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| Supplementary Table 1: Seminar characteristics  |
|  | Service A | Service B | Service C |
| Recruitment period (weeks) | 49 | 17 | 18 |
| Total seminars | 21 | 9 | 8 |
|  Cope with your feelings | 8 | 3 | 3 |
|  Manage your mind | 6 | 3 | 3 |
|  Do what matters | 7 | 2 | 3 |
| Average seminar size | 5.14 | 5.44  | 5 |
| Average seminars per person | 2.12 | 1.58 | 1.66 |
| Patients attending 2 ≥ seminars | 62.75% | 38.71% | 45.83% |