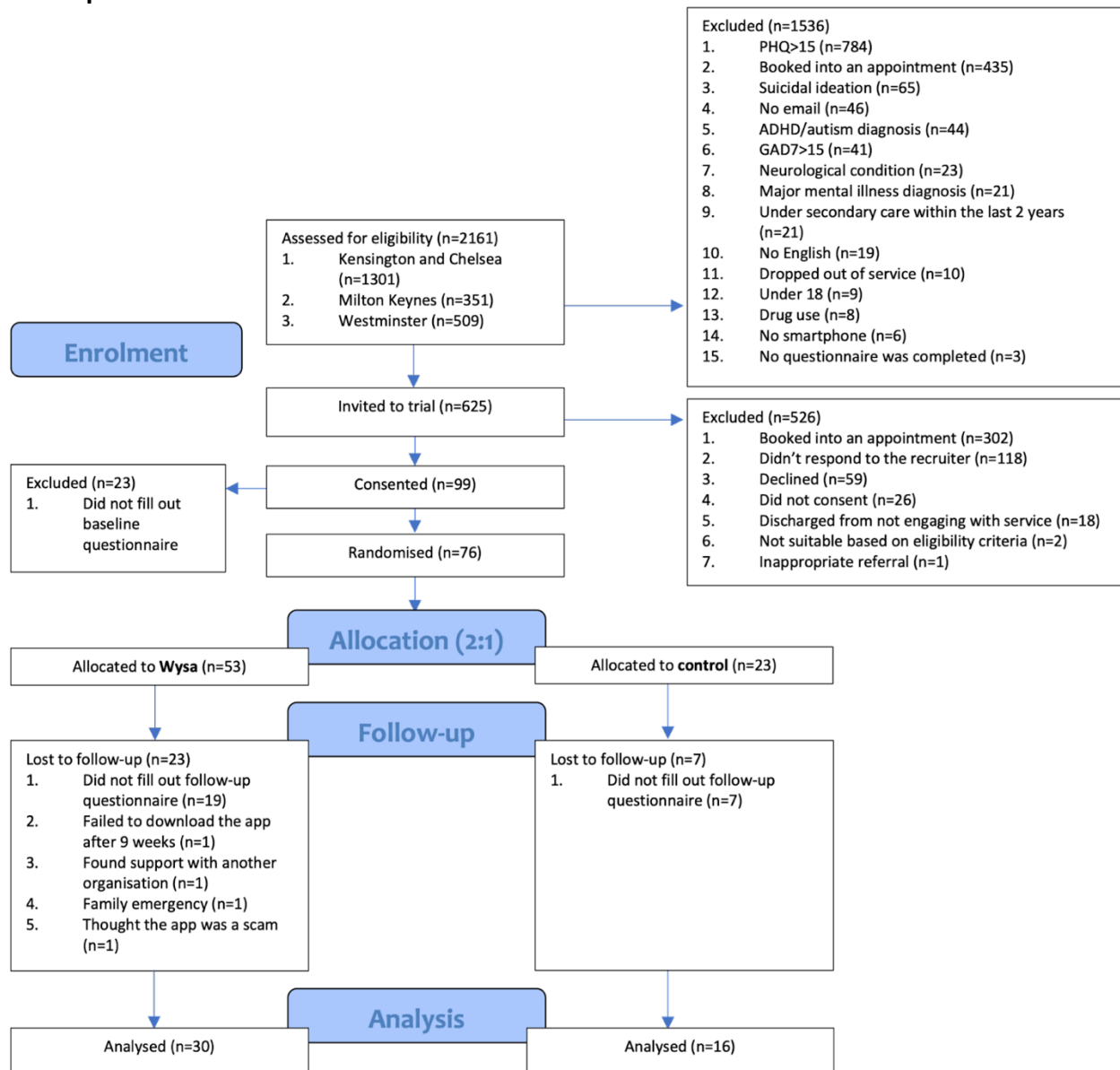


## Participant flow



## Baseline characteristics

	Control (N=16)	Wysa (N=30)	Overall (N=46)
<b>Age</b>			
Mean (SD)	37.1 (15.8)	36.0 (14.4)	36.3 (14.7)
Median [Min, Max]	33.0 [20.0, 77.0]	28.5 [19.0, 68.0]	31.5 [19.0, 77.0]
<b>Gender</b>			
Female	11 (68.8%)	18 (60.0%)	29 (63.0%)
Male	4 (25.0%)	10 (33.3%)	14 (30.4%)
Transgender female	1 (6.3%)	1 (3.3%)	2 (4.3%)
Not stated (declined to respond)	0 (0%)	1 (3.3%)	1 (2.2%)
<b>Ethnicity</b>			
Asian or Asian British	1 (6.3%)	3 (10.0%)	4 (8.7%)
Not known	2 (12.5%)	1 (3.3%)	3 (6.5%)
Other ethnic groups	5 (31.3%)	4 (13.3%)	9 (19.6%)
White	8 (50.0%)	21 (70.0%)	29 (63.0%)
Black or Black British	0 (0%)	1 (3.3%)	1 (2.2%)
<b>On System 1 (history of secondary care)</b>			
No	13 (81.3%)	21 (70.0%)	34 (73.9%)
Yes	3 (18.8%)	9 (30.0%)	12 (26.1%)
<b>Therapy Option</b>			
Counselling	3 (18.8%)	6 (20.0%)	9 (19.6%)
Couples Counselling	1 (6.3%)	0 (0%)	1 (2.2%)
High Intensity CBT (Guided self-help)	8 (50.0%)	16 (53.3%)	24 (52.2%)
Low Intensity CBT (Guided self-help)	4 (25.0%)	5 (16.7%)	9 (19.6%)
CfD (Counselling for Depression)	0 (0%)	2 (6.7%)	2 (4.3%)
DIT (Dynamic Interpersonal Therapy) Counselling	0 (0%)	1 (3.3%)	1 (2.2%)
<b>Discharged from service</b>			
No	12 (75.0%)	23 (76.7%)	35 (76.1%)
Yes	4 (25.0%)	7 (23.3%)	11 (23.9%)
<b>Reason for discharge from service</b>			
Declined Service	1 (6.3%)	0 (0%)	1 (2.2%)
Dropped Out / Treatment	1 (6.3%)	2 (6.7%)	3 (6.5%)
Treatment Completed	2 (12.5%)	4 (13.3%)	6 (13.0%)
Declined treatment	0 (0%)	1 (3.3%)	1 (2.2%)
Missing	12 (75.0%)	23 (76.7%)	35 (76.1%)
<b>HONOS cluster</b>			
Cluster 1: Common Mental Health Problems (Low Severity)	1 (6.3%)	2 (6.7%)	3 (6.5%)
Cluster 2: Common Mental Health Problems (Low Severity with greater need)	6 (37.5%)	4 (13.3%)	10 (21.7%)
Cluster 3: Non-Psychotic (Moderate Severity)	9 (56.3%)	16 (53.3%)	25 (54.3%)
Cluster 4: Non-Psychotic (Severe)	0 (0%)	6 (20.0%)	6 (13.0%)
Cluster 5: Non-Psychotic Disorders (Very Severe)	0 (0%)	1 (3.3%)	1 (2.2%)
Not known	0 (0%)	1 (3.3%)	1 (2.2%)
<b>Domestic Violence</b>			
No	15 (93.8%)	24 (80.0%)	39 (84.8%)
