**Participant Flow**



**Baseline characteristics**

|  |  |  |
| --- | --- | --- |
| **Baseline Characteristics** | **Control patients****(n=25)** | **Intervention patients****(n=22)** |
| Female | 16 (64.0%) | 13 (59.0%) |
| Age (Mean (SD)) | 43.1 (17.1) | 44.7 (18.5) |
| White ethnic group | 24 (96.0%) | 22 (100%) |
| Marital status |  |  |
| * Married/Cohabiting
 | 6 (24.0%) | 12 (54.5%) |
| * Widowed/separated/divorced
 | 8 (32.0%) | 6 (27.3%) |
| * Single
 | 11 (44.0%) | 4 (18.2%) |
| Any dependents at home | 9 (36.0%) | 7 (31.8%) |
| Age left education | 18.6 (5.3) | 18.8 (3.4) |
| Economic position |  |  |
| * Full/part time work
 | 17 (68.0%) | 14 (63.6%) |
| * Sick/disabled
 | 2 (8.0%) | 1 (4.6%) |
| * Unemployed
 | 1 (4.0%) | 1 (4.6%) |
| * Retired/student/homemaker
 | 5 (20.0%) | 5 (22.7%) |
| * Other
 | 0 | 1 (4.6%) |
| BDI-II total score Mean(SD) | 26.92 (7.93) | 23.90 (11.92) |
| WSAS total score Mean(SD) | 21.88 (9.37) | 18.13 (10.00) |
| GAD-7 total score Mean(SD) | 14.32 (5.27) | 11.64 (5.83) |

**Outcome measures**

|  |  |  |
| --- | --- | --- |
| **Outcome Measures** | **Control group** | **Intervention group** |
| **Baseline****(n=25)** | **12 weeks****(n=18)** | **26 weeks****(n=15)** | **Baseline** **(n=22)** | **12 weeks****(n=18)** | **26 weeks****(n=15)** |
| Depression(BDI-II) | Mean (SD) | 26.92 (7.93) | 19.22 (11.62) | 15.53 (10.04) | 23.90 (11.92) | 12.00 (8.93) | 14.13 (12.54) |
| Social functioning(WSAS) | Mean (SD) | 21.88 (9.37) | 14.89 (9.30) | 14.93 (10.79) | 18.13 (10.00) | 10.94 (8.12) | 12.07 (11.35) |
| Anxiety(GAD-7) | Mean (SD) | 14.32 (5.27) | \_ | \_ | 11.64 (5.83) | \_ | \_ |
| Quality of life(EQ-5D-5L) | Mean (SD) | 0.624 (0.284) | 0.698 (0.246) | 0.674 (0.299) | 0.633 (0.242) | 0.759 (0.105) | 0.764 (0.158) |
| Satisfaction(MISS) | Mean (SD) | \_ | \_ | 148.93 (34.19) | \_ | \_ | 137.93 (34.74) |

**Adverse Events**

There were no adverse events associated with this trial.

Analysed at 26 weeks (n= 15)