**Table S1**

***Results of hierarchical linear modelling with baseline demographic and clinical variables predicting trajectory of change in PSWQ-PW from pre- to post-treatment***

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| *Age* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 65.01 | 0.80 | 80.81 | 324 | <.001 |  |
| Age | -0.05 | 0.07 | -0.78 | 324 | .437 | -0.04 (0.07, -0.15) |
| PSWQ-PW Severity Over Time (Slope) | -1.42 | 0.09 | -15.51 | 324 | <.001 | -0.86 (-0.77, -0.98) |
| Age | 0.01 | 0.01 | 1.78 | 324 | .075 | 0.10 (-0.05, 0.16) |
| *Biological Sex* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 61.99 | 1.57 | 39.56 | 324 | <.001 |  |
| Sex | 3.86 | 1.82 | 2.12 | 324 | .035 | 0.12 (0.01, 0.23) |
| PSWQ-PW Severity Over Time (Slope) | -1.12 | 0.18 | -6.27 | 324 | <.001 | -0.35 (-0.24, -0.45) |
| Sex | -0.38 | 0.21 | -1.84 | 324 | .067 | -0.10 (-0.21, 0.01) |
| *DASS-21 Depression Subscale* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 64.66 | 0.75 | 86.77 | 291 | <.001 |  |
| DASS-21 | 0.67 | 0.07 | 9.62 | 291 | <.001 | 0.56 (0.45, 0.67) |
| PSWQ-PW Severity Over Time (Slope) | -1.41 | 0.10 | -14.62 | 291 | <.001 | -0.85 (-0.71, -0.93) |
| DASS-21 | -0.01 | 0.01 | -1.43 | 291 | .153 | -0.08 (-0.17, 0.06) |
| *GAD-7 Total Score* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 64.65 | 0.59 | 109.12 | 291 | <.001 |  |
| GAD-7 | 2.09 | 0.12 | 17.39 | 291 | <.001 | 1.02 (0.90, 1.13) |
| PSWQ-PW Severity Over Time (Slope) | -1.42 | 0.10 | -14.76 | 291 | <.001 | -0.86 (-0.72, -0.94) |
| GAD-7 | -0.06 | 0.02 | -2.85 | 291 | .005 | -0.17 (-0.06, -0.29) |
| *IIRS Total Score* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 64.72 | 0.70 | 92.66 | 290 | <.001 |  |
| IIRS | 0.55 | 0.04 | 12.40 | 290 | <.001 | 0.73 (0.69, 0.92) |
| PSWQ-PW Severity Over Time (Slope) | -1.41 | 0.10 | -14.63 | 290 | <.001 | -0.86 (-0.71, -0.93) |
| IIRS | -0.01 | 0.01 | -2.06 | 290 | .040 | -0.12 (-0.01, -0.24) |
| *IUS-12 Total Score* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 64.60 | 0.71 | 91.24 | 292 | <.001 |  |
| IUS-12 | 0.89 | 0.08 | 10.63 | 292 | <.001 | 0.62 (0.53, 0.76) |
| PSWQ-PW Severity Over Time (Slope) | -1.42 | 0.10 | -14.68 | 292 | <.001 | -0.86 (-0.71, -0.94) |
| IUS-12 | -0.02 | 0.01 | -1.64 | 292 | .102 | -0.10 (-0.00, -0.23) |
| *PSWQ-T Total Score* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 65.32 | 0.71 | 91.59 | 183 | <.001 |  |
| PSWQ | 1.03 | 0.10 | 9.89 | 183 | <.001 | 0.73 (0.61, 0.90) |
| PSWQ-PW Severity Over Time (Slope) | -1.44 | 0.13 | -11.48 | 183 | <.001 | -0.84 (-0.67, -0.96) |
| PSWQ | -0.03 | 0.01 | -2.73 | 183 | .007 | -0.20 (-0.08, -0.37) |
| *Total Diagnoses* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 64.87 | 0.80 | 80.99 | 297 | <.001 |  |
| Diagnoses | 4.13 | 0.80 | 5.15 | 297 | <.001 | 0.30 (0.19, 0.41) |
| PSWQ-PW Severity Over Time (Slope) | -1.40 | 0.09 | -14.79 | 297 | <.001 | -0.86 (-0.79, -1.01) |
| Diagnoses | -0.21 | 0.10 | -2.19 | 297 | .030 | -0.13 (-0.01, -0.24) |
| *Total Sessions Attended* |
| *Effect* | *b* | *SE* | *t* | *df* | *p* | *d* (95% CI) |
| Initial PSWQ-PW Severity (Intercept) | 65.00 | 0.80 | 80.76 | 324 | <.001 |   |
| Txt Sessions | -0.05 | 0.34 | -0.16 | 324 | .872 | -0.01 (0.11, -0.12,  |
| PSWQ-PW Severity Over Time (Slope) | -1.42 | 0.09 | -15.23 | 324 | <.001 | -0.89 (-0.78, -1.01 |
| Txt Sessions | 0.01 | 0.04 | 0.33 | 324 | .740 | 0.02 (0.13, -0.10) |

*Note*. DASS = Depression, Anxiety and Stress Scales – 21-item version; IIRS = Illness Intrusiveness Rating Scale; IUS = Intolerance of Uncertainty Scale – 12-item version; PSWQ = Penn State Worry Questionnaire (PW = Past Week version). Sex is coded as 0 = male, 1 = female. Continuous variables were centred around the grand mean.