

CONSORT Diagram.

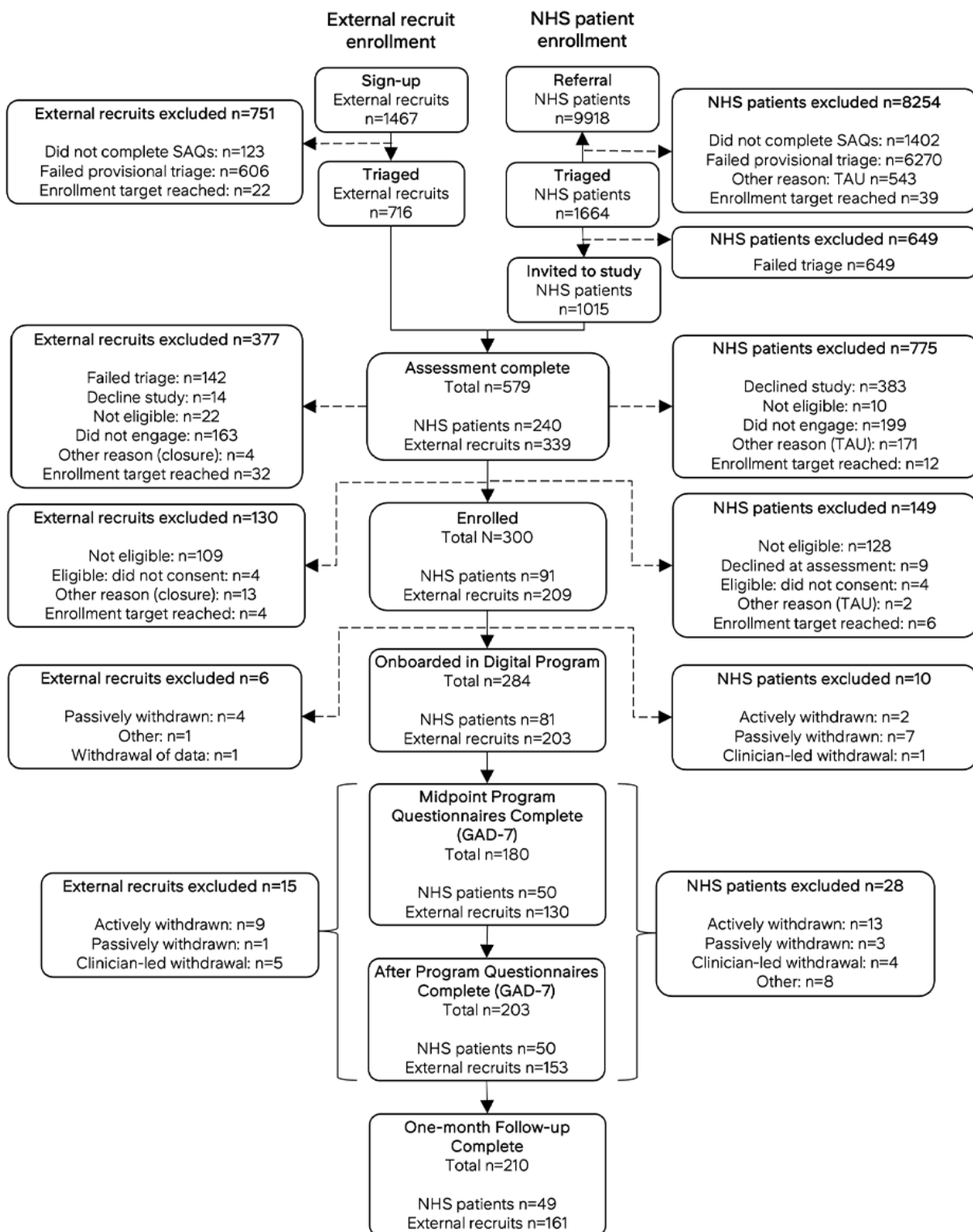


Table 1. Sample characteristics of the digital program group for both intention-to-treat (ITT) and per-protocol (PP) samples.

