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| **Supplementary Table 2.** RM-ANOVA for the effectiveness of TDS + CBT across input |
|  | N | Means (SD) |  | RM-ANOVA |
|  |  | IAPTentry | CBTstart | CBTend |  | *df* | *F* | *p* |
| PHQ-9 | 88\* | 16.8 (5.50) | 14.4 (6.67) | 10.1 (8.07) |  | 2.26, 196.76 | 45.22 | <.001 |
| GAD-7 | 88\* | 14.4 (4.89) | 12.4 (5.62) | 8.60 (6.48) |  | 2.35, 204.43 | 42.24 | <.001 |
| WSAS | 86\*\* | 23.7 (7.85) | 22.8 (8.26) | 16.6 (11.5) |  | 2.4, 204.41 | 21.92 | <.001 |
| \*One patient with missing baseline data removed; \*\*Three patients with missing baseline data removed. |