# **Supplementary results appendix**

## **Adherence and attrition**

**Supplementary Figure 1**

*Data loss at post-treatment (T1) and 4-month follow-up (T2)*

T2 Data loss (n=32; 28.1%)

EQ-5D: 24 missing

BAI: 24 missing

Cost: 21 missing

T2 Data loss (n=43; 36.8%)

EQ-5D: 38 missing

BAI: 37 missing

Cost: 30 missing

T1 Data loss (n=28; 23.9%)

EQ-5D: 26 missing

BAI: 22 missing

Cost: 25 missing

T1 Data loss (n=24; 21.1%)

EQ-5D: 16 missing

BAI: 11 missing

Cost: 19 missing

114 allocated to TAU and included in intention to-treat-analysis

117 allocated to tCBT+TAU and included in intention-to-treat analysis

231 randomized

**Supplementary Table 1**

*Logistic regression results for baseline factors associated with data loss at 4-month follow-up (T2)*

|  |  |  |
| --- | --- | --- |
|  | Clinical outcome not available | Cost data available |
| Baseline characteristic | Exp(B) | p-value | Exp(B) | p-value |
| **Sociodemographic** |
| Age | 0.993 | 0.636 | **1.038** | **0.030** |
| Canadian citizenship (ref : no) | 0.652 | 0.698 | 2.825 | 0.397 |
| Education (ref : University) |  |  |  |  |
| *High school or less* | 1.143 | 0.804 | 0.873 | 0.817 |
| *Collegial or vocational* | 1.316 | 0.456 | 0.838 | 0.661 |
| Sex (ref : men) | 1.072 | 0.888 | 1.058 | 0.916 |
| Marital status (ref : single) |  |  |  |  |
| *In a relationship* | 0.905 | 0.765 | 1.510 | 0.254 |
| Health system mental health cost | 1.000 | 0.840 | 1.001 | 0.450 |
| Limited societal mental health cost | 1.000 | 0.872 | **1.000** | **0.033** |
| **Clinical** |
| Did not take psychotropic medication (ref : Did take) | **2.259** | **0.030** | 0.528 | 0.123 |
| Perceived mental health (ref : average or less) |  |  |  |  |
| *Very good or better* | 1.354 | 0.670 | 0.852 | 0.854 |
| *Good* | 1.432 | 0.325 | 0.601 | 0.192 |
| Perceived physical health (ref : average or less) |  |  |  |  |
| *Very good or better* | 0.797 | 0.664 | **4.143** | **0.014** |
| *Good* | 0.896 | 0.801 | 1.862 | 0.165 |
| EQ-5D utility index | 0.311 | 0.335 | 2.432 | 0.495 |
| Beck Anxiety Inventory score | **1.043** | **0.011** | 1.008 | 0.676 |
| **Intervention** |
| Assigned to tCBT+TAU (ref : TAU) | 1.895 | 0.054 | 0.507 | 0.059 |
|  |

## **Outcomes**

**Supplementary Figure 2**

*Mean adjusted costs incurred for mental health reasons at post-treatment (T1) and 4-month follow-up (T2)*



**B)**

**A)**

*Note.* **A)** Cost from the health system perspective. **B)** Supplementary cost incurred from the limited societal perspective. Medical indirect cost includes patient time and transportation. Indirect cost includes presenteeism and long-term absences. Patient cost includes day-to-day assistance and natural products. Adjusted values were obtained by GEE and error bars represents the superior CI95% on the total cost. T1 = Post-treatment; T2 = 4-month follow-up.

**Supplementary Figure 3**

*Effectiveness of tCBT*

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*Note.* **A)** Mean adjusted utility index value. The area under the curve represents the number of QALY. **B)** Mean adjusted AFD value. The area under the curve represents the number of AFDs. Adjusted values were obtained by GEE. T0 = Baseline; T1 = Post-treatment; T2 = 4-month follow-up.

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**Supplementary Figure 4**

*Impact of adding training cost on the probability that tCBT+TAU will be cost effective compared to TAU*

|  |
| --- |
| **A)** |
| **B)** |

*Note.* **A)** QALY and **B)** AFD as outcome. Adjusted for baseline: costs, clinical variable (utility index or BAI score according to the model), age, sex, study region, time of inclusion in the study, comorbid anxiety disorders based on those included in the study, comorbid mental health disorders as per the ADIS-5 and occupation. Dotted lines represent sensitivity analysis where costs of training was considered. Data were obtained by linear regression.

**Supplementary Figure 5**

*Cost-effectiveness acceptability curve of tCBT+TAU compared to TAU from the health system perspective on a 12-month time horizon*

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**B)**

**A)**

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*Note.* **A)** QALY and **B)** AFD as outcome. Adjusted for baseline: costs, clinical variable (utility index or BAI score according to the model), age, sex, study region, time of inclusion in the study, comorbid anxiety disorders based on those included in the study, comorbid mental health disorders as per the ADIS-5 and occupation. Dotted lines represent non-adjusted results. Data were obtained by linear regression.