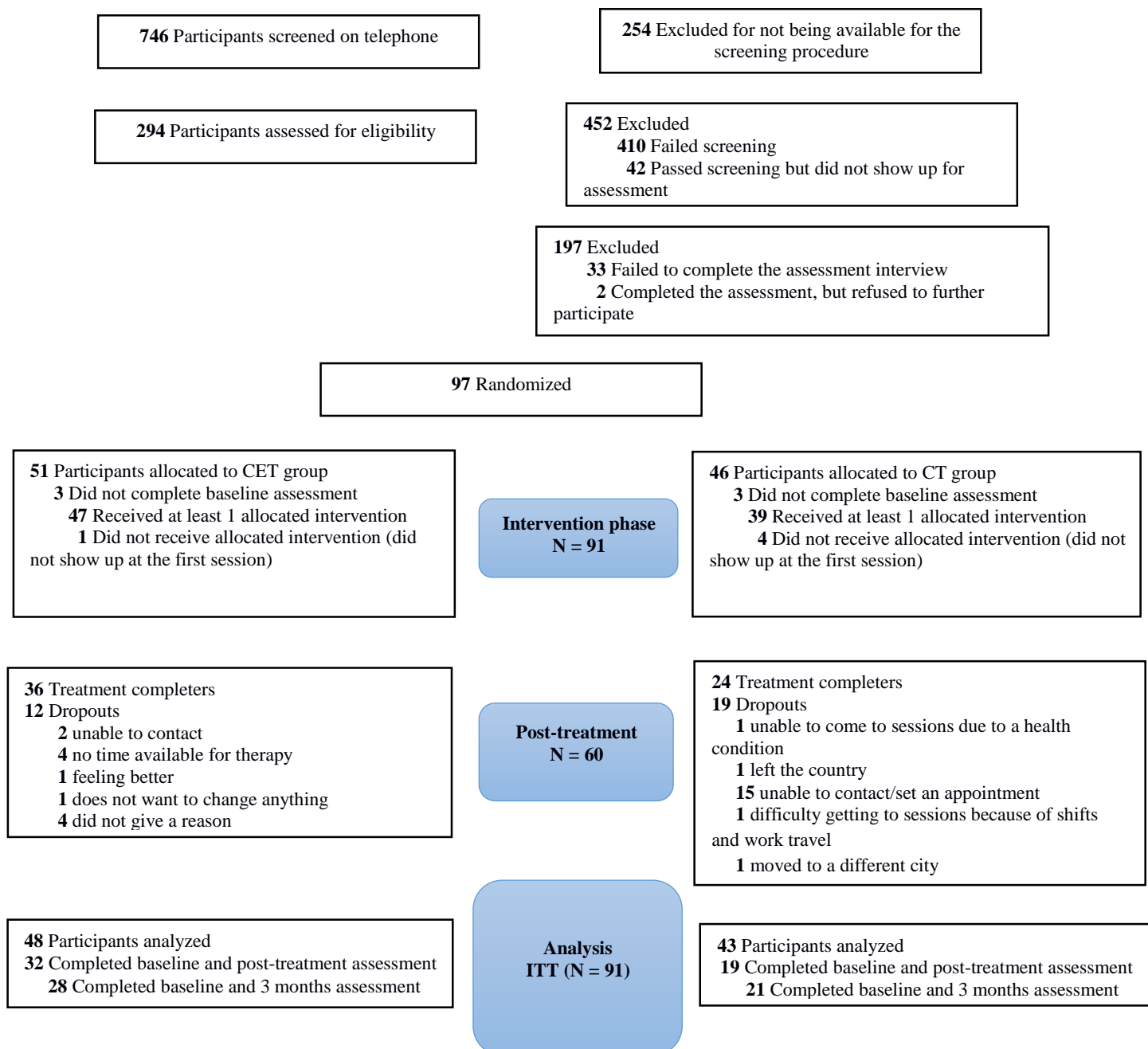


Participant flow

CONSORT flow diagram (Schulz, Altman, Moher, & for the CONSORT Group, 2010) showing subjects' allocation to condition. CET = cognitive evolutionary therapy; CT = cognitive therapy; ITT = intention to treat; PP = per protocol.



