Supplementary Online Content

Van Lieshout RJ, Layton H, Savoy CD, et al. Effect of online 1-day cognitive behavioral therapy–based workshops plus usual care vs usual care alone for postpartum depression: a randomized clinical trial. *JAMA Psychiatry*. Published online September 8, 2021. doi:10.1001/jamapsychiatry.2021.2488

eFigure. Online 1-Day CBT Workshop Itinerary

eTable 1. Group × Time Interactions for Beck Depression Inventory-II Scores

eTable 2. Changes in Mean Beck Depression Inventory-II Scores

This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Online 1-Day CBT Workshop Itinerary

ITINERARY

1
INTRODUCTIONS

2
CAUSES OF LOW MOOD AFTER BABY

-How (early) experiences affect self-image
-Developing more positive self-image

BREAK 10:30

13
HOW TO THINK DIFFERENTLY

-What are we thinking and feeling?
-Being compassionate (with ourselves)
-Developing more balanced thoughts

BREAK 12:00

19
CALMING OUR BODY AND MIND

-Anxiety and Worry
-Calming and Relaxation

BREAK 2:30

24
THRIVING THROUGH ACTION

-Assertiveness
-Getting support from others

COPING
CBT
AFTER BABY

1

eTable 1. Group × Time Interactions for Beck Depression Inventory-II Scores

Beck Depression Inventory Results					
Outcome Measure	B	SD	df	T	P
BDI	-5.68	14.76	362.32	-7.33	<0.001*

N (experimental)=202, N (control)=201
*Statistically significant difference between experimental and control groups (p<0.05)

eTable 2. Changes in Mean Beck Depression Inventory-II Scores

	Experimental Group (N=202)						Control Group (N=201)					
	Time 1		Time 2				Time 1		Time 2			
	Mean	SD	Mean	SD	Δ mean	95% CI	Mean	SD	Mean	SD	Δ mean	95% CI
BDI	22.53	8.67	**14.55**	9.23	-7.98	6.25-9,75	21.92	8.64	**19.7**	8.79	-2.22	0.50-3.91

Analyses were conducted using linear mixed models controlling for workshop facilitator as a fixed effect, yielding estimated marginal means.
*Statistically significant (*p*<0.05) mean difference and Group x Time interaction