**Supplementary Files**

**Table s1. Comparisons between completes and non-completers in high risk males (N = 358)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Intervention** | | **Control** | |
| **Completers** | **Non-completers** | **Completers** | **Non-completers** |
| **n = 137** | **n = 40** | **n = 141** | **n = 40** |
| **n (%)** | **n (%)** | **n (%)** | **n (%)** |
| Age (mean, SD) | 44.31 (17.01) | 46.40 (21.04) | 43.34 (16.66) | 40.43 (18.70) |
| **Marital status** | | | | |
| M/C/P | 72 (52.6) | 17 (52.5) | 73 (51.8) | 11 (28.2)\* |
| Single | 47 (34.3) | 15 (37.5) | 51 (36.2) | 22 (56.4) |
| D/S/W | 18 (13.1) | 4 (10.0) | 17 (12.0) | 6 (15.4) |
| **Education level** | | | | |
| Less than high school | 9 (6.6) | 8 (20.0)\* | 18 (13.0) | 7 (17.5) |
| High school | 35 (26.5) | 15 (37.5) | 33 (23.7) | 14 (35.0) |
| Post secondary | 93 (67.9) | 17 (42.5) | 88 (63.3) | 19 (47.5) |
| **Employment status** | | | | |
| Working | 92 (67.2) | 19 (47.5)\* | 93 (66.0) | 22 (55.0) |
| Not working | 45 (32.8) | 21 (52.5) | 48 (34.0) | 18 (45.0) |
| **Self-rated health** | | | | |
| Excellent/good | 93 (67.9) | 30 (75.0) | 101 (71.6) | 31 (79.5) |
| Fair/poor | 44 (32.1) | 10 (25.0) | 40 (28.4) | 8 (20.5) |
| **History of depression** | | | | |
| Yes | 28 (20.4) | 12 (30.0) | 35 (24.8) | 7 (17.5) |
| No | 109 (79.5) | 28 (70.0) | 106 (75.2) | 33 (82.5) |
|  | | | | |
| **K10 score (mean, SD)** | 21.4 (7.3) | 21.9 (7.4) | 21.2 (6.7) | 21.9 (8.2) |
|  | | | | |
| **Mental health service use** | | | | |
| Yes | 32 (23.7) | 10 (25.0) | 35 (25.2) | 11 (27.5) |
| No | 103 (76.3) | 30 (75.0) | 104 (74.8) | 29 (72.5) |

M/C/P: married, common-law, partnership

D/S/W: divorced, separated, widowed

\*: p<0.05

**Table s2. Comparisons between completes and non-completers in high risk females (N = 354)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Intervention** | | **Control** | |
| **Completers** | **Non-completers** | **Completers** | **Non-completers** |
| **n = 143** | **n = 38** | **n = 140** | **n = 33** |
| **n (%)** | **n (%)** | **n (%)** | **n (%)** |
| Age (mean, SD) | 51.3 (15.6) | 53.2 (17.7) | 48.5 (16.4) | 51.2 (16.5) |
| **Marital status** | | | | |
| M/C/P | 87 (60.8) | 23 (60.5) | 83 (58.9) | 19 (63.3) |
| Single | 26 (18.2) | 7 (18.4) | 31 (22.0) | 7 (23.3) |
| D/S/W | 30 (20.0) | 8 (21.1) | 27 (19.1) | 4 (13.3) |
| **Education level** | | | | |
| Less than high school | 11 (7.7) | 3 (8.1) | 13 (9.2) | 8 (25.0)\* |
| High school | 35 (24.5) | 7 (18.9) | 28 (19.9) | 7 (21.9) |
| Post secondary | 97 (67.8) | 27 (73.0) | 100 (70.9) | 17 (53.1) |
| **Employment status** | | | | |
| Working | 73 (51.8) | 21 (55.3) | 72 (51.1) | 18 (56.3) |
| Not working | 68 (48.2) | 17 (44.7) | 69 (48.9) | 14 (43.7) |
| **Self-rated health** | | | | |
| Excellent/good | 91 (63.6) | 24 (64.9) | 96 (68.1) | 19 (59.4) |
| Fair/poor | 52 (36.4) | 13 (35.1) | 45 (31.9) | 13 (40.6) |
| **History of depression** | | | | |
| Yes | 49 (34.3) | 17 (44.7) | 44 (31.2) | 10 (31.3) |
| No | 94 (65.7) | 21 (55.3) | 97 (68.8) | 22 (68.7) |
|  | | | | |
| **K10 score (mean, SD)** | 21.4 (6.5) | 23.1 (6.2) | 21.4 (6.8) | 22.9 (6.2) |
|  | | | | |
| **Mental health service use** | | | | |
| Yes | 46 (32.2) | 9 (23.7) | 44 (31.2) | 5 (15.6) |
| No | 97 (67.8) | 29 (76.3) | 97 (68.8) | 27 (84.4) |

M/C/P: married, common-law, partnership

D/S/W: divorced, separated, widowed

\*: p<0.05

**Table s3. The results of sensitivity analysis in male and female participants**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcomes** | **Males** | | **Females** | |
| **Z score** | **P** | **Z score** | **P** |
| **K10 score** | | | | |
| With history of depression | | | | |
| Group x 6-month | -1.21 | 0.23 | -1.84 | 0.06 |
| Group x 12-month | -0.98 | 0.33 | **-2.31** | **0.02** |
|  | | | | |
| No history of depression | | | | |
| Group x 6-month | 0.55 | 0.58 | 1.02 | 0.31 |
| Group x 12-month | -1.27 | 0.20 | -0.62 | 0.54 |
|  | | | | |
| High school of less education | | | | |
| Group x 6-month | -1.38 | 0.37 | 0.80 | 0.43 |
| Group x 12-month | **-2.31** | **0.02** | -0.30 | 0.77 |
|  | | | | |
| Post secondary education | | | | |
| Group x 6-month | 0.96 | 0.34 | -0.81 | 0.42 |
| Group x 12-month | -0.19 | 0.85 | **-2.11** | **0.04** |
|  | | | | |

Figure s1: The means/proportions of the outcome measures at baseline, 6 and 12 months in male participants







Figure s2: The means/proportions of the outcome measures at baseline, 6 and 12 months in female participants

 

 

 