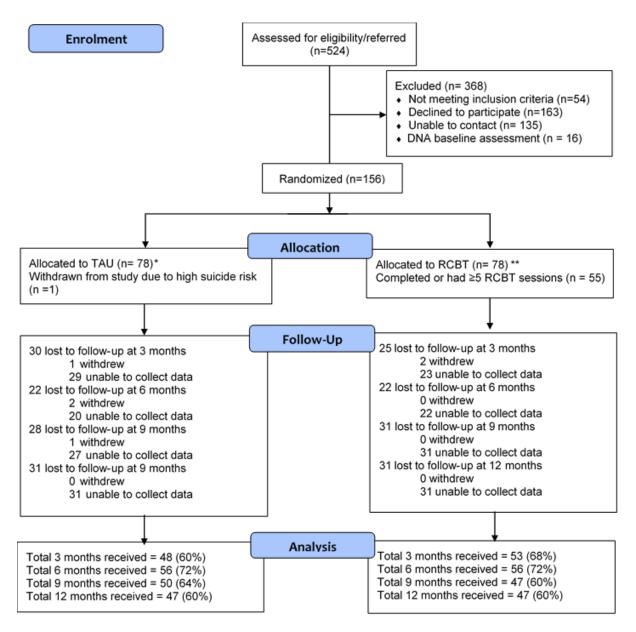
## 1. Participant Flow



<sup>\*</sup>There was one randomization protocol violation. One participant who was allocated into TAU by the randomisation system was accidentally sent the incorrect treatment allocation letter resulting in them receiving the remote CBT therapy. This error was identified following the completion of treatment. The participant completed outcome data only at 3 months.

<sup>\*\*</sup> There was an enrolment protocol violation. Two participants in the RCBT group did not meet the criteria of ≥18 on the SHAI. This error was not identified until final analysis and as such both participants were included in the analysis.

## 2. Baseline Characteristics

	RCBT	TAU (n=70)
Age, median (range) years	(n=78) 31.12 (18.36-79.10)	(n=78) 33.28 (18.69-82.71)
Female, n (%)	56 (72%)	52 (67%)
Occupational status	30 (7270)	32 (0770)
Employed, n (%)	32 (41%)	29 (37%)
Student/training, n (%)	27 (35%)	24 (31%)
Housewife/house husband, n (%)	0	2 (3%)
Retired, n (%)	7 (9%)	10 (13%)
Unemployed, n (%)	12 (15%)	13 (17%)
Highest qualification		
First degree or higher, n (%)	24 (31%)	25(32%)
A-Level or other higher qualification, n (%)	28 (36%)	30(38%)
O-Level/ GCE or other qualification, n (%)	19 (24%)	20 (26%)
No qualifications, n (%)	7 (9%)	3 (4%)
Marital status		
Married/partner, n (%)	32 (41%)	39 (50%)
Single, n (%)	34 (45%)	32 (41%)
Divorced/widowed, n (%)	10 (13%)	7 (9%)
Ethnicity		
White British, n (%)*	58 (74%)	58 (74%)
Referral type		
GP, n (%)	63 (81%)	62 (79%)
Medical Specialties, n (%)	9(12%)	7 (9%)
Emergency Department, n (%)	4 (5%)	6 (8%)
Walk in Centre, n (%)	2 (3%)	3 (4%)
Baseline Scores		
SHAI, mean (sd)	27.31 (5.38)	26.41 (5.13)
GAD7, mean (sd)	12.94 (5.49)	12.68 (6.13)
PHQ9, mean (sd)	13.35 (6.50)	13.12 (6.71)
PHQ15, mean (sd)	14.16 (5.63)	13.90 (6.45)
EQ5D-5L Utility Value	0.61 (0.28)	0.60 (0.29)
(VAS), mean (sd)	54.76 (21.72)	56.97 (22.58)
WSAS, mean (sd)	19.33 (11.40)	20.35 (10.54)
SF36 Physical functioning, mean (sd)	67.29 (30.39)	64.18 (32.04)
Role limitations - physical health, mean (sd)	29.81 (39.08)	28.90 (40.77)
Role limitations - emotional problems, mean (s	•	27.35 (41.17)
Energy/fatigue (mean, sd)	25.73 (20.39)	27.05 (22.48)
Emotional well-being, mean (sd)	40.92 (19.88)	42.54 (24.83)
Social functioning, mean (sd)	45.83(29.10)	46.31 (30.82)
Pain, mean (sd)	47.47 (24.83)	41.38 (26.96)
General health, mean(sd)	28.27 (19.29)	36.25 (22.89)
Unscheduled care attendances in last 12 months, median	6.5 (2.0-125)	5.0 (2.0-34.0)

