

**Multimedia Appendix 4: Observed scores for all outcome measures at each measurement occasion**

Table 1

*Means, standard deviations and sample size for all outcome measures at each measurement occasion, by intervention arm*

Outcome	Group	
	Intervention <i>M (SD), n</i>	Control <i>M (SD), n</i>
<b>PRADAS</b>		
Baseline	46.58 (7.53) <i>n = 179</i>	47.88 (7.60) <i>n = 180</i>
Post-intervention (3 months post baseline)	52.06 (8.42) <i>n = 155</i>	49.96 (7.55) <i>n = 164</i>
12-month follow-up	51.81 (7.92) <i>n = 158</i>	50.21 (7.52) <i>n = 159</i>
<b>PRADAS-A</b>		
Baseline	24.44 (5.62) <i>n = 163</i>	24.91 (5.68) <i>n = 169</i>
Post-intervention	23.38 (6.35) <i>n = 150</i>	24.09(6.20) <i>n = 158</i>
12-month follow-up	23.53 (6.26) <i>n = 141</i>	24.32 (6.28) <i>n = 146</i>
<b>SCAS-P</b>		
Baseline	17.99 (11.60) <i>n = 179</i>	18.51 (12.36) <i>n = 180</i>
Post-intervention	15.19 (12.10) <i>n = 154</i>	14.78 (11.07) <i>n = 164</i>
12-month follow-up	13.95 (11.74) <i>n = 155</i>	15.42 (12.79) <i>n = 159</i>
<b>SCAS-C</b>		
Baseline	28.73 (17.34) <i>n = 163</i>	30.14 (17.40) <i>n = 169</i>
Post-intervention	28.31 (20.22) <i>n = 150</i>	26.70 (17.11) <i>n = 158</i>
12-month follow-up	26.36 (18.97) <i>n = 141</i>	25.64 (16.93) <i>n = 145</i>
<b>SMFQ-P</b>		
Baseline	5.07 (5.62) <i>n = 179</i>	4.75 (4.98) <i>n = 180</i>
Post-intervention	3.60 (4.32) <i>n = 154</i>	3.38 (4.38) <i>n = 164</i>
12-month follow-up	3.46 (5.15) <i>n = 155</i>	4.16 (5.09) <i>n = 159</i>
<b>SMFQ-C</b>		
Baseline	6.16 (6.12) <i>n = 163</i>	6.42 (5.79) <i>n = 169</i>
Post-intervention	6.25 (6.60) <i>n = 150</i>	6.03 (5.49) <i>n = 158</i>
12-month follow-up	6.70 (6.64) <i>n = 141</i>	6.75 (6.91) <i>n = 145</i>