**Supplementary File 03**

Analyses of missingness

**Table 03.1.** Baseline characteristics between those available in ITT analysis and those with no post-randomisation data.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Available for analysis | No post-randomisation data | p-value |
|  |  | N=168 | N=26 |  |
| **Age (M, SD)** |  | **42.0 (13.2)** | **34.2 (11.1)** |  **0.005** |
| Female (N, %) |  | 130 (77.4%) | 23 (92.0%) |  0.092 |
| White ethnicity (N, %) |  | 155 (92.3%) | 25 (96.2%) |  0.48 |
| Long-term condition (N, %) | Psoriasis | 11 ( 6.5%) | 3 (11.5%) |  0.82 |
| IBD | 83 (49.4%) | 13 (50.0%) |  |
| CKD | 44 (26.2%) | 6 (23.1%) |  |
| MS | 30 (17.9%) | 4 (15.4%) |  |
| Number of comorbidities (M, SD) |  | 1.4 (1.6) | 2.0 (1.7) |  0.052 |
| Employment status (N, %)\* | Employed | 104 (61.9%) | 15 (57.7%) |  0.40 |
| Unemployed | 27 (16.1%) | 5 (19.2%) |  |
| Retired | 12 ( 7.1%) | 0 ( 0.0%) |  |
| Other | 25 (14.9%) | 6 (23.1%) |  |
| **Education (N, %)\*** | **GCSE/O-level or none** | **1 ( 0.6%)** | **0 ( 0.0%)** |  **0.034** |
| **A-level** | **45 (27.1%)** | **14 (56.0%)** |  |
| **Degree** | **101 (60.8%)** | **10 (40.0%)** |  |
| **Other** | **19 (11.4%)** | **1 ( 4.0%)** |  |
| Marital status (N, %)\* | Single | 42 (25.0%) | 10 (38.5%) |  0.14 |
| Married/cohabiting | 106 (63.1%) | 14 (53.8%) |  |
| Separated/divorced | 19 (11.3%) | 1 ( 3.8%) |  |
| Widowed | 1 ( 0.6%) | 1 ( 3.8%) |  |
| Living arrangements (N, %) | Live with others | 144 (85.7%) | 24 (92.3%) |  0.36 |
| Live alone | 24 (14.3%) | 2 ( 7.7%) |  |
| **Use of psychotropic medication (N, %)\*** | **Prescribed and taking** | **39 (23.2%)** | **17 (65.4%)** | **<0.001** |
| **Prescribed but not taking** | **7 ( 4.2%)** | **1 ( 3.8%)** |  |
| **Not prescribed** | **120 (71.4%)** | **8 (30.8%)** |  |
| **Not sure** | **2 ( 1.2%)** | **0 ( 0.0%)** |  |
| Receipt of sickpay (N, %)\* | Yes | 5 ( 3.0%) | 0 ( 0.0%) |  0.19 |
| No | 161 (95.8%) | 25 (96.2%) |  |
| Unsure | 2 ( 1.2%) | 0 ( 0.0%) |  |
| Prefer not to say | 0 ( 0.0%) | 1 ( 3.8%) |  |
| IMD decile (Median, IQR) |  | 6.0 (4.0-8.0) | 7.0 (4.0-9.0) |  0.54 |
| **PHQ-ADS (M, SD)** |  | **22.1 (9.6)** | **26.7 (6.7)** |  **0.019** |
| **PHQ-9 (M, SD)** |  | **11.6 (5.7)** | **14.1 (4.4)** |  **0.034** |
| **GAD-7 (M, SD)** |  | **10.5 (4.7)** | **12.6 (3.7)** |  **0.028** |
| WSAS (M, SD) |  | 21.5 (8.5) | 22.1 (6.6) |  0.72 |
| IRD (M, SD) |  | 2.9 (1.8) | 3.5 (1.6) |  0.12 |
| IPQ (M, SD) |  | 22.6 (4.8) | 23.3 (4.1) |  0.47 |
| PAM (M, SD) |  | 37.9 (5.4) | 37.5 (6.3) |  0.73 |
| EQ-5D-5L (M, SD) |  | 0.7 (0.2) | 0.6 (0.2) |  0.41 |
| PGIS (Median, IQR) |  | 3.0 (2.0-3.0) | 3.0 (3.0-3.0) |  0.52 |

*Note.* \*Fischer’s exact alternative where expected cell count below 5 in more than 20% of cells.