## 3. Outcome Measures

SHAI  3 months 53 6 months 46 12 months 47  GAD 7  3 months 52 6 months 53 9 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 54 9 months 45 12 months 54 9 months 54	Mean change from baseline (95% CI)  -6.08(-7.90, -4.26) -9.48(-11.20, -7.75) -9.58(-11.33, -7.84) -10.60(-12.31, -8.89)  -3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	48 56 50 47 48 55 48 46 47 55 48 45	Mean change from baseline (95% CI)  -5.97(-7.97, -3.97) -6.67(-8.30, -5.04) -6.78(-8.43, -5.12) -7.79(-9.43, -6.16)  -4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	Difference (95% CI)  -0.11(-2.82, 2.60) -2.81(-5.11, -0.50) -2.81(-5.11, -0.50) -2.81(-5.11, -0.50)  1.10(-0.84, 3.05) -2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.936 0.017 0.017 0.017 0.265 0.020 0.408 0.009 0.812 0.105 0.250 0.013
3 months 53 6 months 56 9 months 46 12 months 47  GAD 7  3 months 52 6 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 53 9 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 45 12 months 54 9 months 45 12 months 54 9 months 52 6 months 54 9 months 52 6 months 54	-9.48(-11.20, -7.75) -9.58(-11.33, -7.84) -10.60(-12.31, -8.89)  -3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	56 50 47 48 55 48 46 47 55 48 45	-6.67(-8.30, -5.04) -6.78(-8.43, -5.12) -7.79(-9.43, -6.16)  -4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.81(-5.11, -0.50) -2.81(-5.11, -0.50) -2.81(-5.11, -0.50)  1.10(-0.84, 3.05) -2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.017 0.017 0.017 0.265 0.020 0.408 0.009 0.812 0.105 0.250
6 months 56 9 months 46 12 months 47  GAD 7  3 months 52 6 months 53 9 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 45 PHQ15  3 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 45 12 months 45 12 months 45 13 months 54 9 months 45 14 months 54 9 months 54 9 months 54 9 months 54	-9.48(-11.20, -7.75) -9.58(-11.33, -7.84) -10.60(-12.31, -8.89)  -3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	56 50 47 48 55 48 46 47 55 48 45	-6.67(-8.30, -5.04) -6.78(-8.43, -5.12) -7.79(-9.43, -6.16)  -4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.81(-5.11, -0.50) -2.81(-5.11, -0.50) -2.81(-5.11, -0.50)  1.10(-0.84, 3.05) -2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.017 0.017 0.017 0.265 0.020 0.408 0.009 0.812 0.105 0.250
9 months 46 12 months 47  GAD 7  3 months 52 6 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 54 9 months 45 12 months 45 13 months 54 9 months 45 14 months 45 15 months 54 16 months 54 17 months 46 18 months 54 19 months 54 19 months 54	-9.58(-11.33, -7.84) -10.60(-12.31, -8.89)  -3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	50 47 48 55 48 46 47 55 48 45	-6.78(-8.43, -5.12) -7.79(-9.43, -6.16)  -4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.81(-5.11, -0.50) -2.81(-5.11, -0.50)  1.10(-0.84, 3.05) -2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.017 0.017 0.265 0.020 0.408 0.009 0.812 0.105 0.250
12 months 47  GAD 7  3 months 52 6 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 54 9 months 45 12 months 45 12 months 45 13 months 54 9 months 45 14 months 54 9 months 54	-10.60(-12.31, -8.89)  -3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	48 55 48 46 47 55 48 45	-7.79(-9.43, -6.16)  -4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.81(-5.11, -0.50)  1.10(-0.84, 3.05)  -2.39(-4.40, -0.39)  -0.89(-3.00, 1.23)  -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68)  1.56(-3.45, 0.33)  -1.17(-3.18, 0.83)  -2.36(-4.22, -0.50)	0.017 0.265 0.020 0.408 0.009 0.812 0.105 0.250
