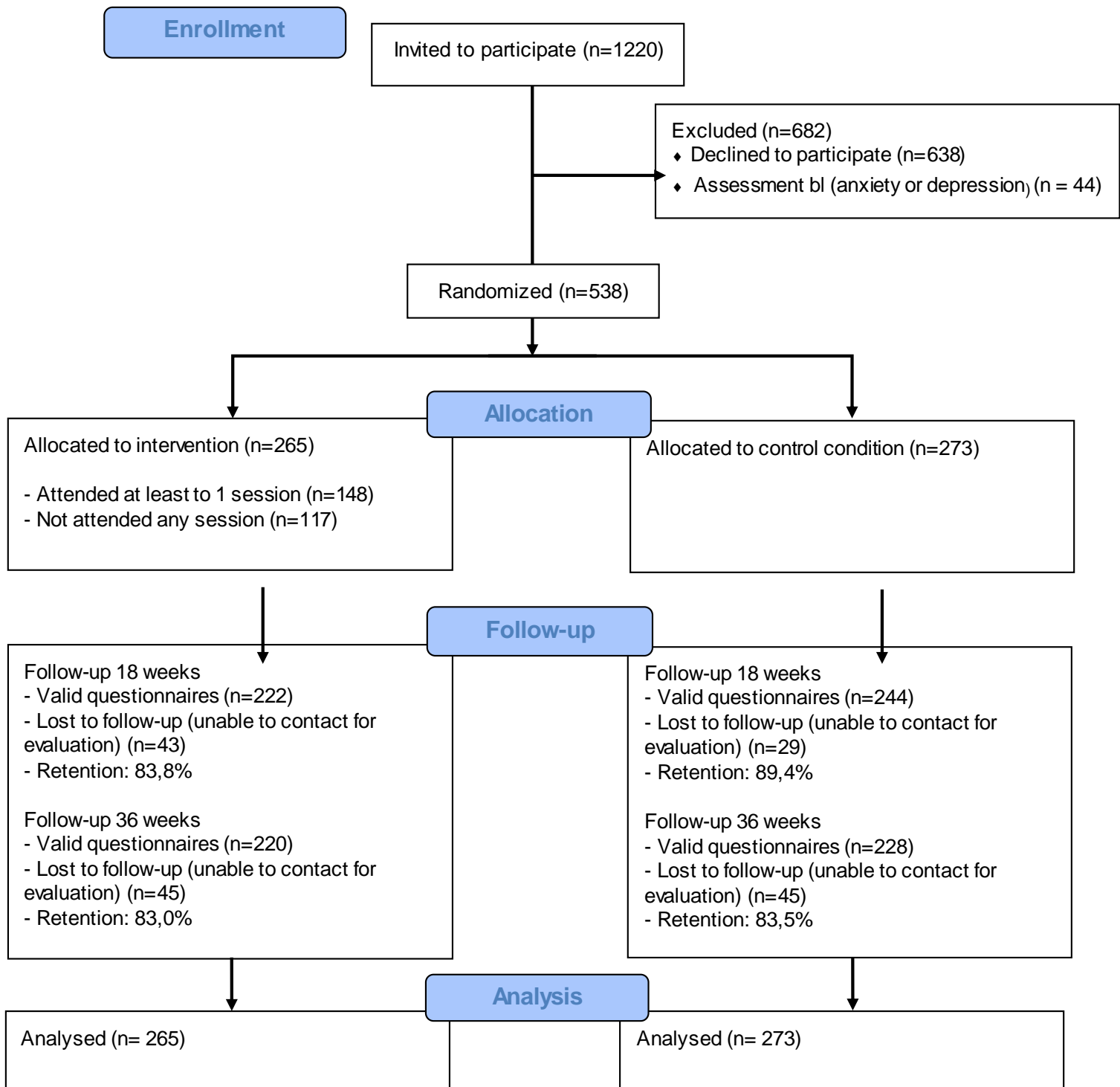


Participant Flow



Baseline Characteristics

		N	Percentage
Gender	Men	196	36
	Women	342	64
Age Group	64-69	190	35
	70-79	191	36
	80+	157	29
Marital Status	Married	286	53.16
	Widow	124	23.05
	Divorced	69	12.82
	Never Married	59	10.97
Studies	Basic Education or incomplete secondary education	340	63.2
	Complete secondary education	96	17.8
	Higher Education	100	18.6
	Missing Data	2	0.4
Lives with (not mutually exclusive categories)	Alone	82	15.43
	Partner or spouse	304	56.6
	One or more of your children (adults)	230	42.8
	Siblings	29	5.4
	Other family	66	12.3
	Other options	102	19
Employment Situation	Full time work	32	5.9
	Part time work	62	11.5
	No work	444	82.6

Outcome Measures

Descriptive results for main variables and covariates in baseline and follow-up.

	Control		Experimental		Difference test ^a		
	M	SD	M	SD	t	df	p-value
Baseline							
SCL-Anxiety	1,57	0,62	1,51	0,53	0,520	285,7	0,604
PHQ	0,44	0,45	0,35	0,39	-0,732	170,8	0,465
Follow-up 18w							
SCL-Anxiety	1,55	0,58	1,56	0,6	0,520	285,7	0,604
PHQ	0,47	0,48	0,41	0,43	-0,732	170,8	0,465
Follow-up 36w							
SCL-Anxiety	1,45	0,55	1,48	0,61	0,520	285,7	0,604
PHQ	0,42	0,49	0,39	0,47	-0,732	170,8	0,465

Notes. Mean and standard deviation calculated with multiple imputation. Difference test corresponds to the group coefficient t-test, in a multilevel model considering the effect of the CESFAM.

Outcome Psychological wellbeing (Pemberton Happiness Index¹)

Type of Analysis	Statistic	p-value
