

Results of the questionnaire evaluation on mentalization training

The following constructs were collected by means of questionnaires and their changes were measured in a group of N=38 (mean age: 25.7 years, mean previous professional experience: 0.64 years, 15% had experience with supervision work): Mentalizing (RFQ, ACS, MZQ, Teacher RFQ), Epistemic Trust and Distrust (ETMCQ), Symptomatic Stress Level (SCL), Personality Functioning Level: (LPFS-BF).

Initial results showed significant changes with small and medium effect sizes in the desired directions:

- **Improvement in mentalizing ability** (Teacher-RFQ, ACS, MZQ: Self-reflection, MZQ: Emotional awareness, reduction in MZQ: Psychic equivalence mode and increase in MZQ: Regulation of affect).
- **Epistemic confidence:** Increase in epistemic trust (EV-Trust scale) and decrease in epistemic distrust (EV- Mistrust scale).
- **Psychopathology and symptomatology:** reduction in depressiveness (SCL: depressive scale) and agoraphobic anxiety (SCL: agoraphobic scale), improvement in personality functioning (reduction in LPFS-BF: total, LPFS-BF: Self-functioning).

These results are promising regarding the effect of the training, but need to be verified in larger samples and with control groups and follow-up surveys.

Paired sample t-tests

	Prä-test		Posttest		t	Cohen's d	Effektstärke
	Mittelwert	SD	Mittelwert	SD			
Teacher RFQ	51.73	5.45	53.78	3.74	-3.001**	0.44	medium
RFQ certainty scale	1.06	0.67	1.19	0.78	-1.357	0.18	
RFQ uncertainty scale	0.82	0.59	0.69	0.61	1.402	0.22	
ACS	40.50	6.24	42.35	5.60	-2.481*	0.32	small
EV Trust scale	29.13	3.09	30.23	3.08	-2.408*	0.36	small
EV Mistrust scale	14.43	3.30	12.95	3.65	2.745**	0.43	medium
EV Credulity scale	10.45	5.42	10.63	4.51	-0.334	0.04	
SCL depressive scale	2.43	2.55	1.70	2.19	2.264*	0.31	small
SCL dysthymic scale	3.75	2.74	3.38	3.25	0.859	0.12	
SCL vegetative scale	3.18	3.82	2.18	2.82	1.687	0.30	
SCL agoraphobic scale	1.58	2.10	0.85	1.59	2.474*	0.40	medium
SCL sociophobic symptoms scale	2.83	3.19	2.73	2.97	0.239	0.03	
SCL symptoms of mistrust scale	2.65	2.68	2.08	2.27	1.546	0.23	
LPFS-BF total	22.45	5.60	21.00	5.19	2.802**	0.27	small
LPFS-BF Self-functioning	12.70	4.29	11.60	3.59	2.627*	0.28	small
LPFS-BF Interpersonal functioning	9.75	2.28	9.40	2.15	1.172	0.16	
MZQ Self-reflection	17.05	2.24	17.73	2.14	-2.247*	0.31	small
MZQ Emotional awareness	14.55	3.15	15.75	2.63	-3.252**	0.42	medium
MZQ Psychic equivalence mode	13.20	3.72	14.50	2.86	-2.878**	0.40	medium
MZQ Regulation of affect	11.05	2.39	11.78	1.95	-2.512*	0.34	small
TICS	33.83	9.15	33.78	9.56	0.061	0.01	

- * $p < 0.05$ ** $p < 0.01$