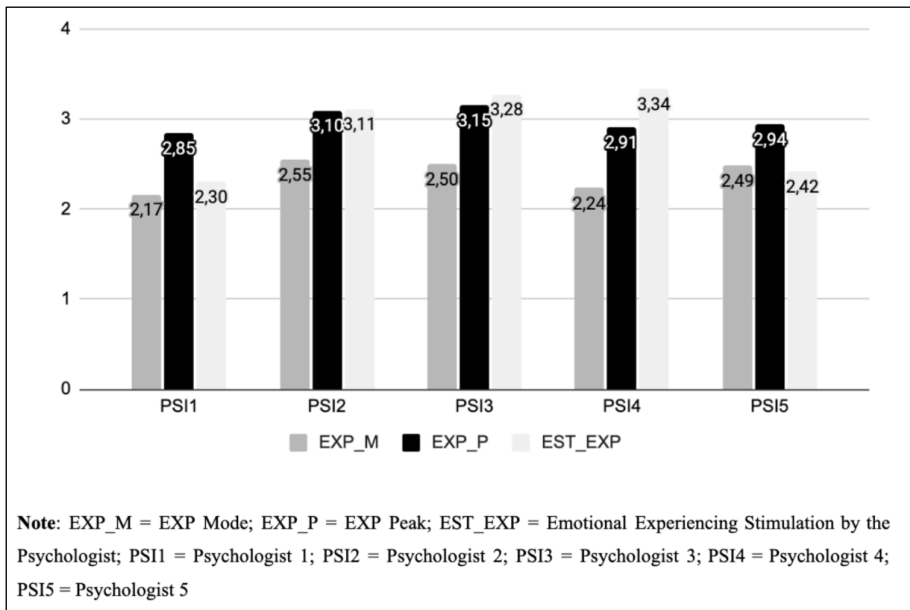
Supplementary Figure 2. Average level of psychological distress and EXP-P by client.



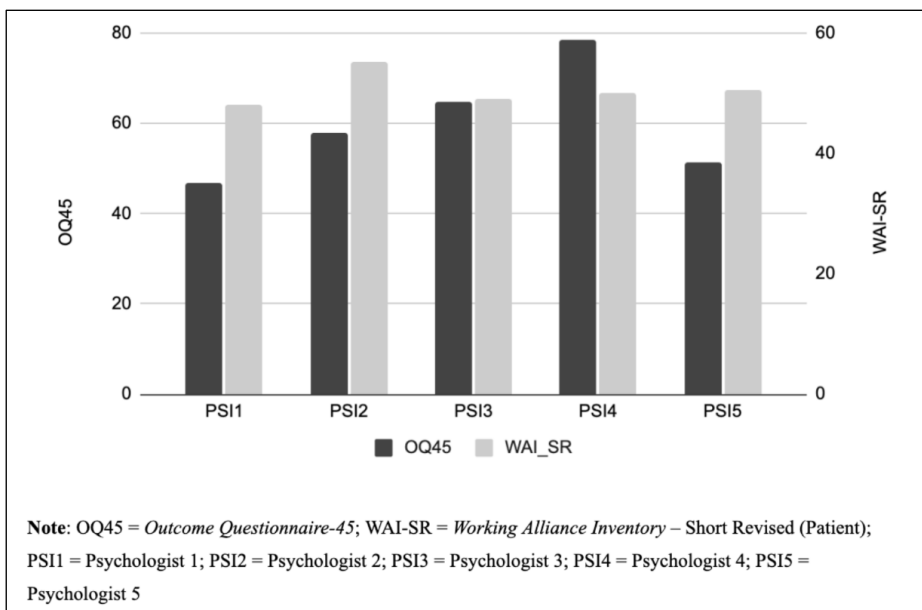
Supplementary Figure 3. Average level of psychological distress from the first to the last session by the client.



