Supplementary Table 1: Change in depression severity according to the patient-rated change scale, compared to clinically important changes in PHQ-9 and BDI-II scores. Disagreement (differing indications of change in depressive symptoms) is shaded in grey (Follow-up 1 to 2: n = 435 PHQ-9, n = 434 BDI-II, Follow-up 2 to 3: n = 423 PHQ-9, n = 423 BDI-II)

|  |  |  |
| --- | --- | --- |
|  | Follow-up 1 to 2Patient-Rated Change | Follow-up 2 to 3Patient-Rated Change |
| Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse | Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse |
| **PHQ-9** |  |  |  |  |  |  |  |  |  |  |
| Mean (SD) change | -3.4 (4.2) | -2.7 (4.3) | -0.5 (2.9) | 1.2 (3.2) | 1.8 (4.6) | -1.8 (2.9) | -1.8 (4.1) | -0.1 (2.8) | 1.5 (3.1) | 4.1 (5.8) |
| CID Decrease, n (%)a | 37 (62) | 39 (41) | 27 (16) | 7 (8) | 1 (4) | 22 (47) | 35 (37) | 25 (13) | 4 (6) | 0 (0) |
| No CID Change, n (%)a | 17 (28) | 48 (50) | 111 (68) | 56 (61) | 17 (74) | 20 (42) | 48 (50) | 123 (62) | 38 (60) | 13 (68) |
| CID Increase, n (%)a | 6 (10) | 9 (9) | 26 (16) | 29 (31) | 5 (22) | 5 (11) | 12 (13) | 50 (25) | 22 (34) | 6 (32) |
| Disagreement, n (%)b | 23 (38) | 57 (59) | 53 (32) | 63 (69) | 18 (78) | 25 (53) | 60 (63) | 75 (38) | 42 (66) | 13 (68) |
| **BDI-II** |  |  |  |  |  |  |  |  |  |  |
| Mean (SD) change  | -5.9 (6.1) | -5.2 (7.0) | -1.1 (4.7) | 1.9 (5.5) | 4.9 (8.3) | -3.0 (4.1) | -2.7 (6.2) | 0.1 (4.3) | 2.8 (4.9) | 8.7 (11.4) |
| CID Decrease, n (%)a | 44 (73) | 57 (60) | 60 (36) | 14 (15) | 1 (4) | 30 (64) | 43 (45) | 42 (21) | 7 (11) | 1 (5) |
| No CID Change, n (%)a | 10 (17) | 24 (25) | 70 (43) | 42 (46) | 12 (52) | 8 (17) | 36 (38) | 92 (47) | 30 (47) | 7 (37) |
| CID Increase, n (%)a | 6 (10) | 14 (15) | 35 (21) | 35 (39) | 10 (44) | 9 (19) | 16 (17) | 64 (32) | 27 (42) | 11 (58) |
| Disagreement, n (%)b | 16 (27) | 38 (40) | 95 (57) | 56 (61) | 13 (56) | 17 (36) | 52 (55) | 106 (53) | 37 (58) | 8 (42) |

