**Supplement to: Group Cognitive Behavioural Therapy for Non-Rapid Eye Movement Parasomnias: Long-term Outcomes and Impact of COVID-19 Lockdown**

## Supplement Outline

1. **Methods and Protocol**
2. **ICL Questionnaire**
3. **Supplementary Results**

1. ***Methods and Protocol***

Diagram

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**Figure S1. Flowchart of the studied cohort of patients with NREM parasomnia.** Some patients reported N>1 subtype of NREM parasomnia. Percentages indicate the prevalence of each NREM parasomnia subtype in our cohort. CBT-NREMP: Cognitive Behavioural Therapy for NREM parasomnia; CA: confusional arousal; SRED: sleep-related eating disorder; NREM: non-REM; N: number.

**2. Impact of COVID-19 Lockdown on NREM Parasomnias Questionnaire (ICL)**

**IMPACT of COVID-19 lockdown on NREM Parasomnias Questionnaire**

*The purpose of this questionnaire is to understand if COVID-19 lockdown impacted your NREM parasomnias in any way. Please complete the questionnaire based on your overall experience of the COVID-19 lockdown to date. If a question is non-applicable to you, please circle the ‘no change’ option, or write N/A in the margin.*

***Starting Questions - please circle the best option for you***

Did you contract Covid-19?: yes/no

If yes, did you require hospital treatment?: yes/no

Were you home confined during lockdown (i.e. Did you work from home; remain essentially housebound)?: yes/no

Were you classified as an essential worker during lockdown (e.g. healthcare, police, fire service, or in a job that is COVID-19 essential?): yes/no

Did you live alone during lockdown? yes/no***Sleep***

My NREM parasomnias deteriorated during lockdown (e.g. my sleepwalking became more frequent)

Text

Description automatically generated with medium confidence

My sleep overall deteriorated during lockdown

Text

Description automatically generated with medium confidence

Lockdown continues to adversely affect my sleep

Text

Description automatically generated with medium confidence

During lockdown, …

1. It took me longer to fall asleep

Text

Description automatically generated with medium confidence

1. I was awake for more of the night

Text

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1. I found it difficult to get up on time

Text

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1. I napped more during the day

Text

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1. My sleep quality overall was poorer

Text

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1. I felt more tired and fatigued during the day

Text

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1. It was more difficult to switch off my mind at night

Text

Description automatically generated with medium confidence

***Mental Health***

I feel that my overall mental health deteriorated during lockdown

Text

Description automatically generated with medium confidence

I felt anxious during lockdown

Text

Description automatically generated with medium confidence

I felt depressed during lockdown

Text

Description automatically generated with medium confidence

I felt more stressed during lockdown

Text

Description automatically generated with medium confidence***General wellbeing and lifestyle***

My ability to engage in exercise during lockdown reduced

Text

Description automatically generated with medium confidence

My alcohol consumption increased during lockdown

Text

Description automatically generated with medium confidence

My use of illicit substances (e.g. cannabis, cocaine, LSD etc) increased during lockdownText

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My diet deteriorated during lockdown (e.g. I gained weight and/or ate more unhealthily)

Text

Description automatically generated with medium confidence

I felt lonely during lockdown

Text

Description automatically generated with medium confidence

Lockdown affected my family and social relationships

Text

Description automatically generated with medium confidence

My ability to connect and communicate with others deteriorated during lockdown

Text

Description automatically generated with medium confidence

I have been adversely affected financially due to lockdownText

Description automatically generated with medium confidence

Working from home adversely affected my general wellbeing

Text

Description automatically generated with medium confidence

My responsibilities increased during lockdown e.g. I had to homeschool my children

Text

Description automatically generated with medium confidence

The ill effects of lockdown are still impacting my general wellbeing

Text

Description automatically generated with medium confidence

3. Supplementary Results

Chart, box and whisker chart

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**Figure S2**. **Box plot of Assessment Score for PRE (after the CBT-NREMP intervention) and during lockdown (POST) for HADS components (note: P values are from Wilcoxon tests).** PRE: post CBT-NREMP treatment; POST: follow-up. Box represents the 50% of the central data (between 25th and 75th percentiles), with a line inside that represents the median. Dots represent points outside 1.5 times the interquartile range above the upper quartile and below the lower quartile.

Chart, box and whisker chart

Description automatically generated

**Figure S3. Box plot of Assessment Score for PRE and POST for PADSS components (note: p values are from Wilcoxon tests).** PRE: post CBT-NREMP treatment; POST: follow-up. Box represents the 50% of the central data (between 25th and 75th percentiles), with a line inside that represents the median. Dots represent points outside 1.5 times the interquartile range above the upper quartile and below the lower quartile.