**Table 03.2.** Baseline characteristics between those who completed 12-weeks post-randomisation assessment and those who did not.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 12-weeks post-randomisation assessment completed | 12-weeks post-randomisation assessment not completed | p-value |
|  |  | N=162 | N=32 |  |
| **Age (M, SD)** |  | **42.2 (13.2)** | **34.3 (11.0)** |  **0.002** |
| **Female (N, %)** |  | **124 (76.5%)** | **29 (93.5%)** |  **0.032** |
| White ethnicity (N, %) |  | 149 (92.0%) | 31 (96.9%) |  0.33 |
| Long-term condition (N, %) | Psoriasis | 10 ( 6.2%) | 4 (12.5%) |  0.37 |
| IBD | 78 (48.1%) | 18 (56.3%) |  |
| CKD | 44 (27.2%) | 6 (18.8%) |  |
| MS | 30 (18.5%) | 4 (12.5%) |  |
| Number of comorbidities (M, SD) |  | 1.4 (1.6) | 1.8 (1.7) |  0.18 |
| Employment status (N, %) | Employed | 99 (61.1%) | 20 (62.5%) |  0.44 |
| Unemployed | 26 (16.0%) | 6 (18.8%) |  |
| Retired | 12 ( 7.4%) | 0 ( 0.0%) |  |
| Other | 25 (15.4%) | 6 (18.8%) |  |
| Education (N, %)\* | GCSE/O-level or none | 1 ( 0.6%) | 0 ( 0.0%) |  0.054 |
| A-level | 43 (26.9%) | 16 (51.6%) |  |
| Degree | 98 (61.3%) | 13 (41.9%) |  |
| Other | 18 (11.3%) | 2 ( 6.5%) |  |
| **Marital status (N, %)\*** | **Single** | **38 (23.5%)** | **14 (43.8%)** |  **0.031** |
| **Married/cohabiting** | **104 (64.2%)** | **16 (50.0%)** |  |
| **Separated/divorced** | **19 (11.7%)** | **1 ( 3.1%)** |  |
| **Widowed** | **1 ( 0.6%)** | **1 ( 3.1%)** |  |
| Living arrangements (N, %) | Live with others | 139 (85.8%) | 29 (90.6%) |  0.46 |
| Live alone | 23 (14.2%) | 3 ( 9.4%) |  |
| **Use of psychotropic medication (N, %)\*** | **Prescribed and taking** | **38 (23.5%)** | **18 (56.3%)** |  **0.003** |
| **Prescribed but not taking** | **7 ( 4.3%)** | **1 ( 3.1%)** |  |
| **Not prescribed** | **115 (71.0%)** | **13 (40.6%)** |  |
| **Not sure** | **2 ( 1.2%)** | **0 ( 0.0%)** |  |
| Receipt of sickpay (N, %)\* | Yes | 5 ( 3.1%) | 0 ( 0.0%) |  0.25 |
| No | 155 (95.7%) | 31 (96.9%) |  |
| Unsure | 2 ( 1.2%) | 0 ( 0.0%) |  |
| Prefer not to say | 0 ( 0.0%) | 1 ( 3.1%) |  |
| IMD decile (Median, IQR) |  | 6.0 (4.0-8.0) | 6.5 (4.0-9.0) |  0.85 |
| PHQ-ADS (M, SD) |  | 22.3 (9.6) | 25.0 (7.9) |  0.14 |
| PHQ-9 (M, SD) |  | 11.8 (5.6) | 12.8 (5.2) |  0.33 |
| GAD-7 (M, SD) |  | 10.5 (4.7) | 12.2 (4.0) |  0.064 |
| WSAS (M, SD) |  | 21.8 (8.5) | 20.5 (7.1) |  0.41 |
| IRD (M, SD) |  | 3.0 (1.8) | 3.2 (1.8) |  0.57 |
| IPQ (M, SD) |  | 22.5 (4.8) | 23.5 (4.0) |  0.31 |
| PAM (M, SD) |  | 37.7 (5.4) | 38.3 (6.1) |  0.61 |
| EQ-5D-5L (M, SD) |  | 0.7 (0.2) | 0.6 (0.2) |  0.72 |
| PGIS (Median, IQR) |  | 3.0 (2.0-3.0) | 3.0 (2.0-3.0) |  0.85 |

