**Table 1 : Demographic data**

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|  |  | **Worry Group**  **WG (n=7)** | **Wait-list Control CG (n=6)** | **All participants (n=13)** |
| Gender | Female  Male | 3 (43%)  4 (57%) | 3 (50%)  3 (50%) | 6 (46%)  7 (54%) |
| Age in years | Minimum age in years  Maximum age in years | 46.7 (12.2)  32  62 | 48.5 (11.7)  35  62 | 47.5 (11.5)  32  62 |
| Ethnicity | White British  White other  Black Caribbean  Mixed: Black British-Black Caribbean  Mixed: White-British – Black Caribbean | 5 (71%)  1 (14.5%)  0 (0%)  1 (14.5%)  0 (0%) | 4 (66%)  0 (0%)  1 (17%)  0 (0%)  1 (17%) | 9 (69%)  1 (9.75%)  1 (9.75%)  1 (9.75%)  1 (9.75%) |
| Employment | Unemployed | 7 (100%) | 6 (100%) | 13 (100%) |
| IQ |  | 103.14 (9.89) | 99.67 (6.71) | 101.54 (8.42) |
| Marital Status | Single  Married | 6 (86%)  1 (14%) | 6 (100%)  0 (0%) | 12 (92%)  1 (8%) |
| Cohabiting | Living Alone  Living with parents  Living with spouse/partner | 5 (71.4%)  1 (14.3%)  1 (14.3%) | 6 (100%)  0 (100%)  0 (100%) | 11 (84.6%)  1 (7.7%)  1 (7.7%) |
| Diagnosis | Schizophrenia  Schizoaffective Disorder  Delusional Disorder | 7 (100%)  0 (0%)  0 (0%) | 4 (66%)  1 (17%)  1 (17%) | 11(84%)  1 (7%)  1 (7%) |
| Current Team | Recovery  Assertive Outreach Team | 6 (85.7%)  1 (14.3%) | 5 (83.3%)  1 (16.7%) | 11 (84.6%)  2 (15.4%) |

Data are: n(%) or mean (SD) unless otherwise indicated. IQ – estimate of full-scale intelligence quotient based on scores from Weschler Test of Adult Reading (WTAR)