Table 3. Odds ratios (ORs) and 95% confidence intervals (CIs) for reliable improvement and clinical recovery by patient factors (gender; age below/above median; low/high GAD and PHQ scores) and therapist factors (Adherence score low/high; Fidelity score low/high).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | Improvement | | Recovery | |
| n (%) | OR (95% CI) | n (%) | OR (95% CI) |
| Gender | Male | 116 (74.8%) | 0.93 (0.61, 1.42) | 87 (56.1%) | 1.07 (0.74, 1.54) |
| Female | 334 (76.3%) |  | 239 (54.6%) |  |
| Age | < 33 | 246 (77.1%) | 1.25 (0.86, 1.82) | 187 (59.2%) | 1.45 (1.05, 2.01) |
| 33+ | 205 (73.7%) |  | 139 (50.0%) |  |
| GAD-7 | Low | 169 (64.5%) | 0.32 (0.22, 0.48) | 145 (53.3%) | 1.03 (0.75, 1.43) |
| High | 282 (84.9%) |  | 181 (54.5%) |  |
| PHQ-9 | Low | 177 (65.6%) | 0.35 (0.24, 0.51) | 146 (54.1%) | 0.94 (0.68, 1.30) |
| High | 274 (84.6%) |  | 180 (55.6%) |  |
| Adherence | Low | 215 (73.6%) | 0.78 (0.54, 1.14) | 150 (51.4%) | 0.76 (0.55, 1.05) |
| High | 236 (78.2%) |  | 176 (58.3%) |  |
| Fidelity | Low | 208 (72.5%) | 0.69 (0.48, 1.01) | 146 (50.9%) | 0.73 (0.53, 1.01) |
| High | 243 (79.2%) |  | 180 (58.6%) |  |