**Supplement**

**Supplementary eTable 1. Baseline characteristics for each condition across the three sites**

**Supplementary eTable 2. Primary outcome measures at baseline for each condition across the three sites**

**Supplementary eTable 3. Baseline characteristics and primary outcome measures according to T1 BAI completion status**

**Supplementary eTable 4. Multivariate linear mixed regression for primary outcome measures: F and p-value**

**Supplementary eTable 1. Baseline characteristics for each condition across the three sites**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Site 1 | | | Site 2 | | Site 3 | | |
|  | tCBT + TAU | TAU | tCBT + TAU | | TAU | | tCBT + TAU | TAU |
|  | (n=27) | (n=26) | (n=49) | | (n=47) | | (n=41) | (n=41) |
| **Socio-demographic characteristics** |  |  |  | |  | |  |  |
| Sex (Women), n (%) | 21 (77.8) | 21 (80.8) | 45 (91.8) | | 38 (80.9) | | 35 (85.4) | 38 (92.7) |
| Age (years) |  |  |  | |  | |  |  |
| Means ± SD | 38.3 ± 14.1 | 32.3 ± 10.6 | 35.4 ± 11.2 | | 36.4 ± 11.8 | | 40.4 ± 11.8 | 38.4 ± 12.0 |
| Marital status, n (%) |  |  |  | |  | |  |  |
| Married/Living with a partner | 11 (40.7) | 12 (46.2) | 27 (55.1) | | 29 (61.7) | | 28 (68.3) | 18 (43.9) |
| Single | 12 (44.4) | 13 (50.0) | 19 (38.8) | | 12 (25.5) | | 11 (26.8) | 20 (48.8) |
| Separated/Divorced | 4 (14.8) | 1 (3.8) | 3 (6.1) | | 5 (10.6) | | 2 (4.9) | 3 (7.3) |
| Education |  |  |  | |  | |  |  |
| Secondary or less | 2 (7.4) | 1 (3.8) | 5 (10.2) | | 3 (6.4) | | 2 (4.9) | 10 (24.4) |
| Post-secondary/Vocational | 20 (74.1) | 14 (53.8) | 20 (40.8) | | 25 (53.2) | | 17 (41.5) | 14 (34.1) |
| University | 5 (18.5) | 11 (42.3) | 24 (49.0) | | 19 (40.4) | | 22 (53.7) | 17 (41.5) |
| Occupation |  |  |  | |  | |  |  |
| Work full time | 15 (55.6) | 13 (50.0) | 27 (55.1) | | 28 (59.6) | | 31 (75.6) | 26 (63.4) |
| Student | 5 (18.5) | 9 (34.6) | 13 (26.5) | | 9 (19.1) | | 3 (7.3) | 6 (14.6) |
| Other | 7 (25.9) | 4 (15.4) | 9 (18.4) | | 10 (21.3) | | 7 (17.1) | 9 (22.0) |
| Physical health (Excellent/Very good) | 12 (44.4) | 12 (46.2) | 22 (44.9) | | 11 (23.4) | | 12 (29.3) | 10 (24.4) |
| Economic situation (Excellent/Very good) | 16 (59.3) | 20 (76.9) | 41 (83.7) | | 37 (78.7) | | 31 (75.6) | 32 (78.0) |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Clinical characteristics** |  |  |  |  |  |  |
| Principal diagnosis |  |  |  |  |  |  |
| Generalized anxiety disorder | 16 (59.3) | 9 (34.6) | 28 (57.1) | 20 (42.6) | 28 (68.3) | 21 (51.2) |
| Social anxiety disorder | 8 (29.6) | 14 (53.8) | 10 (20.4) | 16 (34.0) | 8 (19.5) | 12 (29.3) |
| Panic disorder | 2 (7.4) | 2 (7.7) | 8 (16.3) | 10 (21.3) | 3 (7.3) | 8 (19.5) |
| Agoraphobia | 1 (3.7) | 1 (3.8) | 3 (6.1) | 1 (2.1) | 2 (4.9) | 0 (0.0) |
| Comorbid diagnoses |  |  |  |  |  |  |
| Social anxiety disorder | 10 (37.0) | 7 (26.9) | 16 (32.7) | 14 (29.8) | 18 (43.9) | 13 (31.7) |
| Generalized anxiety disorder | 8 (29.6) | 12 (46.2) | 9 (18.4) | 13 (27.7) | 12 (29.3) | 9 (22.0) |
| Panic disorder | 8 (29.6) | 5 (19.2) | 16 (32.7) | 9 (19.1) | 15 (36.6) | 10 (24.4) |
| Agoraphobia | 10 (37.0) | 6 (23.1) | 10 (20.4) | 11 (23.4) | 12 (29.3) | 12 (29.3) |
| Specific phobia | 7 (25.9) | 2 (7.7) | 10 (20.4) | 11 (23.4) | 6 (14.6) | 4 (9.8) |
| Post-traumatic stress disorder | 1 (3.7) | 1 (3.8) | 1 (2.0) | 3 (6.4) | 1 (2.4) | 0 (0.0) |
| Obsessive-compulsive disorder | 3 (11.1) | 1 (3.8) | 4 (8.2) | 4 (8.5) | 2 (4.9) | 0 (0.0) |
| Persistent depressive disorder | 0 (0.0) | 3 (11.5) | 6 (12.2) | 4 (8.5) | 5 (12.2) | 0 (0.0) |
| Major depressive disorder | 9 (33.3) | 9 (34.6) | 13 (26.5) | 9 (19.1) | 7 (17.1) | 8 (19.5) |
| PHQ-9 |  |  |  |  |  |  |
| Means ± SD | 10.9 ± 5.9 | 12.1 ± 4.6 | 9.7 ± 5.6 | 9.2 ± 4.6 | 10.3 ± 5.3 | 8.6 ± 4.6 |
| **Service utilization for mental health reasons in the past 12 months** |  |  |  |  |  |  |
| General practitioner | 16 (59.3) | 15 (57.7) | 32 (65.3) | 30 (63.8) | 23 (56.1) | 31 (75.6) |
| Psychologist / Psychotherapist | 15 (55.6) | 7 (26.9) | 25 (51.0) | 21 (44.7) | 18 (43.9) | 19 (46.3) |
| **Psychotropic medication in the last 12 months** |  |  |  |  |  |  |
| SSRI/SNRI | 17 (63) | 13 (50.0) | 25 (51.0) | 27 (57.4) | 21 (51.2) | 21 (51.2) |
| Benzodiazepine | 8 (29.6) | 6 (23.1) | 21 (42.9) | 16 (34.0) | 14 (34.1) | 10 (24.4) |

