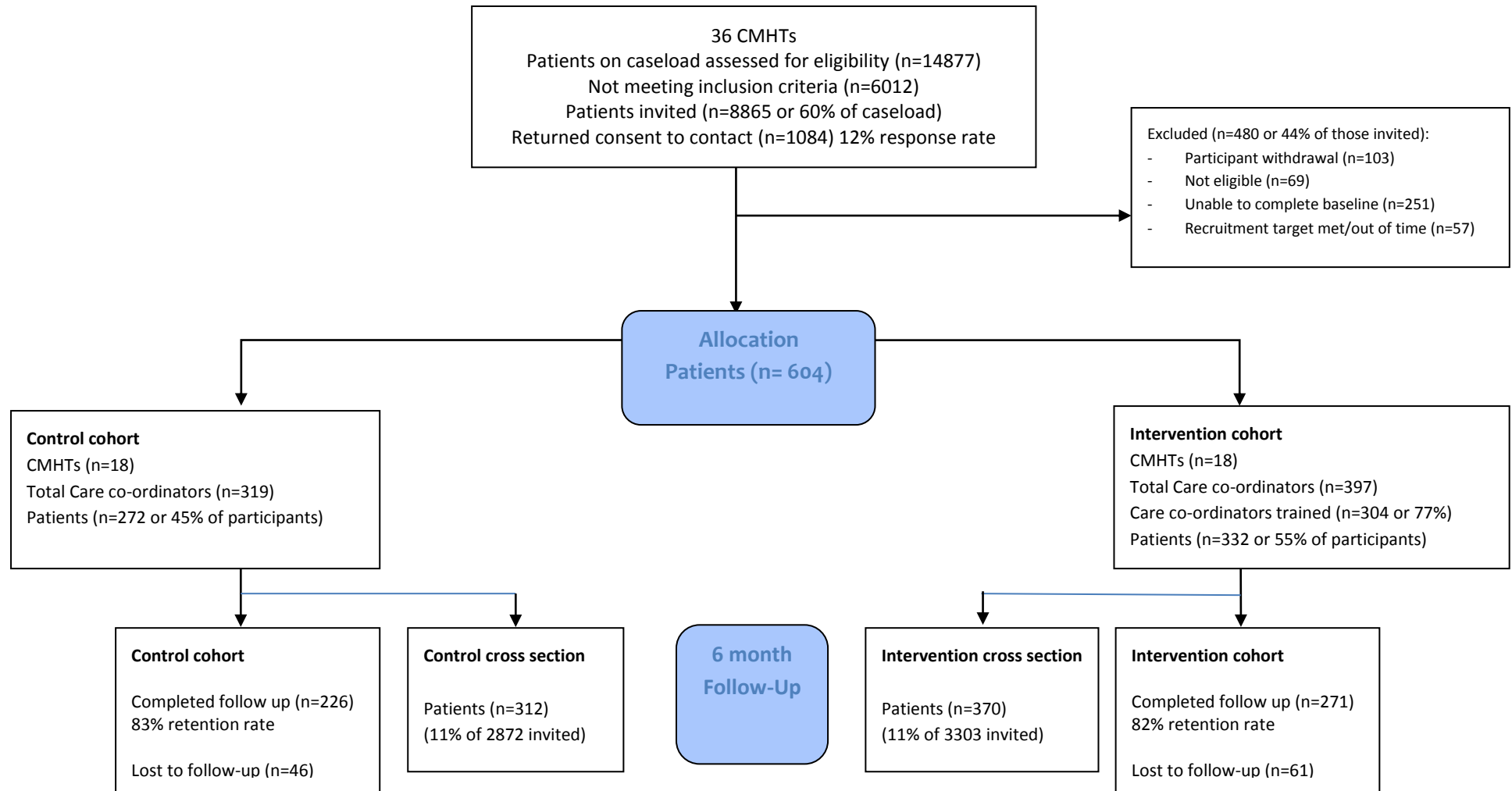


Participant Flow:

Consolidated Standards of Reporting Trials (CONSORT) for cluster and cross sectional cohorts



Baseline characteristics:

