**Appendix A: Reliable Change Index**

Reliable change is defined as having occurred when the change in scores on a scale exceeds the measurement error of the scale. This is such that indices higher than one standard deviation, or 1.96, indicate that the outcome score on the scale would have been unlikely to occur without real change having taken place.The following summarises the calculation used to obtain the Reliable Change Index (RCI) (Jacobson & Truax, 1991) for the CRIES-8, CPTCI-S and RCADS Depression Subscale where is the test-retest reliability of each measure and is the standard deviation of the pooled sample in the relevant studies cited in the main body of the case report. The relevant and for each measure are provided in Table A.1.

**Table A.1**

|  |  |  |
| --- | --- | --- |
| **Measure** |  |  |
| *CRIES-8* | 0.78 | 11.04 |
| *RCADS* | 0.70 | 3.7 |
| *CPTCI-S* | 0.78 | 9.92 |