**Online Supplement**

Title: Effectiveness and long-term stability of outpatient cognitive behavioural therapy (CBT) for children and adolescents with anxiety and depressive disorders under routine care conditions

| Variable | | Complete follow-up interview  *M or % (SD)* | | Missing follow-up interview data  *M or % (SD)* | | Test statistic | | | Statistical  significance *p* | Effect size (d) or odds ratio (OR) | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sociodemographic factors | | | | | | | | | | | |
|  | Age at start of treatment | | 14.11 (2.87) | | 14.14 (3.03) | | t = -0.09 | n.s. | | | d = -0.01 | |
| Gender (% boys) | | 43.64 | | 44.04 | | χ² = 0.08 | n.s. | | | OR = 1.02 | |
| Grouped intelligence | | 2.95 (0.79) | | 2.97 (0.68) | | t = -0.32 | n.s. | | | d = -0.03 | |
| Socioeconomic status parents | | 7.16 (14.34) | | 8.22 (17.86) | | t = -0,71 | n.s. | | | d = -0.07 | |
| Parent rating (pre) | | | | | | | | | | | |
|  | CBCL Internalizing | | 17.78 (8.95) | | 16.17 (8.89) | | t = 2.00 | < .05 | | | d = 0.18 | |
| CBCL Externalizing | | 10.13 (8.27) | | 11.24 (8.21) | | t = -1.48 | n.s | | | d = -0.13 | |
| CBCL Total | | 42.48 (21.26) | | 42.32 (21.44) | | t = -0.08 | n.s. | | | d = 0.01 | |
| FBB - DES | | 17.29 (11.63) | | 18.05 (12.20) | | t = -0.70 | n.s. | | | d = -0.06 | |
| FBB - ANZ | | 21.13 (13.68) | | 21.22 (13.66) | | t = -0.06 | n.s. | | | d = -0.01 | |
| Adolescent rating (pre) | | | | | | | | | | | |
|  | YSR Internalizing | | 19.14 (10.67) | | 18.68 (10.84) | | t = 0.43 | n.s. | | | d = 0.04 | |
| YSR Externalizing | | 11.33 (7.35) | | 12.86 (8.23) | | t = -1.98 | < .05 | | | d = -0.20 | |
| YSR Total | | 47.57 (24.05) | | 49.59 (24.26) | | t = -0.85 | n.s. | | | d = -0.08 | |
| SBB - DES | | 21.97 (14.71) | | 22.27 (14.41) | | t = -0.21 | n.s. | | | d = -0.02 | |
| SBB - ANZ | | 21.45 (13.53) | | 22.16 (14.61) | | t = -0.38 | n.s. | | | d = -0.05 | |
| Therapist rating | | | | | | | | | | | |
|  | Global functioning (pre) | | 3.33 (1.03) | | 3.33 (1.04) | | t = 0.01 | n.s. | | | d = 0.00 | |
|  | Global functioning (post) | | 1.90 (1.32) | | 2.23 (1.52) | | t = -2.56 | < .05 | | | d = -0.23 | |
|  | Treatment success for symptoms (post) | | 3.23 (0.91) | | 3.45 (1.14) | | t = -2.43 | < .05 | | | d = -0.22 | |
|  | Treatment success for overall situation (post) | | 3.24 (1.01) | | 3.61 (1.31) | | t = -3.57 | < .001 | | | d = -0.32 | |
|  | Cooperation of parent and youngster | | 3.89 (0.74) | | 3.70 (0.85) | | t = 2.71 | < .01 | | | d = 0.24 | |
|  | Number of contacts | | 41.59 (19.96) | | 40.30 (22.29) | | t = 0.77 | n.s. | | | d = 0.06 | |
|  | Treatment duration (months) | | 15.78 (7.93) | | 16.06 (9.70) | | t = 0.36 | < .05 | | | d = -0.03 | |

**Supplementary Table 1.** Comparison of patients with follow-up data (main sample, *n =*220) and without follow-up data (*n* = 277)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| BSCL (n = 81) | Raw scores  M (SD) | in a clinical range (T<63)  n (%) | FLZ (n = 81) | Raw scores  M (SD) | In a clinical range (Stanine > 7)  n (%) |
| Aggressiveness | .47 (.53) | 8 (3.6) | Health | 34.05 (7.87) | 0 (0.0) |
| Anxiety | .60 (.67) | 12 (5.5) | Job/ Career | 35.14 (8.80) | 8 (10.1) |
| Depression | .61 (.71) | 11 (5.0) | Financial Situation | 34.70 (8.60) | 18 (21.7) |
| Paranoid thinking | .57 (.66) | 9 (4.1) | Leisure/ Recreational Activities | 34.80 (9.35) | 8 (9.4) |
| Phobic fear | .44 (.62) | 11 (5.0) | One’s Own Person | 34.37 (8.57) | 10 (11.0) |
| Psychoticism | .41 (.54) | 7 (3.2) | Sexuality | 34.97 (7.99) | 5 (5.9) |
| Somatization | .43 (.52) | 11 (5.0) | Relationships with Others | 35.18 (7.72) | 9 (9.9) |
| Insecurity in social contact | .73 (.78) | 7 (3.2) | Living Conditions | 38.40 (7.75) | 21 (24.7) |
| Compulsiveness | .65 (.68) | 6 (2.7) | General Life Satisfaction | 247.67 (47.56) | 16 (19.7) |

**Supplementary Table 2**. Results of the BSCL and FLZ Scores at follow-up assessment