**Appendix A**

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| **HLM Model 1: Discontinuous multilevel regression model.** |

**Level-1 Model**

Yti = π0i + π1i \* (T1) + π2i \* (T2) +*e*ti

**Level-2 Model**

 π0i = β00 + β01 \* (condition) + *r*0i

 π1i = β10 + *r*1i

 π2i = β20 + β21 \* (condition) + *r*1i

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| **HGLM Model 2: Conditional 2-level linear growth model** |

**Level-1 Model**

 Prob(Yti=1|πi) = ϕti

 log[ϕti/(1 - ϕti)] = ηti

 ηti = π0i + π1i \* (Timeti)

**Level-2 Model**

 π0i = β00 + β01 \* (conditioni) + *r*0i

 π1i = β10 + β11 \* (conditioni) + *r*1i

Notes: Hierarchical linear modeling (HLM) models used maximum likelihood estimation methods. Hierarchical generalized linear modeling (HGLM) models were used for the dichotomous outcomes and used population model estimates. The first “time” parameter (T1) at level 1 of Model 1 was set at “0” for baseline. For post-unguided self-help (USH) and for subsequent measurements time was coded as “10”, representing 10 weeks of USH. The second “time” parameter (T2) at level 1 of Model 1 was set at “0” for baseline and post-USH/pre-GPIP. To represent the number of weeks from the introduction of GPIP in step 2, time was then coded as “16”, “28”, and “40” to represent post-, 3 months post-, and 6 months post-treatment, respectively. Condition was dichotomously coded for the control (0) and for group psychodynamic-interpersonal therapy (1).