

## Data supplement

**Table D1** Volumes of healthcare use during the 12-month follow-up period ( $n = 267$ )

Healthcare items, unit	CCBT ( $n = 88$ )			CCBT plus TAU ( $n = 88$ )			TAU ( $n = 91$ )			
	Mean (s.d.)	Max <sup>a</sup>	Med	Mean (s.d.)	Max <sup>a</sup>	Med	Mean (s.d.)	Max <sup>a</sup>	Med	Source prices <sup>b</sup>
Colour Your Life, number of lessons	3.59 (3.09)	9	3	4.38 (3.32)	9	5	0 (0.00)	0	0	5
General practitioner (GP), number of consultations <sup>c</sup>	6.25 (7.72)	42	4	6.88 (5.89)	27	5	7.00 (7.50)	55	5	1
GP cooperative, number of consultations <sup>d</sup>	1.29 (2.52)	15	0	1.07 (2.93)	25	0	1.44 (3.01)	17	0	3
Antidepressants, €	12.37 (42.67)	202	0	37.60 (78.38)	352	0	50.63 (101.67)	461	0	2
Other prescribed medication for psychiatric disorders, €	11.00 (28.56)	163	0	5.67 (18.25)	124	0	9.73 (27.17)	272	0	2
Prescribed medication, not for psychiatric disorders, €	214.23 (459.71)	2616	14	182.11 (333.91)	1567	19	164.79 (339.83)	1796	24	2
Over the counter medication, €	36.10 (78.00)	477	6	26.97 (64.02)	460	0	18.38 (40.36)	249	2	4,7
Psychologist, number of sessions <sup>e</sup>	3.03 (7.67)	46	0	3.68 (0.48)	55	0	4.15 (6.91)	25	0	6
Psychiatrist, number of sessions <sup>e</sup>	0.43 (1.65)	11	0	0.63 (1.94)	12	0	0.76 (2.41)	18	0	6
Social worker, number of sessions	0.24 (1.06)	8	0	0.43 (1.77)	12	0	0.33 (1.00)	5	0	1
Social-psychiatric nurse, number of sessions <sup>e</sup>	0.06 (0.35)	3	0	0.27 (1.57)	14	0	0.14 (0.75)	5	0	6
Other mental health professional, number of consultations <sup>e</sup>	0.18 (0.89)	7	0	0.10 (0.48)	3	0	0.82 (4.37)	40	0	6
Nurse practitioner, number of consultations	0.19 (0.83)	7	0	0.51 (1.39)	8	0	0.22 (0.70)	5	0	8
Medical specialist, number of consultations	2.06 (3.61)	19	0	3.30 (6.64)	50	0	2.56 (3.88)	23	0	1
Hospital stay, number of days	0.20 (0.83)	6	0	0.42 (2.11)	18	0	0.44 (1.74)	10	0	1
Hospital day treatment, number of half days	0 (0.00)	0	0	0.03 (0.32)	3	0	0.43 (2.55)	22	0	1
Informal care, numbers of hours	58.23 (142.03)	1060	0	55.75 (158.66)	1204	0	40.06 ('10.84)	880	0	1
Formal care, number of hours <sup>f</sup>	1.64 (7.54)	48	0	3.41 (19.25)	144	0	4.75 (27.18)	240	0	1
Self-help group, number of sessions	0.15 (0.82)	6	0	0.24 (1.73)	16	0	0.12 (0.61)	4	0	1
Company welfare worker, number of consultations	0.26 (1.50)	13	0	0.08 (0.48)	4	0	0.04 (0.33)	3	0	3
First aid post, number of consultations	0.03 (0.24)	2	0	0 (0.00)	0	0	0.01 (0.10)	1	0	1
Remedial therapist, number of sessions	0.15 (0.92)	7	0	0.22 (1.35)	9	0	0.02 (0.21)	2	0	1
Physiotherapist, number of sessions	2.64 (7.02)	40	0	3.28 (7.48)	37	0	4.26 ('12.54)	91	0	1
Speech therapist, number of sessions	0.01 (0.11)	1	0	0.03 (0.32)	3	0	0.02 (0.21)	2	0	1
Dietician, number of consultations	0.01 (0.11)	1	0	0.08 (0.55)	5	0	0.02 (0.21)	2	0	3
Occupational therapist, number of sessions	0 (0.00)	0	0	0.25 (1.66)	12	0	0 (0.00)	0	0	4
Osteopath, number of sessions	0.16 (0.91)	7	0	0 (0.00)	0	0	0.16 (1.13)	10	0	4
Chiropractor, number of sessions	0.16 (1.05)	7	0	0.17 (1.13)	8	0	0 (0.00)	0	0	4
Acupuncture, number of sessions	0.19 (1.04)	9	0	0.47 (2.12)	15	0	0.08 (0.64)	6	0	4
Homeopath, number of consultations	0.30 (1.30)	11	0	0.01 (0.11)	1	0	0.11 (0.67)	6	0	4
Shiatsu, number of sessions	0.18 (1.42)	13	0	0 (0.00)	0	0	0.08 (0.56)	5	0	4
Alternative treatments, number of sessions	0.43 (1.53)	10	0	1.25 (4.68)	32	0	0.70 (2.41)	18	0	4
Midwife, number of consultations	0 (0.00)	0	0	0.06 (0.53)	5	0	0.12 (1.15)	11	0	8

CCBT, computerised cognitive-behavioural therapy; TAU, treatment as usual by a general practitioner; CCBT plus TAU, combined treatment of both CCBT and TAU; Max, maximum; Med, median.

a. The minimum consumption of all items is zero.

b. Source prices: 1, cost prices according to Dutch standard cost prices of Oostendorp *et al.*<sup>18</sup>; 2, cost prices according to Dutch Pharmacotherapeutic Compass;<sup>21</sup> 3, cost prices based on actual tariffs of 3 or more sources; 5, cost prices based on advice Heleen Riper (personal communication, December 8, 2008); 6, cost prices according to out-patient mental healthcare institution (in Dutch 'RiAGG'); 7, cost prices based on www.medicijnkosten.nl; 8, cost prices according to other economic studies in the Netherlands.

c. Including all forms of GP consultations, i.e. at GP practice, at patient's home, by telephone.

d. In The Netherlands, the GP cooperative (in Dutch 'huisartsenpost') can be contacted for urgent care outside the working hours of the GP.

e. Both in public and in private sector.

f. Including different forms of formal homecare, i.e. domestic help, caring and nursing.