Supplementary Table 2: Change in depression severity according to the global rating of change scale compared to 15% clinically important changes in PHQ-9 and BDI-II scores. Disagreement (differing indications of change in depressive symptoms) is shaded in grey (Follow-up 0 to 1: n = 465 PHQ-9, n = 468 BDI-II, Follow-up 1 to 2: n = 435 PHQ-9, n = 434 BDI-II, Follow-up 2 to 3: n = 423 PHQ-9, n = 423 BDI-II).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Follow-up 0 to 1Patient-Rated Change | Follow-up 1 to 2Patient-Rated Change | Follow-up 2 to 3Patient-Rated Change |
| Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse | Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse | Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse |
| **PHQ-9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mean (SD) change | -3.4 (4.1) | -2.7 (3.9) | -0.3 (3.6) | 1.3 (4.3) | 1.6 (5.4) | -3.4 (4.2) | -2.7 (4.3) | -0.5 (2.9) | 1.2 (3.2) | 1.8 (4.6) | -1.8 (2.9) | -1.8 (4.1) | -0.1 (2.8) | 1.5 (3.1) | 4.1 (5.8) |
| CID Decrease, n (%)a | 22 (55) | 43 (43) | 39 (18) | 12 (12) | 2 (12) | 40 (67) | 47 (49) | 33 (20) | 11 (12) | 1 (4) | 25 (53) | 45 (47) | 33 (16) | 5 (8) | 0 (0) |
| No CID Change, n (%)a | 16 (40) | 46 (47) | 125 (59) | 54 (55) | 11 (69) | 14 (23) | 39 (41) | 104 (63) | 50 (54) | 14 (61) | 17 (36) | 36 (38) | 110 (56) | 33 (51) | 10 (53) |
| CID Increase, n (%)a | 2 (5) | 9 (9) | 50 (23) | 32 (33) | 3 (19) | 6 (10) | 10 (10) | 27 (17) | 31 (34) | 8 (35) | 5 (11) | 14 (15) | 55 (28) | 26 (41) | 9 (47) |
| Disagreement, n (%)b | 18 (45) | 55 (56) | 89 (41) | 66 (67) | 13 (81) | 20 (33) | 49 (51) | 60 (37) | 61 (66) | 15 (65) | 22 (47) | 50 (53) | 88 (44) | 38 (59) | 10 (53) |
| **BDI-II** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mean (SD) change  | -8.0 (8.9) | -5.6 (6.5) | -1.2 (5.8) | 0.0 (5.7) | 3.2 (7.1) | -5.9 (6.1) | -5.2 (7.0) | -1.1 (4.7) | 1.9 (5.5) | 4.9 (8.3) | -3.0 (4.1) | -2.7 (6.2) | 0.1 (4.3) | 2.8 (4.9) | 8.7 (11.4) |
| CID Decrease, n (%)a | 31 (78) | 66 (68) | 89 (41) | 26 (27) | 4 (24) | 46 (77) | 65 (68) | 64 (39) | 17 (18) | 1 (4) | 31 (66) | 50 (53) | 47 (24) | 8 (12) | 1 (5) |
| No CID Change, n (%)a | 7 (17) | 22 (23) | 71 (33) | 38 (39) | 5 (29) | 8 (13) | 15 (16) | 61 (37) | 35 (39) | 10 (44) | 7 (15) | 27 (28) | 80 (40) | 23 (36) | 7 (37) |
| CID Increase, n (%)a | 2 (5) | 9 (9) | 57 (26) | 33 (34) | 8 (47) | 6 (10) | 15 (16) | 40 (24) | 39 (43) | 12 (52) | 9 (19) | 18 (19) | 71 (36) | 33 (52) | 11 (58) |
| Disagreement, n (%)b | 9 (22) | 31 (32) | 146 (67) | 64 (66) | 9 (53) | 14 (23) | 30 (32) | 104 (63) | 52 (57) | 11 (48) | 16 (34) | 45 (47) | 118 (60) | 31 (48) | 8 (42) |

CID = Clinically Important Difference based on the 15% Minimal CID (MCID).

aPercentages represent the proportions of patients showing differing CID changes (decrease, no change, increase) within each category of the global rating of change scale.

bPercentages represent the proportions of patients showing disagreement within each category of the global rating of change scale