| Demographic | Category | ITT (N=299) | PP (N=169) |
|--|--|----------------|---------------|
| Age (years), Mean (SD) | | 39.8 (12.8) | 41.7 (11.8) |
| Baseline GAD-7, Mean (SD) | | 12.5 (3.3) | 12.4 (3.4) |
| Baseline PHQ-9, Mean (SD) | | 8.0 (3.7) | 8.0 (3.8) |
| Gender, n (%) | | | |
| | Female | 240 (80.3) | 137 (81.1) |
| | Male | 46 (15.4) | 26 (15.4) |
| | Other | 4 (1.3) | 2 (1.2) |
| | Not Known | 9 (3.0) | 4 (2.4) |
| Ethnicity, n (%) | | | |
| | White | 266 (89.0) | 155 (91.7) |
| | Mixed | 5 (1.7) | 2 (1.2) |
| | Asian | 14 (4.7) | 6 (3.6) |
| | Black/African/Caribbean/Black British | 3 (1.0) | 1 (0.6) |
| | Other | 2 (0.7) | 1 (0.6) |
| | Prefer not to say | 9 (3.0) | 4 (2.4) |
| Highest Qualification, n (%) | | | |
| | Post-graduate degree level qualification | 103 (34.4) | 65 (38.5) |
| | Degree level qualification | 100 (33.4) | 59 (34.9) |
| | Qualifications below degree level | 84 (28.1) | 41 (24.3) |
| | No formal qualifications | 2 (0.7) | 1 (0.6) |
| | Don't know | 7 (2.3) | 2 (1.2) |
| | Other | 1 (0.3) | 0 (0) |
| | Prefer not to say | 2 (0.7) | 1 (0.6) |
| Disability, n (%) | | | |
| | Disability | 56 (18.7) | 33 (19.5) |
| | No Perceived Disability | 232 (77.6) | 132 (78.1) |
| | Prefer not to say | 11 (3.7) | 4 (2.4) |
| Chronic health condition, n (%) | | | |
| | Yes | 114 (38.1) | 70 (41.4) |
| | No | 167 (55.9) | 91 (53.8) |
| | Not Known | 18 (6.0) | 8 (4.7) |
| Religion, n (%) | | | |
| | No religion | 187 (62.5) | 104 (61.5) |
| | Christian | 71 (23.7) | 45 (26.6) |
| | Buddhist | 1 (0.3) | 1 (0.6) |
| | Hindu | 5 (1.7) | 3 (1.8) |
| | Jewish | 3 (1.0) | 1 (0.6) |
| | Muslim | 5 (1.7) | 0 (0) |
| | Sikh | 1 (0.3) | 1 (0.6) |
| | Other | 11 (3.7) | 7 (4.1) |
| | Prefer not to say | 15 (5.0) | 7 (4.1) |
| Sexual Orientation, n (%) | | | |
| | Heterosexual | 237 (79.3) | 132 (78.1) |
| | Gay/Lesbian | 7 (2.3) | 5 (3.0) |
| | Bi-sexual | 32 (10.7) | 22 (13.0) |
| | Other sexual orientation not listed | 7 (2.3) | 2 (1.2) |
| | Don't know | 11 (3.7) | 4 (2.4) |

| | | |
|---|------------|------------|
| Prefer not to say | 5 (1.7) | 4 (2.4) |
| Employment Status, n (%) | | |
| Employed | 241 (80.6) | 144 (85.2) |
| Unemployed and actively seeking work | 7 (2.3) | 2 (1.2) |
| Not working and not actively seeking work | 39 (13.0) | 19 (11.2) |
| Prefer not to say | 12 (4.0) | 4 (2.4) |
| Medication Status, n (%) | | |
| Taking | 106 (35.5) | 65 (38.5) |
| Not taking | 193 (64.5) | 104 (61.5) |