Abbreviations: BAI: Beck Anxiety Inventory; SD: Standard deviation; SSRI: Selective serotonin reuptake inhibitors; SNRI: Serotonin–norepinephrine reuptake inhibitors; ADIS-5: Anxiety and Related Disorders Interview Schedule for DSM-5, CSR: Clinical severity rating

Data were presented with frequency (percentage) unless otherwise indicated.

**Supplementary eTable 2. Primary outcome measures at baseline for each condition across the three sites**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | BAI | ADIS-5 CSR for principal disorder |
|  |  | n | Means ± SD | Means ± SD |
| **SITE 1** | |  |  |  |
|  | tCBT + TAU | 27 | 21.2 ± 10.7 | 6.0 ± 1.2 |
|  | TAU | 26 | 19.9 ± 10.1 | 5.8 ± 1.0 |
| **SITE 2** | |  |  |  |
|  | tCBT + TAU | 49 | 24.6 ± 10.8 | 6.0 ± 0.9 |
|  | TAU | 47 | 24.6 ± 10.7 | 6.1 ± 1.0 |
| **SITE 3** | |  |  |  |
|  | tCBT + TAU | 41 | 26.4 ± 11.1 | 6.6 ± 1.1 |
|  | TAU | 41 | 25.3 ± 12.0 | 6.5 ± 0.9 |

Abbreviations: BAI: Beck Anxiety Inventory; tCBT: Transdiagnostic group CBT; SD: Standard deviation; TAU: Treatment-as-usual; ADIS-5: Anxiety and Related Disorders Interview Schedule for DSM-5, CSR: Clinical severity rating