Supplementary Table 3: Proportion of disagreement (n, %) between change in depression severity according to both global rating of change scales completed at the beginning (GRC1) and end (GRC 2) of each time point, compared to 20% and 15% clinically important changes in PHQ-9 and BDI-II.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Follow-up 0 to 1Patient-Rated Change | Follow-up 1 to 2Patient-Rated Change | Follow-up 2 to 3Patient-Rated Change |
| Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse | Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse | Feeling a lot better | Feeling slightly better | Feeling about the same | Feeling slightly worse | Feeling a lot worse |
| **20% CID** | **PHQ-9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRC 1 | 21 (53) | 63 (65) | 65 (30) | 74 (75) | 13 (82) | 23 (38) | 57 (59) | 53 (32) | 63 (69) | 18 (78) | 25 (53) | 60 (63) | 75 (38) | 42 (66) | 13 (68) |
| GRC2 | 23 (52) | 61 (65) | 62 (29) | 66 (71) | 12 (75) | 22 (38) | 61 (62) | 57 (34) | 62 (71) | 18 (75) | 25 (50) | 59 (66) | 73 (37) | 36 (56) | 14 (74) |
| **BDI-II** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRC 1 | 11 (28) | 42 (43) | 125 (58) | 69 (71) | 12 (71) | 16 (27) | 38 (40) | 95 (57) | 56 (61) | 13 (56) | 17 (36) | 52 (55) | 106 (53) | 37 (58) | 8 (42) |
| GRC2 | 16 (36) | 38 (40) | 121 (56) | 62 (67) | 11 (64) | 12 (21) | 41 (42) | 96 (57) | 53 (61) | 13 (54) | 20 (40) | 44 (49) | 103 (52) | 31 (48) | 9 (47) |
| **15% CID** | **PHQ-9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRC 1 | 18 (45) | 55 (56) | 89 (41) | 66 (67) | 13 (81) | 20 (33) | 49 (51) | 60 (37) | 61 (66) | 15 (65) | 22 (47) | 50 (53) | 88 (44) | 38 (59) | 10 (53) |
| GRC2 | 19 (43) | 54 (57) | 87 (40) | 60 (65) | 11 (69) | 18 (31) | 54 (55) | 66 (40) | 59 (67) | 16 (67) | 22 (44) | 50 (56) | 88 (44) | 32 (50) | 12 (63) |
| **BDI-II** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| GRC 1 | 9 (22) | 31 (32) | 146 (67) | 64 (66) | 9 (53) | 14 (23) | 30 (32) | 104 (63) | 52 (57) | 11 (48) | 16 (34) | 45 (47) | 118 (60) | 31 (48) | 8 (42) |
| GRC2 | 14 (31) | 26 (28) | 143 (66) | 58 (63) | 8 (47) | 11 (19) | 34 (35) | 108 (64) | 49 (56) | 10 (42) | 19 (38) | 37 (42) | 116 (59) | 25 (39) | 9 (47) |

GRC 1 - Follow-up 0 to 1: n = 465 PHQ-9, n = 468 BDI-II, Follow-up 1 to 2: n = 435 PHQ-9, n = 434 BDI-II, Follow-up 2 to 3: n = 423 PHQ-9, n = 423 BDI-II.

GRC 2 – Follow-up 0 to 1: n = 464 PHQ-9, n = 466 BDI-II, Follow-up 1 to 2: n = 435 PHQ-9, n = 434 BDI-II, Follow-up 2 to 3, n = 421 PHQ-9, n = 419 BDI-II

CID = Clinically Important Difference

GRC = Global Rating of Change

Percentages represent the proportions of patients showing disagreement within each category of the global rating of change scale

Supplementary Table 4: Comparison of the proportion of patients scoring within each category of the global rating of change scale with the corresponding proportion of PHQ-9/BDI-II scores (n = 465 PHQ-9; n = 468 BDI-II).

|  |  |
| --- | --- |
|  | **Global rating of change scale, n (%)** |
|  | Feeling a lot better (9%) | Feeling slightly better (21%) | Feeling about the same (47%) | Feeling slightly worse (21%) | Feeling a lot worse (4%) |
| **PHQ-9** |  |  |  |  |  |
| 8.5% | 6 (15) | 17 (18) | 11 (5) | 4 (4) | 1 (6) |
| 10% - 29% | 15 (37) | 29 (30) | 39 (18) | 11 (11) | 2 (13) |
| 30% - 76% | 19 (48) | 43 (44) | 107 (50) | 41 (42) | 7 (44) |
| 77% - 96% | 0 (0) | 8 (8) | 52 (24) | 32 (33) | 4 (25) |
| 97% - 100% | 0 (0) | 0 (0) | 5 (2) | 10 (10) | 2 (12) |
| **BDI-II** |  |  |  |  |  |
| 8.5% | 9 (22) | 16 (17) | 10 (5) | 3 (3) | 1 (6) |
| 10% - 29% | 13 (33) | 26 (27) | 40 (18) | 17 (18) | 1 (6) |
| 30% - 76% | 17 (43) | 46 (47) | 112 (52) | 39 (40) | 3 (18) |
| 77% - 96% | 1 (2) | 9 (9) | 46 (21) | 33 (34) | 9 (53) |
| 97% - 100% | 0 (0) | 0 (0) | 9 (4) | 5 (5) | 3 (17) |

Extent of disagreement (differing indications of change in depression symptoms) is illustrated by the grey shading, with the darker grey indicating greater disagreement. Proportions refer to columns (global rating of change scale).