

Supplement Table D. Scores of group ID3 before and after receiving ICU diary.

	Pre-diary N=40	Post diary N=40	Stat	95% CI	
	Mean (SD)	Mean (SD)	P	upper	lower
Anxiety depression	6.26 (2.36)	1.14 (1.32)	0.00	4.4	5.8
Anxiety	3.14 (1.51)	0.43 (0.67)	0.00	2.3	3.1
Depression	3.12 (1.68)	0.71 (0.81)	0.00	1.8	2.9
PTSS	6.32 (3.17)	1.26 (1.53)	0.00	4.2	5.8
Intrusion	3.2 (1.7)	0.76 (1.03)	0.00	1.9	2.9
Avoidance	0.76 (1.0)	0.02 (0.15)	0.00	0.4	1.1
Hyperarousal	2.38 (1.74)	0.48 (0.71)	0.00	1.4	2.4
QOL	0.8 (0.15)	1.0 (0.6)	0.01	-0.5	-0.1
ICU memories					
Total	4.26 (1.2)	4.54 (1.1)	0.00	-1.2	-0.3
Factual	7.91 (1.17)	8.06 (1.2)	0.13	-0.3	-0.1
Feelings	4.26 (1.17)	4.54 (1.1)	0.04	-0.5	-0.01
Delusional	1.2 (0.6)	1.5 (0.6)	0.01	-0.5	-0.1

The pre-diary assessment was made at 3 months post-discharge and post diary assessment at 15 days after receiving the diary. Anxiety depression Hospital Anxiety Depression Scale (HADS score); PTSS – Post Traumatic Stress Symptoms; QOL- Quality of Life (Euro Quality of Life 3-dimensions)