		Control (n=272)		Intervention (n=332)	
		n	%	n	%
Age	18-24	17	6.25	21	6.33
	25-44	99	36.40	114	34.34
	45-64	134	49.26	177	53.31
	65+	16	5.88	11	3.31
	Missing	6	2.21	9	2.71
Gender	Female	157	57.72	198	59.64
	Non-female	107	39.34	128	38.55
	Missing	8	2.94	6	1.81
Ethnic group	White	233	85.66	294	88.55
	Non-White	33	12.13	32	9.64
	Missing	6	2.21	6	1.81
Education	Secondary school	108	39.71	129	38.86
	Higher education	154	56.62	181	54.52
	Missing	10	3.68	22	6.63
Accommodation	Owner occupier	85	31.25	97	29.22
	Other	177	65.07	225	67.77
	Missing	10	3.68	10	3.01
Living arrangements	Alone or with a pet	175	64.34	207	62.35
	With someone else	92	33.82	119	35.84
	Missing	5	1.84	6	1.81
Employment	Employed	37	13.60	45	13.55
	Other	231	84.93	280	84.64
	Missing	4	1.47	7	2.11
		Median	IQR, n	Median	IQR, n
Time experiencing mental health problems (months)		228	84 – 360 265	204	120 – 313 320
Time using NHS services (months)		109.5	42 – 252 262	121.5	52 – 240 318

Combining the cluster trial and cross sectional samples, (n=1286), 58% of service users were female, 48% aged between 45-64, 38% aged between 25-44, 87% described themselves as white and only 13% were employed. Demographics were broadly similar between intervention and control, and between the cluster trial and cross-sectional. Of the 90 carers just over half were female and most were white.

Outcome Measures:

Sample	Baseline	Six months
Service user cohort (face-to-face collection)	Demographic data Primary outcome: HCCQ Secondary outcomes: VSSS-54 GASS WEMWBS DREEM HADS CALPAS-12 WHOQOL-BREF PROM Economic Outcomes: EQ-5D-5L Service use questionnaire	Primary outcome: HCCQ Secondary outcomes: VSSS-54 GASS WEMWBS DREEM HADS CALPAS-12 WHOQOL-BREF PROM Economic Outcomes: EQ-5D-5L Service use questionnaire
Carer cohort (postal collection)	Demographic data Secondary Outcomes: PROM CUES-C WHOQOL-BREF Economic Outcome: EQ-5D-5L	Secondary outcomes: PROM CUES-C WHOQOL-BREF Economic Outcome: EQ-5D-5L
Cross sectional sample: service users (postal collection)		Demographic data Primary Outcome: HCCQ Secondary Outcome: PROM (14 item SF version) Economic Outcomes: EQ-5D-5L Service use questionnaire

We recruited service users and carers from CMHTs between July 2014 and December 2015 from 10 NHS Trusts across the UK. Service users were aged 18 and over with a severe mental illness under the care of participating CMHTs. CMHT teams screened lists and excluded patients who were not deemed to have capacity to provide fully informed consent or were too unwell at the time of recruitment.

The primary outcome was patient self-reported 'autonomy support' measured using the Health Care Climate Questionnaire (HCCQ-10).

Secondary outcomes included patient self-reported involvement in decisions (EQUIP-PROM); satisfaction with services (Verona Service Satisfaction Scale (VSS54)); side-effects of antipsychotic medication (Glasgow Antipsychotic Side Effects Scale (GASS)); well-being (Warwick and Edinburgh Mental Wellbeing Scale (WEMWBS)); recovery and hope (Developing Recovery Enhancing Environment Measure (DREEM)); anxiety and depression (Hospital Anxiety and Depression Scale (HADS)); alliance and engagement (California Psychotherapy Alliance Scale (CALPAS)); quality of life (World Health Organisation Quality of Life (WHOQOL)); carer satisfaction (Carer and User Expectations of Services (CUES)); QALYs and use of services. Measures were completed at baseline (pre-training) and at 6 months post-training (cohort), and at 6 months post-training only (cross-sectional).

Outcomes for the cross sectional included the HCCQ-10 and the PROM. Carer measures included the EQUIP PROM, WHOQOL and carer satisfaction was measured using the Carers and Users' Expectations of Services - Carer version (CUES-C).

Adverse Events

AE count	Type AE	Notes
1	non-serious	
2	non-serious	
3	Serious (Death)	not trial related - long standing physical health problem (pneumonia)
4	non-serious	
5	Serious (Death)	not trial related - cardiac arrest due to substance use
6	Serious (Death)	not trial related - heart attack
7	non-serious	
8	Serious (unplanned hospital admission)	not trial related - pre-existing COPD
9	non-serious	
10	Serious (unplanned hospital admission)	MH admission but not trial related
11	non-serious	cross-sectional sample not trial cohort
12	non-serious	cross-sectional sample not trial cohort
13	non-serious	
14	non-serious	
15	Serious (unplanned hospital admission)	MH admission but not trial related
16	non-serious	
17	Serious (Death)	not trial related - substance use
18	Serious (unplanned hospital admission)	not trial related - cardiac & respiratory
19	Serious (unplanned hospital admission)	MH admission but not trial related