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| **Supplementary Table 1. BDI-II scores at baseline and follow-up.** | | | | | | | |
| **Time-point** |  | **Q1** | **Median** | **Q3** | **Mean** | **SD** | **N** |
| Baseline | TAU | 18 | 24 | 30 | 24.5 | 9.7 | 115 |
| CBT | 17 | 24 | 32 | 25.2 | 10.4 | 115 |
| 6 weeks | TAU | 15 | 21 | 30 | 23.1 | 10.8 | 82 |
| CBT | 16 | 23 | 30 | 23.6 | 10.8 | 86 |
| 12 weeks | TAU | 13 | 20 | 29 | 21.4 | 11.1 | 79 |
| CBT | 14 | 20 | 26 | 21.3 | 11.0 | 69 |
| 18 weeks | TAU | 12 | 20 | 27 | 21.2 | 12.5 | 71 |
| CBT | 12 | 17 | 28 | 20.6 | 11.9 | 63 |
| 24 weeks | TAU | 13 | 19 | 27 | 20.4 | 11.4 | 65 |
| CBT | 11 | 18 | 25 | 19.4 | 11.4 | 65 |
| TAU= Treatment As Usual; CBT=Cognitive behaviour Therapy  Q1 = Lower Quartile; Q3 = Upper Quartile; SD = Standard Deviation. | | | | | | | |

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| **Supplementary Table 2. Secondary outcome mean scores at baseline and follow-up** | | | | | | | | | | | | | | |
|  |  | **PHQ-9** | | |  |  |  | **EQ5-D** |  |  | **Satisfaction with care** | | |  |
| **Time-point** |  | Mean | SD | N |  |  | Mean | SD | N |  | Mean | SD | N |  |
| Baseline | TAU | 13.5 | 4.8 | 115 |  |  | 0.61 | 0.23 | 115 |  | 39.7 | 9.2 | 114 |  |
| CBT | 14.0 | 5.3 | 115 |  |  | 0.63 | 0.23 | 115 |  | 39.6 | 8.3 | 115 |  |
| 12 weeks | TAU | 11.4 | 5.8 | 79 |  |  | 0.64 | 0.24 | 80 |  | 40.8 | 7.3 | 79 |  |
| CBT | 10.3 | 5.7 | 68 |  |  | 0.64 | 0.24 | 68 |  | 39.5 | 10.1 | 68 |  |
| 24 weeks | TAU | 9.9 | 6.3 | 64 |  |  | 0.63 | 0.27 | 64 |  | 40.8 | 8.4 | 64 |  |
| CBT | 10.0 | 6.2 | 64 |  |  | 0.68 | 0.22 | 64 |  | 39.4 | 10.1 | 65 |  |