Intention to treat	F(2,51.289)=0.152	0.859
Protocol	F(2,1563.003)=0.236	0.790
Dose	F(2,38.254)=0.513	0.603

¹ Remembered Wellbeing Scale

Multilevel logistic regression model, for general anxiety disorder

Coefficient	Estimator	SE	t	df	p-value	RIV	FMI
(Constant)	-0.1276	4.037	-0.03162	295.1	0.9748	0.2116	0.1802
Group=Experimental	-0.3099	0.575	-0.5389	36.82	0.5932	0.9779	0.5198
Sex=Feminine	-0.8582	0.599	-1.433	36.27	0.1605	0.9925	0.5237
Age	-0.001703	0.0486	-0.03503	474.4	0.9721	0.1597	0.1413
Support from others (T1)	0.4438	0.5073	0.8749	25.02	0.39	1.498	0.6283
Support from family (T1)	-0.6148	0.3875	-1.586	33.1	0.1222	1.09	0.548
Support from friends (T1)	-0.1716	0.2698	-0.6362	38.82	0.5284	0.9287	0.5063
Satisfaction with coexistence	0.3739	0.2575	1.452	62.92	0.1515	0.6083	0.3971
General health perception	-0.6133	0.2943	-2.084	320.4	0.03799	0.2014	0.1728

There were no new cases of panic disorder and only one of depression at time 3, 36-week follow-up, so the result was not analyzable.

There are no statistically significant effects of the intervention, when analyzing by intention to treat, by protocol or by differential effect of care (dose analysis).

Type of Analysis	Depressive Symptoms		Anxious Symptoms	
	Statistic	p-value	Statistic	p-value
Intention to treat	F(2,75.180)=0.326	0.723	F(2,468.834)=1.432	0.240
Protocol	F(2,311.651)=0.006	0.994	F(2,1360.178)=0.219	0.803
Dose	F(2,157.423)=0.410	0.664	F(2,226.679)=0.603	0.548

Adverse Events

There were no adverse events associated with this trial.