GAD 7  3 months 52 6 months 53 9 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 45 12 months 45 13 months 54 9 months 45 10 months 45 11 months 45 12 months 45 12 months 45 13 months 54 14 months 54 15 months 54 16 months 54 17 months 54 18 months 54 19 months 54	-3.69(-5.09, -2.28) -6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	48 55 48 46 47 55 48 45	-4.79(-6.17, -3.41) -3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	1.10(-0.84, 3.05) -2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68)  -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.265 0.020 0.408 0.009 0.812 0.105 0.250
3 months 52 6 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 45 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 54 9 months 54 9 months 54	-6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21) -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72) -0.35(-1.58, 0.88)	55 48 46 47 55 48 45	-3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45) -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68) -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.020 0.408 0.009 0.812 0.105 0.250
6 months 53 9 months 43 12 months 45 PHQ9  3 months 52 6 months 53 9 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 54 9 months 45 12 months 45 12 months 54 9 months 54 9 months 45 EQ5D-5L (VAS)	-6.22(-7.62, -4.82) -5.37(-7.05, -3.69) -6.68(-8.14, -5.21) -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72) -0.35(-1.58, 0.88)	55 48 46 47 55 48 45	-3.83(-5.21, -2.44) -4.48(-5.97, -2.99) -3.92(-5.40, -2.45) -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.39(-4.40, -0.39) -0.89(-3.00, 1.23) -2.75(-4.82, -0.68) -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.020 0.408 0.009 0.812 0.105 0.250
9 months 43 12 months 45 PHQ9  3 months 52 6 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 45 12 months 45 6 months 54 9 months 45 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 54 9 months 54	-5.37(-7.05, -3.69) -6.68(-8.14, -5.21) -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	48 46 47 55 48 45	-4.48(-5.97, -2.99) -3.92(-5.40, -2.45) -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-0.89(-3.00, 1.23) -2.75(-4.82, -0.68) -0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.408 0.009 0.812 0.105 0.250
12 months 45 PHQ9  3 months 52 6 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 45 12 months 45 12 months 54 9 months 52 6 months 54 9 months 52 6 months 54 9 months 52 6 months 54 9 months 54	-6.68(-8.14, -5.21)  -3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	46 47 55 48 45	-3.92(-5.40, -2.45)  -3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-2.75(-4.82, -0.68)  -0.23(-2.15, 1.68)  1.56(-3.45, 0.33)  -1.17(-3.18, 0.83)  -2.36(-4.22, -0.50)	0.009 0.812 0.105 0.250
