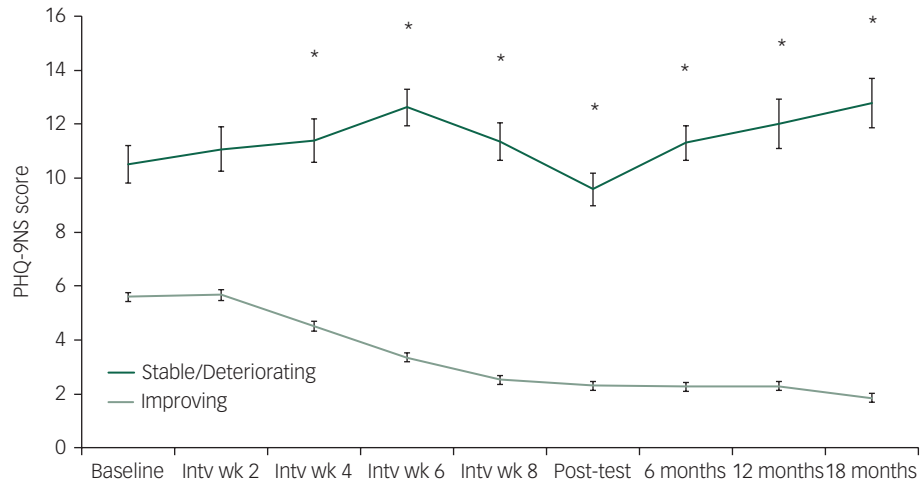


Data supplement

Table DS1 Sample characteristics by intervention condition at baseline						
	HealthWatch (n=575)		SHUTi (n=i574)		$\chi^2$	P
	n	(%)	n	(%)		
Gender					0.0	0.986
Female	423	(73.6%)	422	(73.5%)		
Male	152	(26.4%)	152	(26.5%)		
Relationship status					3.6	0.605
Married	260	(45.2%)	263	(45.8%)		
De facto	107	(18.6%)	86	(15.0%)		
Separated	26	(4.5%)	26	(4.5%)		
Divorced	44	(7.7%)	52	(9.1%)		
Widowed	6	(1.0%)	9	(1.6%)		
Never married	131	(22.8%)	135	(23.5%)		
Educational attainment					7.9	0.095
Less than high school	26	(4.5%)	35	(6.1%)		
Completed high school	40	(7.0%)	35	(6.1%)		
Certificate/diploma/trade	215	(37.4%)	191	(33.3%)		
Bachelor's degree	191	(33.2%)	177	(30.8%)		
Higher degree	103	(17.9%)	135	(23.5%)		
Employment status					7.5	0.110
Full-time	287	(49.9%)	306	(53.3%)		
Part-time, seeking full	24	(4.2%)	12	(2.1%)		
Part-time	133	(23.1%)	134	(23.3%)		
Unemployed	28	(4.9%)	35	(6.1%)		
Not in the labour force	102	(17.7%)	82	(14.3%)		
Location					0.3	0.565
Rural	119	(20.7%)	111	(19.3%)		
Urban	456	(79.3%)	463	(80.7%)		
Preference for condition					180.9	<b>&lt;0.001</b>
Matched condition	74	(12.9%)	285	(49.7%)		
Mismatched condition	501	(87.1%)	289	(50.3%)		
Suicide ideation, past 6 months	57	(9.9%)	46	(8.0%)	1.3	0.260
Suicide attempt, past 6 months	34	(5.9%)	36	(6.3%)	0.1	0.799
	mean	(s.d.)	mean	(s.d.)	F	P
Age (years)	42.5	(12.2)	43.0	(12.2)	0.4	0.541
PHQ-9 (depression) score	7.8	(4.0)	8.0	(4.2)	0.6	0.449
GAD-7 (anxiety) score	5.8	(4.3)	5.8	(4.4)	0.1	0.803
PSF (suicidality) score	0.8	(1.7)	0.7	(1.7)	0.1	0.700
ISI (insomnia) score	16.2	(4.3)	15.9	(4.2)	1.6	0.212

Notes: PHQ-9: Patient Health Questionnaire-9; GAD-7: Generalized Anxiety Disorder-7; ISI: Insomnia Severity Index; PSF: Psychiatric Symptom Frequency scale; **bold** values indicate  $P < 0.05$ .

