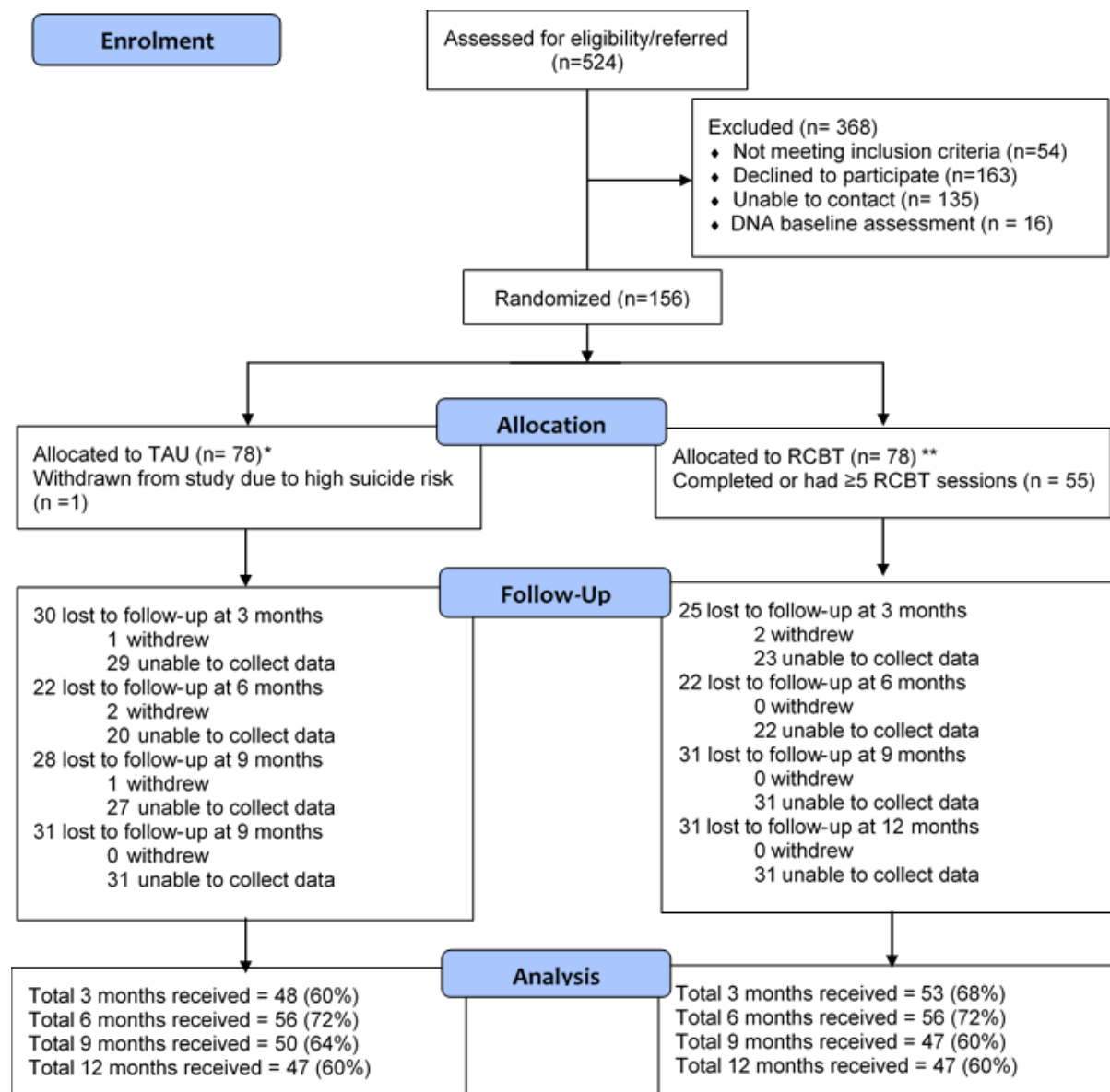


1. Participant Flow



*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.

