

Data supplement

Table DS1 Improvement rates as a function of number of sessions attended

Sessions attended	Patients <i>n</i>	RCSI ^a		Reliable improvement ^b	
		<i>n</i>	%	<i>N</i>	%
0	28	19	67.9	22	78.6
1	243	152	62.6	185	76.1
2	1208	776	64.2	974	80.6
3	1926	1314	68.2	1609	83.5
4	2401	1603	66.8	2012	83.8
5	3071	1968	64.1	2538	82.6
6	5576	3225	57.8	4429	79.4
7	1904	1164	61.1	1563	82.1
8	1928	1128	58.5	1543	80.0
9	1107	620	56.0	877	79.2
10	1258	677	53.8	948	75.4
11	767	445	58.0	620	80.8
12	1405	798	56.8	1069	76.1
13	388	219	56.4	298	76.8
14	312	173	55.4	234	75.0
15	283	159	56.2	218	77.0
16	325	158	48.6	233	71.7
17	212	130	61.3	171	80.7
18	196	107	54.6	137	69.9
19	166	95	57.2	126	75.9
20	216	114	52.8	165	76.4
21	116	59	50.9	88	75.9
22	134	69	51.5	97	72.4
23	112	66	58.9	95	84.8
24	180	95	52.8	127	70.6
25	97	51	52.6	75	77.3
26	78	40	51.3	56	71.8
27	64	40	62.5	52	81.3
28	58	33	56.9	46	79.3
29	49	30	61.2	39	79.6
30	72	43	59.7	61	84.7
31	55	29	52.7	42	76.4
32	59	32	54.2	42	71.2
33	62	39	62.9	49	79.0
34	58	28	48.3	48	82.8
35	52	33	63.5	41	78.8
36	51	30	58.8	39	76.5
37	56	26	46.4	41	73.2
38	58	29	50.0	41	70.7
39	40	15	37.5	23	57.5
40	59	27	45.8	43	72.9
All clients	26 430	15 858	60.0	21 116	79.9

RCSI, reliable and clinically significant improvement.

a. Reliable and clinically significant improvement, defined as having a post-treatment Clinical Outcomes in Routine Evaluation – Outcome Measure (CORE-OM) score below 10, having changed by at least 4.5 points, includes only patients with planned endings whose initial CORE-OM score was at or above the clinical cut-off of 10.

b. Reliable improvement is defined as a change of at least 4.5 points regardless of post-treatment score (and thus includes patients who achieved RCSI).

Table DS2 Clinical Outcomes in Routine Evaluation – Outcome Measure mean scores as a function of number of sessions attended					
Sessions attended	Number of patients	Pre-treatment	Post-treatment	Pre–post difference	Pre–post effect size ^a
0	28	18.39	9.18	9.21	1.76
1	243	17.67	9.28	8.39	1.60
2	1208	18.04	8.38	9.66	1.84
3	1926	17.98	7.74	10.24	1.95
4	2401	18.44	8.10	10.34	1.97
5	3071	18.77	8.41	10.37	1.98
6	5576	19.05	9.29	9.76	1.86
7	1904	19.27	8.90	10.37	1.98
8	1928	19.24	9.23	10.00	1.91
9	1107	19.54	9.81	9.74	1.86
10	1258	19.24	10.19	9.05	1.73
11	767	18.99	9.29	9.71	1.85
12	1405	18.79	9.56	9.23	1.76
13	388	19.19	9.53	9.66	1.84
14	312	19.19	10.16	9.03	1.72
15	283	20.19	9.96	10.23	1.95
16	325	20.22	10.77	9.45	1.80
17	212	19.69	9.21	10.48	2.00
18	196	19.43	10.15	9.28	1.77
19	166	19.42	9.98	9.44	1.80
20	216	20.46	10.40	10.05	1.92
21	116	21.20	11.23	9.97	1.90
22	134	20.45	11.01	9.45	1.80
23	112	20.18	9.18	11.00	2.10
24	180	20.44	11.00	9.44	1.80
25	97	19.55	10.82	8.73	1.67
26	78	19.37	10.33	9.04	1.72
27	64	19.58	9.35	10.23	1.95
28	58	20.55	9.67	10.88	2.08
29	49	20.92	9.62	11.30	2.16
30	72	20.00	9.43	10.56	2.01
31	55	20.86	10.94	9.92	1.89
32	59	20.55	10.75	9.80	1.87
33	62	19.66	9.83	9.84	1.88
34	58	20.64	11.56	9.07	1.73
35	52	20.89	9.89	10.99	2.10
36	51	17.76	9.17	8.59	1.64
37	56	20.58	11.31	9.28	1.77
38	58	20.92	10.63	10.29	1.96
39	40	18.66	12.33	6.33	1.21
40	59	19.47	10.66	8.81	1.68
All clients	26 430	18.99	9.10	9.89	1.87

a. Effect size was calculated as the pre–post difference divided by the full sample pre-treatment standard deviation (5.24).