	PHQ-9NS depression		GAD-7 anxiety		ISI insomnia		PSF suicidality	
	HealthWatch mean (s.e.)	SHUTI mean (s.e.)	HealthWatch mean (s.e.)	SHUTI mean (s.e.)	HealthWatch mean (s.e.)	SHUTI mean (s.e.)	HealthWatch mean (s.e.)	SHUTI mean (s.e.)
Estimated marginal mean (s.e.)								
Baseline	5.64 (0.15)	5.84 (0.15)	5.77 (0.18)	5.83 (0.18)	16.23 (0.18)	15.92 (0.18)	0.74 (0.07)	0.78 (0.07)
Intervention week 2	6.23 (0.16)	5.93 (0.19)	6.05 (0.19)	5.36 (0.22)	14.57 (0.19)	13.22 (0.22)		
Intervention week 4	5.61 (0.17)	4.95 (0.20)	5.59 (0.20)	4.55 (0.23)	13.53 (0.22)	10.15 (0.26)		
Intervention week 6	5.75 (0.18)	3.98 (0.21)	5.87 (0.20)	3.80 (0.24)	13.27 (0.23)	8.35 (0.28)		
Intervention week 8	5.53 (0.18)	3.22 (0.21)	5.70 (0.20)	3.18 (0.23)	12.91 (0.25)	7.24 (0.30)		
Post-test	4.57 (0.16)	2.87 (0.19)	5.01 (0.19)	3.21 (0.21)	13.17 (0.25)	7.35 (0.29)	0.51 (0.09)	0.81 (0.08)
6 months	4.02 (0.19)	2.92 (0.21)	4.23 (0.19)	3.15 (0.21)	12.17 (0.27)	7.74 (0.31)	0.55 (0.10)	0.72 (0.09)
12 months	3.74 (0.19)	2.89 (0.22)	4.08 (0.22)	3.00 (0.25)	11.45 (0.30)	7.70 (0.35)	0.42 (0.11)	0.69 (0.09)
18 months	4.44 (0.27)	2.55 (0.30)	4.30 (0.27)	3.07 (0.30)	11.52 (0.40)	8.02 (0.45)	0.70 (0.17)	1.04 (0.15)
Observed mean (s.d.)								
Baseline	5.64 (3.59)	5.84 (3.82)	5.77 (4.33)	5.83 (4.36)	16.23 (4.32)	15.92 (4.18)	0.74 (1.71)	0.78 (1.69)
Intervention week 2	6.09 (3.47)	5.70 (3.76)	5.92 (4.15)	5.04 (4.22)	14.58 (4.25)	12.98 (3.90)		
Intervention week 4	5.53 (3.54)	4.51 (3.45)	5.55 (4.55)	3.88 (3.64)	13.63 (4.72)	9.64 (4.24)		
Intervention week 6	5.84 (3.98)	3.35 (3.32)	6.01 (4.71)	3.18 (3.46)	13.45 (4.92)	7.94 (4.13)		
Intervention week 8	5.45 (3.88)	2.62 (2.89)	5.61 (4.62)	2.69 (3.07)	13.22 (5.04)	6.49 (3.96)		
Post-test	4.50 (3.66)	2.49 (2.94)	4.83 (4.39)	2.69 (3.18)	13.21 (5.45)	6.88 (4.75)	0.51 (1.53)	0.78 (1.80)
6 months	3.85 (3.63)	2.57 (3.32)	3.99 (3.77)	2.71 (3.44)	11.84 (5.13)	7.26 (4.87)	0.55 (1.77)	0.72 (1.71)
12 months	3.62 (3.46)	2.31 (2.64)	3.98 (4.15)	2.45 (3.31)	11.18 (5.54)	6.83 (4.61)	0.28 (0.98)	0.68 (1.80)
18 months	4.52 (4.30)	2.01 (2.37)	4.43 (4.20)	2.53 (2.95)	11.19 (5.78)	7.70 (5.05)	0.45 (1.49)	1.09 (2.41)
PHQ-9NS: Patient Health Questionnaire-9 without sleep item; GAD-7: Generalized Anxiety Disorder-7; ISI: Insomnia Severity Index; PSF: Psychiatric Symptom Frequency scale.								



**Fig. DS1** Mean depression scores for PHQ-9NS (PHQ-9 without sleep item) over time in the two latent classes in the SHUTi condition ( $N=574$ ), estimated from mixed model repeated measures analysis.

\* $P < 0.05$  for class  $\times$  time interaction effect; 'intv wk': intervention week; error bars represent standard errors of the marginal mean estimates.