



Baseline demographic characteristics

	Treatment arm		
	TAU	CBT	Total
	N = 17 (57%)	N = 13 (43%)	N = 30 (100%)
	Mean (sd)	Mean (sd)	Mean (sd)
Age	26.53 (5.51)	27.69 (6.26)	27.03 (5.77)
	n (%)	n (%)	n (%)
Sex			
Male	6 (35)	6 (46)	12 (40)
Female	11 (65)	7 (54)	18 (60)
Ethnicity			
White	12 (71)	12 (92)	24 (80)
Mixed Background	3 (18)	0 (0)	3 (10)
Other Ethnic Group	1 (6)	1 (8)	2 (7)
Missing	1 (6)	0 (0)	1 (3)
Type of employment			
Paid or self-employed	12 (71)	6 (46)	18 (60)
Unemployed	4 (24)	2 (15)	6 (20)
Student	1 (6)	5 (38)	6 (20)
Highest level of education			
Secondary education	5 (29)	3 (23)	8 (27)
Tertiary/further education	12 (71)	10 (77)	22 (73)

Results.

This was a feasibility study so there was no primary and secondary outcomes analysis. However, in a preliminary Evaluation of Participant Response to Intervention, in the CBT-f-DDD group a larger proportion (46%, n= 6) said that they felt better after intervention in comparison to the TAU group (16%, n=2). There was encouraging evidence of a difference in the change scores between final and baseline values of those who had been randomised to CBT versus those randomised to TAU. Those in the CBT arm had a mean decrease in CDS scores 16.88 points (SD:43.57) versus a mean decrease in CDS scores of 5.5 points (SD 24.96) for those assigned to the TAU arm.

Harms

There were no reported incidents of harm or unintended effects in either arm of the study.