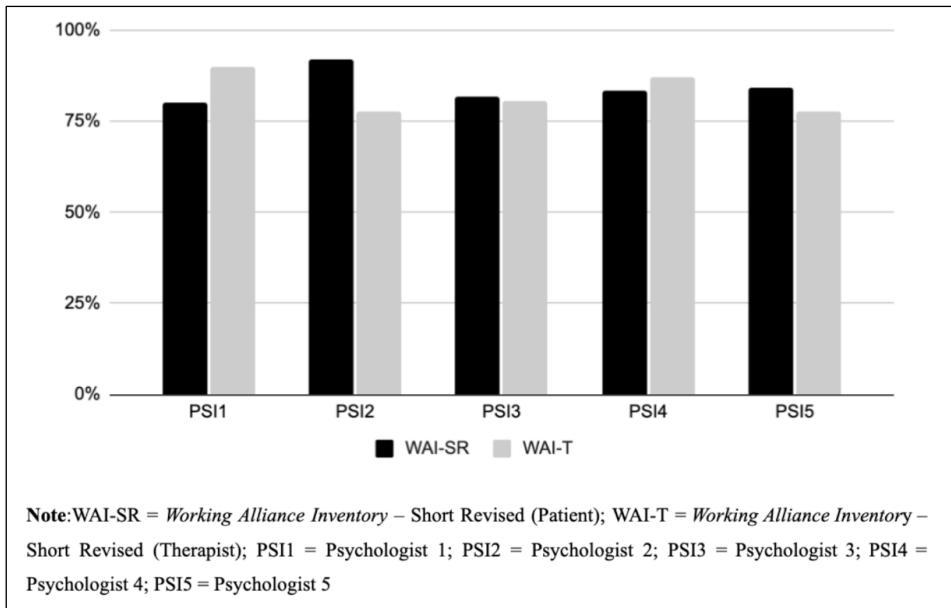
Supplementary Figure 4. Average level of emotional experiencing and stimulation per trainee.



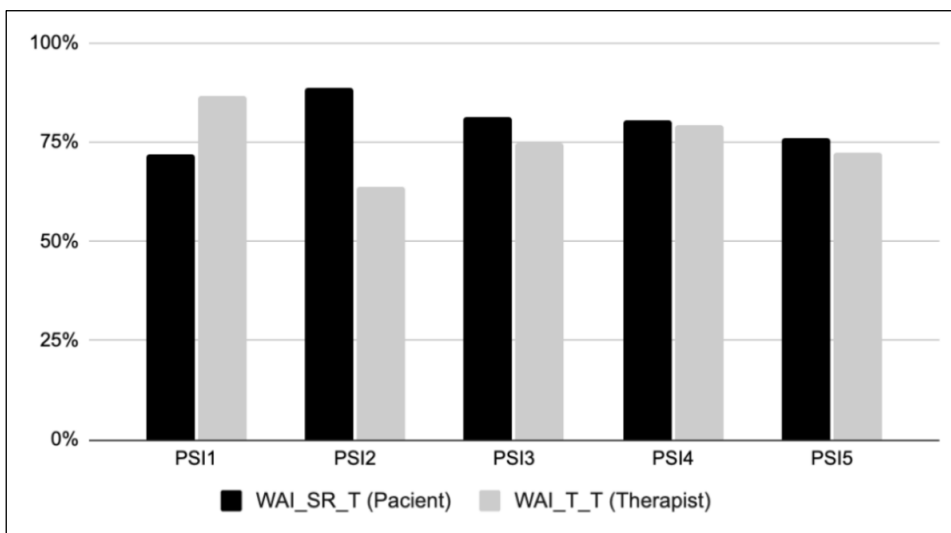
Supplementary Figure 5. Average level of psychological distress and therapeutic alliance per trainee.