** 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 (n=78)	TAU (n=78)
Age, median (range) years	31.12 (18.36-79.10)	33.28 (18.69-82.71)
Female, n (%)	56 (72%)	52 (67%)
Occupational status		
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 (sd)	35.47 (42.07)	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 (range)	6.5 (2.0-125)	5.0 (2.0-34.0)

3. Outcome Measures

	RCBT		TAU		Comparison	
	N	Mean change from baseline (95% CI)	N	Mean change from baseline (95% CI)	Difference (95% CI)	P value
SHAI						
3 months	53	-6.08(-7.90, -4.26)	48	-5.97(-7.97, -3.97)	-0.11(-2.82, 2.60)	0.936
6 months	56	-9.48(-11.20, -7.75)	56	-6.67(-8.30, -5.04)	-2.81(-5.11, -0.50)	0.017
9 months	46	-9.58(-11.33, -7.84)	50	-6.78(-8.43, -5.12)	-2.81(-5.11, -0.50)	0.017
12 months	47	-10.60(-12.31, -8.89)	47	-7.79(-9.43, -6.16)	-2.81(-5.11, -0.50)	0.017
GAD 7						
3 months	52	-3.69(-5.09, -2.28)	48	-4.79(-6.17, -3.41)	1.10(-0.84, 3.05)	0.265
6 months	53	-6.22(-7.62, -4.82)	55	-3.83(-5.21, -2.44)	-2.39(-4.40, -0.39)	0.020
9 months	43	-5.37(-7.05, -3.69)	48	-4.48(-5.97, -2.99)	-0.89(-3.00, 1.23)	0.408
12 months	45	-6.68(-8.14, -5.21)	46	-3.92(-5.40, -2.45)	-2.75(-4.82, -0.68)	0.009
PHQ9						
3 months	52	-3.24(-4.69, -1.80)	47	-3.01(-4.38, -1.64)	-0.23(-2.15, 1.68)	0.812
6 months	53	-4.67(-6.02, -3.33)	55	-3.11(-4.46, -1.76)	1.56(-3.45, 0.33)	0.105
9 months	43	-4.41(-6.06, -2.76)	48	-3.24(-4.78, -1.69)	-1.17(-3.18, 0.83)	0.250
12 months	45	-5.05(-6.37, -3.72)	45	-2.69(-4.06, -1.31)	-2.36(-4.22, -0.50)	0.013
PHQ15						
3 months	52	-0.35(-1.58, 0.88)	48	-1.68(-3.16, -0.19)	1.33(-0.52, 3.17)	0.157
6 months	54	-2.95(-4.11, -1.78)	55	-1.62(-2.90, -0.34)	-1.33(-3.09, 0.42)	0.137
9 months	45	-2.62(-4.19, -1.04)	49	-2.20(-3.47, -0.92)	-0.42(-2.38, 1.53)	0.669
12 months	46	-3.33(-4.62, -2.04)	47	-1.77(-2.99, -0.55)	-1.57(-3.37, 0.24)	0.089
EQ5D-5L (VAS)						
3 months	52	8.74(3.70, 13.79)	47	2.80(-2.35, 7.96)	5.94(-1.22, 13.11)	0.103
6 months	54	13.66(8.97, 18.34)	55	11.10(6.32, 15.89)	2.56(-4.03, 9.14)	0.446
9 months	45	10.24(5.28, 15.21)	49	2.92 (-2.06, 7.90)	7.33(-0.02, 14.67)	0.051
12 months	46	13.80(8.90, 18.71)	47	4.25 (-0.87, 9.37)	9.56(2.73, 16.39)	0.006
WSAS						
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
12 months	45	-7.89(-10.22, -5.56)	56	-5.40(-7.79, -3.01)	-2.49(-5.73, 0.75)	0.131
	RCBT		TAU		Unadjusted difference in change	
	N	Mean (s.d.)	n	Mean (s.d.)	Mean (95% CI) (p-value)	
QALYs ^a						
12 months	31	0.66 (0.22)	25	0.59 (0.31)	0.07(0.07 to 0.21) (0.332)	
a. QALYs at 12 months is based on the complete dataset over the 12-month follow-ups.						

4. Adverse events

There were no adverse events associated with this trial.