**Table 2: Scores for efficacy outcome measures**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcome measures**  | **Worry Group, WG (n=7)** | **Wait-list Control, CG** **(n=6)** | **Adjusted mean difference (95% CI)** | **Standardised effect size (d)** |
| Worry (PSWQ) |  |  |  |  |
|  | Week 0 | 61.0 (5.7) | 62.5 (12.90) |  |  |
|  | Week 8 | 58.9 (10.8) | 66.0 (12.73) | -6.0 (-15.4; 3.4) | -0.5 |
|  | Week 12 | 58.4 (9.3) | 67.1 (8.26) | -7.6 (-15.7; 0.6) | -0.6 |
|  |  |  |  |  |  |
| PSYRATS\_delusions |  |  |  |  |
|  | Week 0 | 18.4 (3.4) | 16.0 (5.1) |  |  |
|  | Week 8 | 12.3(5.5) | 12.8 (6.7) | -2.2 (-9.4; 5.1) | -0.4 |
|  | Week12 | 15.7 (4.6) | 14.7 (4.4) | -0.6 (-5.1; 4.0) | -0.1 |
|  |  |  |  |  |  |
| Paranoia (GPTS-B) |  |  |  |  |
|  | Week 0 | 57.5 (10.7) | 55.3 (12.7) |  |  |
|  | Week 8 | 52.5 (9.7) | 51.2 (20.9) | -0.2 (-17.6; 17.3) | -0.0 |
|  | Week 12 | 56.6 (8.3) | 56.2 (15.3) | -0.8 (-13.4; 11.7) | -0.1 |

Data are mean (SD). PSWQ=Penn State Worry Questionnaire; PSYRATS\_delusions = Psychotic Symptoms Rating Scale\_delusions; GPTS\_B = Green Paranoid Thoughts Scale, Part B. Standardised effect sizes were calculated conservatively using pooled standard deviations from week 8 and week 12 respectively.