ITT = Intention-to-treat; PP = Per-protocol

Table 2. Engagement metrics for the digital program by sample.

| | N | Median time since initialization (days) | Median time interacting in program (hours) |
|--|-----|--|---|
| Engaged sample (up to module 2 session1) | 232 | 14.0 | 2.0 |
| Per-protocol sample (up to module 4 check-in) | 169 | 59.6 | 8.7 |
| Intention-to-treat sample | 299 | 53.1 | 6.1 |

Table 3 Engagement metrics for the digital program by symptom check-in in app.

| | N | Median time since initialization (days) | Median time interacting in program (hours) |
|-------------------|-----|--|---|
| Module 1 check-in | 284 | 0.0 | 0.03 |
| Module 2 check-in | 240 | 13.6 | 1.5 |
| Module 3 check-in | 209 | 23.9 | 2.7 |
| Module 4 check-in | 180 | 35.0 | 3.8 |
| Module 5 check-in | 138 | 42.9 | 5.0 |
| Module 6 check-in | 113 | 49.5 | 5.4 |

Table 4. Within-subject change in GAD-7 score from baseline to final score for the digital program sample and propensity-matched control groups.

| Sample | Comparator | N | Baseline Score | | Change in GAD-7 score (final score - baseline) | | | | Within-subject effect size (d) |
|--------------------|----------------------|-----|----------------|-----|--|-----|--------------|--------------|------------------------------------|
| | | | Mean | SD | Mean | SD | Lower 95% CI | Upper 95% CI | |
| Per-protocol | ieso Digital Program | 169 | 12.4 | 3.4 | -7.4 | 4.6 | -8.1 | -6.7 | 1.6 |
| | Waiting control | 169 | 12.5 | 3.3 | -1.9 | 4.0 | -2.5 | -1.3 | 0.5 |
| | Face-to-face CBT | 253 | 13.0 | 3.1 | -6.4 | 4.8 | -7.0 | -5.8 | 1.3 |
| | Typed CBT | 229 | 12.5 | 3.4 | -7.5 | 4.1 | -8.0 | -7.0 | 1.8 |
| Intention-to-treat | ieso Digital Program | 299 | 12.5 | 3.3 | -5.4 | 5.1 | -6.0 | -4.8 | 1.1 |
| | Waiting control | 169 | 12.5 | 3.3 | -1.9 | 4.0 | -2.5 | -1.3 | 0.5 |
| | Face-to-face CBT | 299 | 12.9 | 3.1 | -6.0 | 4.9 | -6.6 | -5.5 | 1.2 |
| | Typed CBT | 299 | 12.6 | 3.5 | -6.6 | 4.6 | -7.1 | -6.1 | 1.4 |

Table 5. Between-subject effects on GAD-7 change score between the digital program and each comparator group.

| Sample | Comparator | Mean difference from digital program | Lower 95% CI | Upper 95% CI | p-value | Between-subject effect size (d) | Statistical hypothesis tested |
|--------------------|------------------|--------------------------------------|--------------|--------------|---------|-------------------------------------|-------------------------------|
| Per-protocol | Waiting control | -5.5 | -6.4 | -4.5 | < .001 | 1.3 | Superiority |
| | Face-to-face CBT | -1.0 | -1.9 | -0.1 | < .001 | 0.2 | Non-inferiority |
| | Typed CBT | 0.1 | 0.7 | 1.0 | < .001 | 0 | Non-inferiority |
| Intention-to-treat | Waiting control | -3.5 | -4.4 | -2.7 | < .001 | 0.8 | Superiority |
| | Face-to-face CBT | 0.6 | 0.2 | 1.4 | .002 | 0.1 | Non-inferiority |
| | Typed CBT | 1.2 | 0.4 | 2.0 | .064 | 0.2 | Non-inferiority |