3 months     52       6 months     53       9 months     43       12 months     45       PHQ15       3 months     52       6 months     54       9 months     45       12 months     46       EQ5D-5L (VAS)       3 months     52       6 months     54       9 months     45	-3.24(-4.69, -1.80) -4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	47 55 48 45	-3.01(-4.38, -1.64) -3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-0.23(-2.15, 1.68) 1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.812 0.105 0.250
3 months 52 6 months 53 9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45 EQ5D-5L (VAS)	-4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	55 48 45 45	-3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.105 0.250
6 months     53       9 months     43       12 months     45       PHQ15     52       6 months     54       9 months     45       12 months     46       EQ5D-5L (VAS)       3 months     52       6 months     54       9 months     45	-4.67(-6.02, -3.33) -4.41(-6.06, -2.76) -5.05(-6.37, -3.72	55 48 45 45	-3.11(-4.46, -1.76) -3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	1.56(-3.45, 0.33) -1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.105 0.250
9 months 43 12 months 45 PHQ15  3 months 52 6 months 54 9 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45	-4.41(-6.06, -2.76) -5.05(-6.37, -3.72 -0.35(-1.58, 0.88)	48 45 48	-3.24(-4.78, -1.69) -2.69(-4.06, -1.31)	-1.17(-3.18, 0.83) -2.36(-4.22, -0.50)	0.250
12 months 45 PHQ15  3 months 52 6 months 54 9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45	-5.05(-6.37, -3.72 -0.35(-1.58, 0.88)	45	-2.69(-4.06, -1.31)	-2.36(-4.22, -0.50)	
PHQ15  3 months 52 6 months 54 9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45	-0.35(-1.58, 0.88)	48			0.013
3 months 52 6 months 54 9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45			-1.68(-3.16, -0.19)		
9 months 54 9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45			-1.68(-3.16, -0.19)		
9 months 45 12 months 46 EQ5D-5L (VAS)  3 months 52 6 months 54 9 months 45	-2.95(-4.111.78)			1.33(-0.52, 3.17)	0.157
12 months       46         EQ5D-5L (VAS)       52         3 months       52         6 months       54         9 months       45		55	-1.62(-2.90, -0.34)	-1.33(-3.09, 0.42)	0.137
<b>3 months</b> 52 <b>6 months</b> 54 <b>9 months</b> 45	-2.62(-4.19, -1.04)	49	-2.20(-3.47, -0.92)	-0.42(-2.38, 1.53)	0.669
3 months 52 6 months 54 9 months 45	-3.33(-4.62, -2.04)	47	-1.77(-2.99, -0.55)	-1.57(-3.37, 0.24)	0.089
<b>6 months</b> 54 <b>9 months</b> 45					
<b>9 months</b> 45	8.74(3.70, 13.79)	47	2.80(-2.35, 7.96)	5.94(-1.22, 13.11)	0.103
	13.66(8.97, 18.34)	55	11.10(6.32, 15.89)	2.56(-4.03, 9.14)	0.446
4.	10.24(5.28, 15.21)	49	2.92 (-2.06, 7.90)	7.33(-0.02, 14.67)	0.051
12 months 46 WSAS	13.80(8.90, 18.71)	47	4.25 (-0.87, 9.37)	9.56(2.73, 16.39)	0.006
	1 15 ( C C 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	40	2 26/ 5 61 1 10\	1 10/ 4 07 1 97\	0.460
3 months 51	-4.45(-6.63, -2.27)	48	-3.36(-5.61, -1.10)	-1.10(-4.07, 1.87)	0.468
6 months 53	-7.52(-9.85, -5.19)	55	-4.89(-7.03, -2.75)	-2.63(-5.72, 0.45)	0.094
9 months 44	-7.31(-9.81, -4.81)	56	-5.77(-8.15, -3.39)	-1.54(-4.99, 1.90)	0.377
<b>12 months</b> 45	-7.89(-10.22, -5.56)	56	-5.40(-7.79, -3.01)	-2.49(-5.73, 0.75)	0.131
RCE	BT TAU Unadjusted difference in cha		ange		
N	Mean (s.d.)	n	Mean (s.d.)	Mean (95% CI) (p-value)	
QALYs <sup>a</sup> 12 months 31	0.66 (0.22)	25	0.59 (0.31)	0.07(0.07 to 0.21) (0.332	)

## 4. Adverse events

There were no adverse events associated with this trial.