

Supplementary Table 1. Length of each session (in minutes) across treatment groups

	FF	TSB	p value
	M (SD)	M (SD)	
Session 1 (includes 15 minute engagement module)	89.73 (17.03)	50.38 (15.79)	<.001
Session 2	85.92 (24.40)	39.26 (13.47)	<.001
Session 3	66.00 (18.05)	38.05 (9.44)	<.001
Session 4	80.93 (12.00)	50.35 (12.89)	<.001
Session 5 (includes 15 minute engagement module)	85.08 (13.20)	57.31 (13.29)	<.001
Session 6	72.83 (15.24)	43.53 (13.83)	<.001
Session 7 (includes 15 minute engagement module)	81.85 (12.25)	47.89 (16.02)	<.001
Session 8	68.08 (14.92)	46.78 (14.87)	<.001
Session 9	67.58 (13.70)	37.65 (11.94)	<.001
Session 10	61.50 (18.29)	35.28 (15.66)	<.001

M = Mean; SD = Standard Deviation; FF = face to face; TSB = therapist-supported bibliotherapy.

Supplementary Table 2. Barriers to Treatment Participation Scale (BTPS) (means and standard deviations (1-5 point scale))

BTPS Subscales	All M (SD)	FF M (SD)	TSB M (SD)	p value
Stressors and Obstacles (that compete with treatment)	1.57 (.42)	1.46 (.31)	1.69 (.49)	.07
Treatment Demands and Issues	1.38 (.27)	1.37 (.27)	1.38 (.27)	.91
Perceived Relevance of Treatment	1.18 (.29)	1.13 (.28)	1.23 (.31)	.29
Relationship with Therapist	1.00 (.00)	1.00 (.00)	1.00 (.00)	---

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