*Note.* \*Fischer’s exact alternative where expected cell count below 5 in more than 20% of cells.



*Figure 03.1.* Coefficients and 95% CIs of univariate associations between baseline variables and missingness post-randomisation.



*Figure 03.2.* Coefficients and 95% CIs of univariate associations between baseline variables and missingness at 12-weeks post-randomisation.

**Table 03.3.** Univariate logistic regressions of baseline predictors of missingness (no post-randomisation data and no 12-week assessment data).

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | No post-randomisation data | 12-weeks post-randomisation assessment not completed |
|  |  | *OR (p-value)* | *OR (p-value)* |
| Age | **0.95 (0.007)** | **0.95 (0.003)** |
| Female | Male | 1 | 1 |
|  | Female | 3.36 (0.111) | **4.44 (0.048)** |
| White ethnicity | BAME | 1 | 1 |
|  | White | 2.10 (0.485) | 2.70 (0.346) |
| Long-term condition | Psoriasis | 1 | 1 |
|  | IBD | 0.57 (0.439) | 0.58 (0.395) |
|  | CKD | 0.50 (0.376) | 0.34 (0.143) |
|  | MS | 0.49 (0.395) | 0.33 (0.167) |
| Number of comorbidities |  | 1.24 (0.057) | 1.16 (0.181) |
| Employment status | Employed | 1 | 1 |
|  | Unemployed | 1.28 (0.655) | 1.14 (0.796) |
|  | Retired | 1 | 1 |
|  | Other | 1.66 (0.338) | 1.19 (0.739) |
| Education | GCSE/O-level or none | 1 | 1 |
|  | A-level | 5.91 (0.097) | 3.34 (0.131) |
|  | Degree | 1.88 (0.558) | 1.19 (0.825) |
|  | Other | 1 | 1 |
| Marital status | Single | 1 | 1 |
|  | Married/cohabiting | 0.55 (0.193) | **0.42 (0.034)** |
|  | Separated/divorced | 0.22 (0.164) | 0.14 (0.070) |
|  | Widowed | 4.20 (0.325) | 2.71 (0.491) |
| Living arrangements | Live with others | 1 | 1 |
|  | Live alone | 0.50 (0.367) | 0.63 (0.468) |
| Use of psychotropic medication | Prescribed and taking | 1 | 1 |
|  | Prescribed but not taking | 0.33 (0.314) | 0.30 (0.279) |
|  | Not prescribed | **0.15 (<0.001)** | **0.24 (<0.001)** |
|  | Not sure | 1 | 1 |
| Receipt of sickpay | Yes | 1 | 1 |
|  | No | 1 | 1 |
|  | Unsure | 1 | 1 |
|  | Prefer not to say | 1 | 1 |
| IMD decile |  | 1.05 (0.620) | 1.01 (0.870) |
| PHQ-ADS |  | **1.05 (0.021)** | 1.03 (0.138) |
| PHQ-9 |  | **1.08 (0.037)** | 1.03 (0.330) |
| GAD-7 |  | **1.10 (0.031)** | 1.08 (0.066) |
| WSAS |  | 1.01 (0.717) | 0.98 (0.409) |
| IRD |  | 1.20 (0.121) | 1.06 (0.573) |
| IPQ |  | 1.03 (0.473) | 1.05 (0.307) |
| PAM |  | 0.99 (0.725) | 1.02 (0.612) |
| EQ-5D-5L |  | 0.45 (0.413) | 0.72 (0.722) |
| PGIS |  | 1.15 (0.605) | 1.01 (0.974) |