Baseline Characteristics

Table 1. Participants' characteristics by treatment group

	CET (n=48)		CT (n=43)		p-values
Age M, SD	30.77	10.12	32.23	11.16	0.775
Gender N, %					
Male	7	14.6	12	27.9	0.118
Female	41	85.4	31	72.1	
Education Level N, %					
High school	11	23.4	18	45.0	0.020
College degree	19	40.4	17	42.5	
Master's degree or higher	17	36.2	5	12.5	
Marital Status N, %					
Single	31	66.0	27	57.4	0.981
Married or cohabitating	12	25.5	10	21.3	
Other (divorced or widowed)	4	8.5	3	6.4	
Number of Children N, %					
0	35	74.5	30	75.0	0.978
1	10	21.3	8	20.0	
2 or 3	2	4.3	2	5.0	
Age of the youngest child M, SD	14.36	12.41	17.1	9.52	0.580
Treatment preference N, %					
CET	28	65.1	29	78.4	0.191

CBT	15	34.9	8	21.6	
Treatment expectancy M, SD	22.94	8.58	23.45	6.90	0.762

Note: Some Demographic data was missing for n=1 participant in the CET group and n=3 participants in the CT group. Baseline comparisons were conducted using two-sided independent t-tests for continuous data and chi-squared tests for categorical data.

Outcome measures

Table 2. The effect of treatment (CET vs. CT) on depressive symptomatology (BDI-II) over time

	CET (n=48)			CT (n=43)			Effect size	
	n	M	SE	n	M	SE	d	p-value
BDI-II Total score								0.770 [*]
Baseline	47	29.68	1.56	40	30.83	1.77	--	0.630 [#]
Mid-Treatment after Session 4	38	18.87	1.62	25	20.10	2.00	0.12	0.635 [#]
Mid-Treatment after Session 8	35	12.25	1.68	18	15.22	2.39	0.30	0.310 [#]
Post-Treatment	32	9.58	2.18	19	14.67	3.29	0.39	0.200 [#]
3-month follow-up	28	9.23	1.85	21	11.30	2.42	0.20	0.501 ^{**}
	n	%		n	%	Group difference		p-value
						(%)		
Baseline BDI-II severity range								
Low or Mild (0-19)	8	17.0	--	6	15.0	--	2.0	0.914 ^{***}
Moderate (20-28)	11	23.4	--	11	27.5	--	-4.1	
Severe (29-63)	26	55.3	--	23	57.5	--	-2.2	

Posttreatment BDI-II

0.087***

severity range

Low or Mild (0-19)	30	93.8	--	14	73.7	--	20.1
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Moderate/Severe (20-28/29-63)	2	6.3	--	5	26.3	--	-20.0
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3-month follow-up BDI-II

0.146***

severity range

Low or Mild (0-19)	25	89.3	--	15	71.4	--	17.9
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Moderate/Severe (20-28/29/63))	1	10.7	--	6	28.6	--	-7.1
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Table 3. The effect of treatment (CET vs. CT) on Quality of Life (WHOQOL-BREF), Social Adjustment (SAS) and Behavioral Inhibition Systems (BIS)

	CET (n=48)			CT (n=43)				
	n	M	SE	n	M	SE	Effect size d	p-value
WHOQOL-BREF								
Total score								0.959 [*]
Baseline	47	71.24	1.30	41	68.57	1.46	--	0.186 [#]
Post-Treatment	32	85.87	2.48	19	83.44	3.82	0.16	0.598 [#]
3-month follow-up	28	89.02	2.12	21	85.73	2.80	0.28	0.354 [#]
SAS Total score								
								0.026 [*]
Baseline	47	2.74	0.07	41	2.70	0.08	--	0.723 [#]
Post-Treatment	27	2.05	0.10	13	2.39	0.14	0.67	0.060 [#]
3-month follow-up	19	2.02	0.09	15	2.07	0.11	0.13	0.716 [#]
SAS Social and leisure								
activities subscale								0.040 [*]
Baseline	48	2.90	0.09	42	2.96	0.10	--	0.599 [#]
Post-Treatment	27	2.06	0.12	13	2.58	0.18	0.83	0.021 [#]
3-month follow-up	19	2.12	0.12	15	2.19	0.15	0.12	0.741
BIS Avoidance								
subscale								0.047 [*]
Baseline	48	22.64	0.44	40	22.80	0.49	--	0.813
Post-Treatment	32	19.09	0.67	21	21.69	1.02	0.62	0.041
3-month follow-up	27	20.83	0.66	21	19.92	0.82	-0.25	0.393

Adverse events

There were no adverse events associated with this trial.