

**Supplemental Table 1:** Treatment utilization during the study period. Patients could use more than one treatment modality.

	Intervention		Care as usual		<i>chi</i> <sup>2</sup>	<i>p</i>
	<i>n</i> = 509 (50.1%)		<i>n</i> = 504 (49.9%)			
Treatment between baseline and three months assessment						
Psychotherapy	127	32.3	140	35.1	0.767	.381
Outpatient psychiatric treatment	106	27.0	108	27.1	0.005	.941
Inpatient psychiatric treatment	5	1.3	9	2.3	1.123	.289
Antidepressant medication	193	48.9	204	51.3	0.455	.500
Treatment between three months and six months assessment						
Psychotherapy	118	31.3	119	31.7	0.016	.898
Outpatient psychiatric treatment	94	24.9	96	25.6	0.044	.833
Inpatient psychiatric treatment	6	1.6	9	2.4	0.629	.428
Antidepressant medication	192	50.8	192	51.2	0.012	.911