**Supplementary File 04**

Comparison of baseline characteristics between those deemed adherent to COMPASS and those non-adherent

**Table 04.1.** Baseline characteristics of sample by adherence to COMPASS (N=94)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Non-adherent | Adherent | p-value |
|  |  | N=36 | N=58 |  |
| Age (M, SD) |  | 40.6 (12.8) | 41.0 (12.7) | 0.90 |
| Gender (N, %)\* | Male | 7 (19.4%) | 11 (19.0%) | 0.64 |
| Female | 28 (77.8%) | 47 (81.0%) |  |
| Prefer not to say | 1 ( 2.8%) | 0 ( 0.0%) |  |
| Ethnicity (N, %)\* | White | 32 (88.9%) | 55 (94.8%) | 0.38 |
| Black | 1 ( 2.8%) | 0 ( 0.0%) |  |
| Asian | 3 ( 8.3%) | 2 ( 3.4%) |  |
| Mixed | 0 ( 0.0%) | 1 ( 1.7%) |  |
| **Long-term condition (N, %)\*** | **Psoriasis** | **4 (11.1%)** | **3 ( 5.2%)** | **0.003** |
| **IBD** | **12 (33.3%)** | **34 (58.6%)** |  |
| **CKD** | **16 (44.4%)** | **8 (13.8%)** |  |
| **MS** | **4 (11.1%)** | **13 (22.4%)** |  |
| **Number of comorbidities (M, SD)** |  | **2.1 (1.9)** | **1.3 (1.7)** | **0.038** |
| Education (N, %)\* | Less than high school | 1 ( 2.8%) | 0 ( 0.0%) | 0.19 |
|  | High school | 16 (44.4%) | 16 (27.6%) |  |
|  | Undergraduate | 8 (22.2%) | 20 (34.5%) |  |
|  | Postgraduate | 6 (16.7%) | 16 (27.6%) |  |
|  | Trade, vocational | 5 (13.9%) | 5 ( 8.6%) |  |
|  | Prefer not to say | 0 ( 0.0%) | 1 ( 1.7%) |  |
| Employment (N, %)\* | Employed | 20 (55.6%) | 37 (63.8%) | 0.97 |
| Unemployed | 0 ( 0.0%) | 1 ( 1.7%) |  |
| Unpaid voluntary work | 1 ( 2.8%) | 2 ( 3.4%) |  |
| Not working and no benefits | 1 ( 2.8%) | 1 ( 1.7%) |  |
| Retired | 2 ( 5.6%) | 2 ( 3.4%) |  |
| Student | 3 ( 8.3%) | 3 ( 5.2%) |  |
| Long-term sick or disabled | 7 (19.4%) | 8 (13.8%) |  |
| Home maker/carer | 1 ( 2.8%) | 1 ( 1.7%) |  |
| Other | 1 ( 2.8%) | 3 ( 5.2%) |  |
| Living arrangements (N, %)\* | Living alone | 5 (13.9%) | 11 (19.0%) | 0.80 |
| Living with parents | 4 (11.1%) | 5 ( 8.6%) |  |
| Living with partner/children | 26 (72.2%) | 37 (63.8%) |  |
| Living with non-relatives | 1 ( 2.8%) | 3 ( 5.2%) |  |
| Other | 0 ( 0.0%) | 2 ( 3.4%) |  |
| Occupation (N, %)\* | Managers, directors, senior officials | 2 ( 5.6%) | 6 (10.3%) | 0.80 |
| Professional occupations | 9 (25.0%) | 20 (34.5%) |  |
| Associate professional and technical occupations | 2 ( 5.6%) | 6 (10.3%) |  |
| Admin and secretarial occupations | 11 (30.6%) | 9 (15.5%) |  |
| Skilled trades occupations | 2 ( 5.6%) | 3 ( 5.2%) |  |
| Caring, leisure, service occupations | 2 ( 5.6%) | 3 ( 5.2%) |  |
| Sales and customer service occupations | 3 ( 8.3%) | 5 ( 8.6%) |  |
| Process, plant, machine operatives and drivers | 0 ( 0.0%) | 1 ( 1.7%) |  |
| Elementary occupations | 2 ( 5.6%) | 3 ( 5.2%) |  |
| Have never had long-term employment | 2 ( 5.6%) | 2 ( 3.4%) |  |
| Prefer not to say | 1 ( 2.8%) | 0 ( 0.0%) |  |
| Marital status (N, %)\* | Married | 11 (30.6%) | 26 (44.8%) | 0.12 |
| Civil partnership | 1 ( 2.8%) | 0 ( 0.0%) |  |
| Divorced | 1 ( 2.8%) | 5 ( 8.6%) |  |
| Separated | 3 ( 8.3%) | 1 ( 1.7%) |  |
| Single | 9 (25.0%) | 17 (29.3%) |  |
| Cohabiting | 10 (27.8%) | 9 (15.5%) |  |
| Widowed | 1 ( 2.8%) | 0 ( 0.0%) |  |
| **Use of psychotropic medication (N, %)\*** | **Prescribed and taking** | **18 (50.0%)** | **14 (24.1%)** | **0.039** |
| **Prescribed but not taking** | **1 ( 2.8%)** | **2 ( 3.4%)** |  |
| **Not prescribed** | **17 (47.2%)** | **41 (70.7%)** |  |
| **Not sure** | **0 ( 0.0%)** | **1 ( 1.7%)** |  |
| Receipt of sickpay (N, %)\* | Yes | 0 ( 0.0%) | 1 ( 1.7%) | 0.33 |
| No | 34 (94.4%) | 57 (98.3%) |  |
| Unsure | 1 ( 2.8%) | 0 ( 0.0%) |  |
| Prefer not to say | 1 ( 2.8%) | 0 ( 0.0%) |  |
| IMD decile (Median, IQR) |  | 6.0 (4.0-9.0) | 6.0 (4.0-8.0) | 0.97 |
| **PHQ-ADS (M, SD)** |  | **26.1 (8.0)** | **22.0 (9.4)** | **0.035** |
| **PHQ (M, SD)** |  | **14.1 (4.9)** | **11.2 (5.2)** | **0.008** |
| GAD (M, SD) |  | 11.9 (4.4) | 10.8 (4.8) | 0.26 |
| WSAS (M, SD) |  | 22.6 (7.1) | 21.5 (9.0) | 0.54 |
| IRD (M, SD) |  | 3.0 (1.4) | 3.2 (1.8) | 0.60 |
| IPQ (M, SD) |  | 22.7 (4.1) | 22.8 (5.1) | 0.87 |
| PAM (M, SD) |  | 53.9 (12.5) | 54.2 (11.6) | 0.90 |
| EQ5D (M, SD) |  | 0.6 (0.2) | 0.7 (0.2) | 0.48 |
| PGIS (Median, IQR) |  | 3.0 (2.0-4.0) | 3.0 (2.0-3.0) | 0.20 |

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