**Supplementary eTable 3. Baseline characteristics and primary outcome measures according to T1 BAI completion status**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Lost to follow-up for BAI at T1 (n=33) | Completed BAI at T1 (n=198) | p-value |
| **Sociodemographic characteristics** |  |  |  |
| Age (years), Means ± SD | 33.0 ± 11.4 | 37.7 ± 12.0 | 0.031 |
| Sex (Women), n (%) | 30 (90.9) | 168 (84.8) | 0.434 |
| Marital status, n (%) |  |  |  |
| Married/Living with a partner | 13 (39.4) | 112 (56.9) | 0.090 |
| Single | 15 (45.5) | 72 (36.5) |  |
| Separated/Divorced | 5 (15.2) | 13 (6.6) |  |
| Education |  |  |  |
| Secondary or less | 4 (12.1) | 19 (9.6) | 0.537 |
| Post-secondary/Vocational | 18 (54.5) | 92 (46.7) |  |
| University | 11 (33.3) | 86 (43.7) |  |
| Occupation |  |  |  |
| Work full time | 19 (57.6) | 121 (61.1) | 0.864 |
| Student | 8 (24.2) | 37 (18.7) |  |
| Work part time | 3 (9.1) | 17 (8.6) |  |
| Retirement | 0 (0) | 7 (3.5) |  |
| Unemployment | 3 (9.1) | 16 (8.1) |  |
| Economic situation (Excellent/Very good) | 18 (56.3) | 159 (80.7) | 0.002 |
| **Clinical characteristics** |  |  |  |
| Principal diagnosis |  |  |  |
| Generalized anxiety disorder | 14 (42.4) | 108 (54.5) | 0.483 |
| Social anxiety disorder | 13 (39.4) | 55 (27.8) |  |
| Panic disorder | 5 (15.2) | 28 (14.1) |  |
| Agoraphobia | 1 (3) | 7 (3.5) |  |
| Comorbid diagnoses |  |  |  |
| Social anxiety disorder | 9 (27.3) | 69 (34.8) | 0.394 |
| Generalized anxiety disorder | 12 (36.4) | 51 (25.8) | 0.205 |
| Panic disorder | 14 (42.4) | 49 (24.7) | 0.035 |
| Agoraphobia | 14 (42.4) | 47 (23.7) | 0.024 |
| Major depressive disorder | 7 (21.2) | 48 (24.2) | 0.705 |
| Specific phobia | 4 (12.1) | 36 (18.2) | 0.467 |
| Dysthymia | 5 (15.2) | 13 (6.6) | 0.088 |
| Obsessive-compulsive disorder | 3 (9.1) | 11 (5.6) | 0.429 |
| Post-traumatic stress disorder | 1 (3) | 6 (3) | 1.000 |
| Physical health (Excellent/Very good) | 9 (27.3) | 70 (35.4) | 0.365 |
| **Service utilization for mental health reasons in the past 12 months** |  |  |  |
| General practitioner | 22 (66.7) | 125 (63.1) | 0.696 |
| Psychologist / Psychotherapist | 15 (45.5) | 90 (45.5) | 1.000 |
| Other health professional | 8 (24.2) | 41 (20.7) | 0.646 |
| **Psychotropic medication in the last 12 months** |  |  |  |
| SSRI/SNRI | 14 (42.4) | 110 (55.6) | 0.161 |
| Benzodiazepine | 8 (24.2) | 67 (33.8) | 0.276 |

Abbreviations: BAI: Beck Anxiety Inventory; SD: Standard deviation; SSRI: Selective serotonin reuptake inhibitors; SNRI: Serotonin–norepinephrine reuptake inhibitors; ADIS-5: Anxiety and Related Disorders Interview Schedule for DSM-5, CSR: Clinical severity rating

Data were presented with frequency (percentage) unless otherwise indicated.

**Supplementary eTable 4. Multivariate linear mixed regression for primary outcome measures:  
F and p-value**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Crude model | | Adjusted model | |
|  | F | p-value | F | p-value |
| **Beck Anxiety Inventory** | | | | |
| Intention-to-treat analysis |  |  |  |  |
| Time | 77.32 | <0.0001 | 77.52 | <0.0001 |
| Group | 5.23 | 0.023 | 7.16 | 0.008 |
| Interaction (Group\*Time) | 27.15 | <0.0001 | 27.38 | <0.0001 |
| Per protocol (completers) |  |  |  |  |
| Time | 81.57 | <0.0001 | 81.54 | <0.0001 |
| Group | 7.46 | 0.007 | 11.55 | 0.0008 |
| Interaction (Group\*Time) | 33.60 | <0.0001 | 33.75 | <0.0001 |
| **ADIS-5 CSR principal diagnosis** | |  |  |  |
| Intention-to-treat analysis |  |  |  |  |
| Time | 201.80 | <0.001 | 199.25 | <0.001 |
| Group | 23.84 | <0.001 | 17.83 | <0.001 |
| Interaction (Group\*Time) | 32.92 | <0.001 | 32.52 | <0.001 |
| Per protocol (completers) |  |  |  |  |
| Time | 165.66 | <0.001 | 165.14 | <0.001 |
| Group | 23.14 | <0.001 | 15.80 | <0.001 |
| Interaction (Group\*Time) | 30.70 | <0.001 | 31.19 | <0.001 |

Abbreviations: ADIS-5: Anxiety and Related Disorders Interview Schedule for DSM-5, CSR: Clinical severity rating.