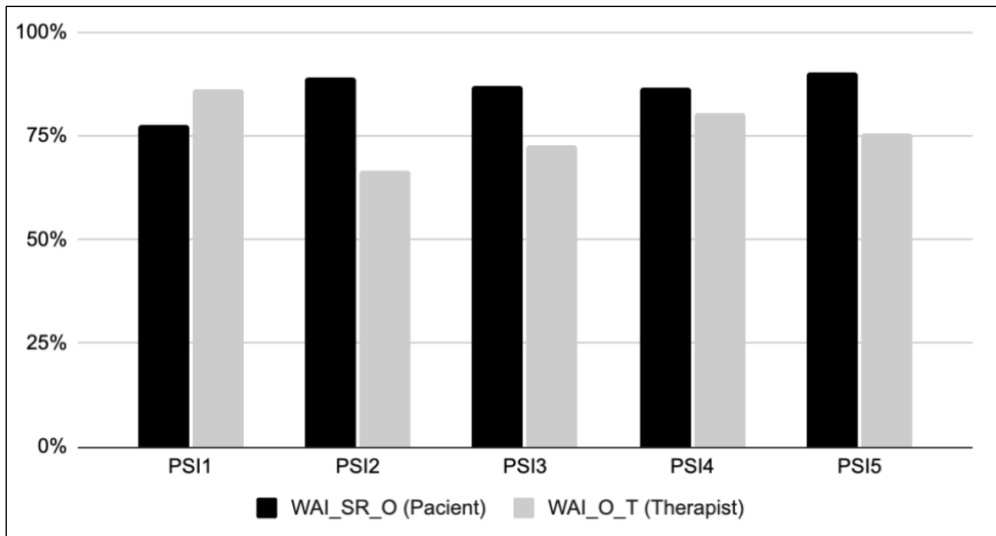
Supplementary Figure 6. Comparison of perceived therapeutic alliance between patients and therapists.



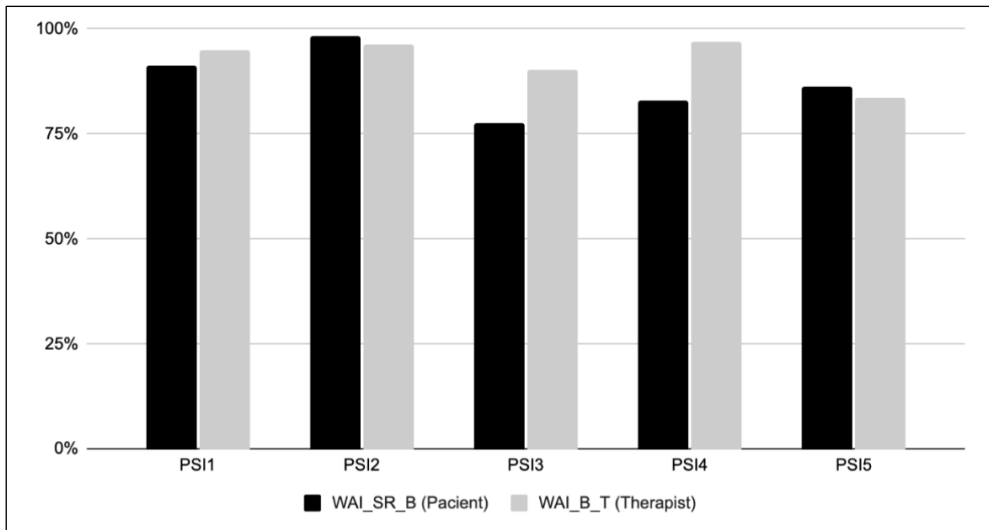
Supplementary Figure 7. Comparison of the perception of the Tasks dimension of the therapeutic alliance.



Supplementary Figure 8. Comparison of the perception of the Goals dimension of the therapeutic alliance.



Supplementary Figure 9. Comparison of the perception of the Bond dimension of the therapeutic alliance.



Supplementary Figure 10. Path diagram of the estimated fixed effects of the mixed linear model for psychological distress as a function of therapeutic alliance, perceived by the patient and the psychologist.