Yes (historical)	1 (6.3%)	4 (13.3%)	5 (10.9%)
Not known	0 (0%)	2 (6.7%)	2 (4.3%)
<b>Medication</b>			
Not prescribed	6 (37.5%)	13 (43.3%)	19 (41.3%)
Prescribed but not taking	10 (62.5%)	17 (56.7%)	27 (58.7%)
<b>Employed: triage</b>			
No	11 (68.8%)	25 (83.3%)	36 (78.3%)
Yes	5 (31.3%)	5 (16.7%)	10 (21.7%)
<b>Employed: discharge</b>			
No	13 (81.3%)	27 (90.0%)	40 (87.0%)
Yes	3 (18.8%)	3 (10.0%)	6 (13.0%)
<b>Benefits</b>			
No	12 (75.0%)	25 (83.3%)	37 (80.4%)
Not known	2 (12.5%)	0 (0%)	2 (4.3%)
Yes	2 (12.5%)	4 (13.3%)	6 (13.0%)
Not stated (declined to respond)	0 (0%)	1 (3.3%)	1 (2.2%)
<b>Waiting list</b>			
Mean (SD)	43.1 (32.2)	86.5 (52.3)	71.4 (50.5)
Median [Min, Max]	29.5 [4.00, 115]	88.5 [4.00, 208]	66.5 [4.00, 208]
<b>Number of NHS sessions</b>			
Mean (SD)	5.88 (3.36)	5.73 (3.16)	5.78 (3.20)
Median [Min, Max]	7.00 [1.00, 11.0]	5.50 [1.00, 13.0]	6.50 [1.00, 13.0]

## Outcome measures

<b>EQ-5D at baseline</b>			
Mean (SD)	0.607 (0.235)	0.681 (0.163)	0.655 (0.192)
Median [Min, Max]	0.674 [0.0930, 0.879]	0.704 [0.203, 0.848]	0.704 [0.0930, 0.879]
<b>EQ-5D at 12 weeks</b>			
Mean (SD)	0.644 (0.192)	0.688 (0.174)	0.671 (0.180)
Median [Min, Max]	0.696 [0.274, 0.879]	0.725 [0.310, 0.879]	0.716 [0.274, 0.879]
Missing	3 (18.8%)	9 (30.0%)	12 (26.1%)
<b>PHQ9 at baseline</b>			
Mean (SD)	11.0 (4.38)	11.9 (5.07)	11.6 (4.81)
Median [Min, Max]	11.5 [4.00, 18.0]	12.3 [4.00, 22.5]	12.0 [4.00, 22.5]
<b>GAD7 at baseline</b>			
Mean (SD)	11.9 (4.92)	11.3 (4.92)	11.5 (4.87)
Median [Min, Max]	13.0 [3.00, 18.0]	10.5 [2.50, 21.0]	11.0 [2.50, 21.0]
<b>PHQ9 at 12 weeks</b>			
Mean (SD)	8.41 (3.82)	9.28 (6.56)	8.97 (5.72)
Median [Min, Max]	8.50 [3.00, 16.0]	7.50 [0, 24.0]	8.00 [0, 24.0]
<b>GAD7 at 12 weeks</b>			
Mean (SD)	8.19 (3.22)	8.98 (6.13)	8.71 (5.27)
Median [Min, Max]	8.25 [2.00, 13.0]	6.50 [1.00, 21.0]	8.00 [1.00, 21.0]

## Adverse events

Five risk events were identified over the course of the study. Four users triggered the escalation and the app identified and flagged suicidal language in one user. Appropriate signposting was provided for all of the users with risk events.