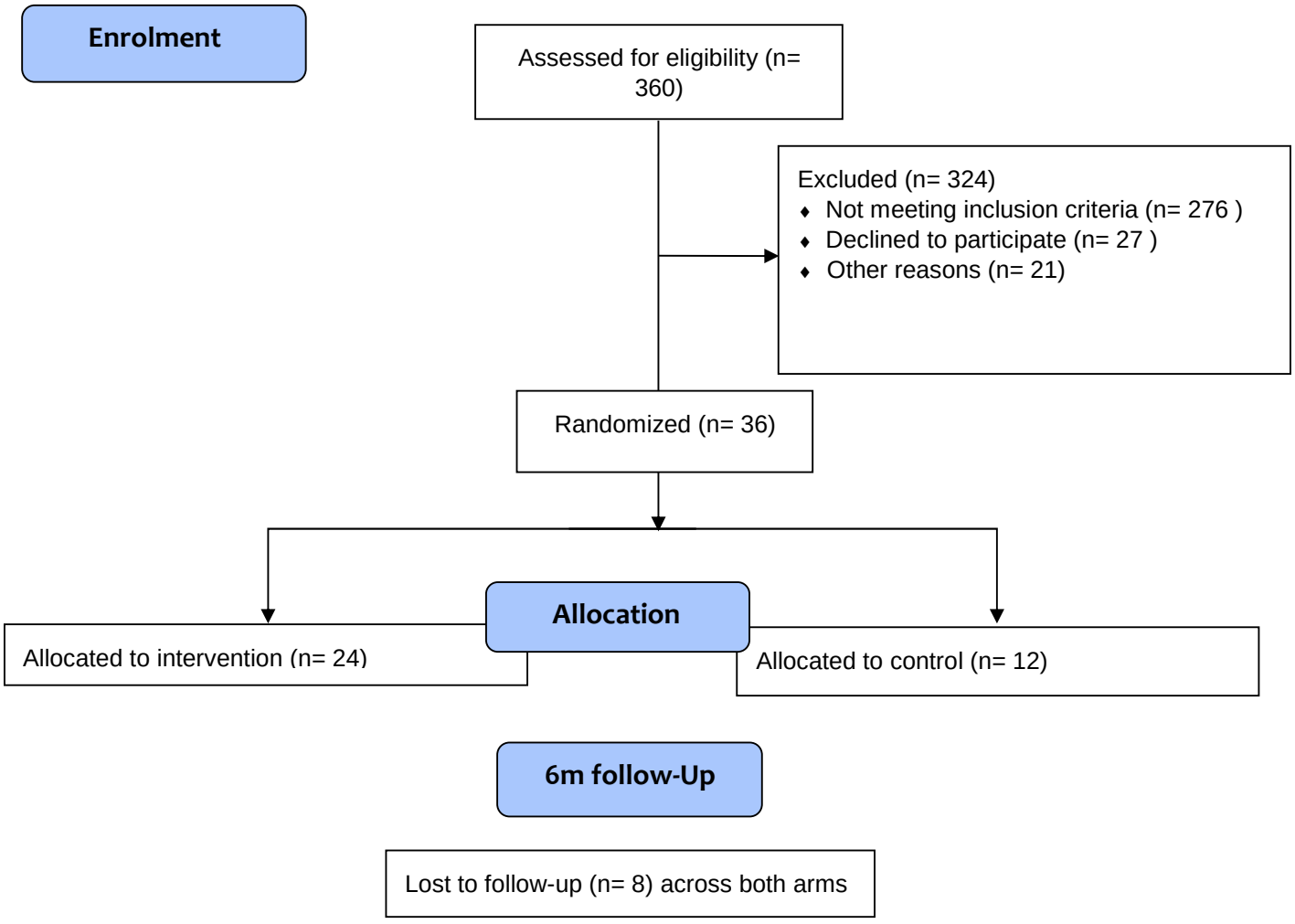
Participant flow:



Baseline characteristics:

	Baseline	
	Summary	**No. of patients**
Demographics		
Age in years (SD)	40 (8.4)	36 (100%)
Gender - no. (%)		36 (100%)
Female	14 (38.9%)	
Male	21 (58.3%)	
Transgender	0 (0%)	
Prefer not to say	1 (2.8%)	
Ethnicity - no. (%)		35 (97.2%)
Asian/Asian British	4 (11.4%)	
Black/Black British	4 (11.4%)	
Mixed/Multiple	2 (5.7%)	
White	25 (71.4%)	
Diagnostic group (%)		32 (88.9%)
F20	16 (44.4%)	
F22	2 (5.6%)	
F23	1 (2.8%)	
F25	9 (25.0%)	
F29	4 (11.1%)	

Outcome measures:

	Baseline		6 months follow up	
	Summary	**No. of patients**	**Summary**	**No. of patients**
Primary outcome:				
MANSA	3.2 (0.7)	30 (83.3%)	3.2 (0.6)	22 (61.1%)

	Baseline		6 months follow up	
	Summary	**No. of patients**	**Summary**	**No. of patients**
Secondary outcomes:				
ICECAP-A	0.7 (0.2)	33 (91.7%)	0.6 (0.2)	26 (72.2%)
SCA	2.6 (1.9)	34 (94.4%)	2.1 (1.4)	25 (69.4%)
Loneliness	3.1 (1.0)	36 (100%)	3.1 (1.2)	28 (77.8%)
PANSS	2.3 (0.8)	33 (91.7%)	2.2 (1.0)	25 (69.4%)
UCLA-8	21.4 (2.7)	34 (94.4%)	20.9 (3.0)	28 (77.8%)
TUS (mins)	390.0 (343.3)	30 (83.3%)	404.4 (370.2)	24 (66.7%)
EQ-5D-5L	8.0 (1.9)	36 (100%)	8.1 (2.0)	28 (77.8%)
EQ-5D-5L (VAS)	50.5 (19.8)	36 (100%)	52.5 (15.9)	28 (77.8%)
CAINS (MAP)	13.0 (6.5)	35 (97.2%)	10.9 (7.7)	19 (52.8%)
CAINS (EXP)	4.3 (4.2)	36 (100%)	4.2 (3.4)	18 (50.0%)

Adverse events:

	N	Description
Serious Adverse Events		
Number of SAEs	1	Inpatient hospitalisation (mental health)
Number of participants experiencing SAEs	1	
Number unexpected SAEs related to the intervention	0	
Adverse Events		
Number of adverse events	0	
Number of participants experiencing adverse events	0	