

## Supplement 2

*Baseline data for participants living in the UK or outside of the UK (international). Means and (standard deviations) unless otherwise stated*

Characteristics	UK	International	<i>p</i> value
Number of participants	n=46	n=31	0.09
Condition			0.38
CBT Self-help	n=24	n=13	0.07
Control	n=22	n=18	0.53
Demographics			
Age (years)	47.91 (12.59)	47.67 (14.91)	0.94
Gender			
Male	n=2	n=2	0.43
Female	n=44	n=28	
Other	n=0	n=1	
Ethnicity			0.004
White	n=29	n=16	
Not reported or not clear	n=15	n=4	
Asian	n=1	n=8	
Hispanic	n=0	n=1	
Black	n=1	n=0	
Latina	n=0	n=2	
Education (years)	14.54 (5.07)	16.42 (2.75)	0.07
Employment			0.07
Employed	n=16	n=11	
Not employed	n=14	n=8	
Retired	n=12	n=6	
Student	n=3	n=0	
Other	n=1	n=6	
PH factors			
Type			0.08
Idiopathic PH	n=17	n=18	
Chronic thromboembolic PH	n=12	n=2	
Connective tissue disease	n=5	n=1	
Congenital PH	n=1	n=3	
Familial PH	n=0	n=1	
Other	n=5	n=4	
Not sure	n=6	n=2	
Class			0.38
I	n=4	n=4	
II	n=8	n=9	
III	n=19	n=8	
IV	n=2	n=0	
Not sure	n=13	n=10	
Years since diagnosis	8.21 (8.55)	9.25 (9.33)	0.62
Psychological factors			
Prescribed medication for anxiety	n=12	n=10	0.56
Received therapy for anxiety	n=20	n=13	0.89
Anxiety	11.74 (5.23)	10.19 (5.78)	0.23

Depression	13.13 (5.32)	11.68 (5.88)	0.26
HRQoL	40.5 (11.15)	39.1 (10.95)	0.59
Dyspnoea	16.5 (9.79)	14.03 (8.81)	0.26
Self-mastery	24.52 (7.58)	25.97 (7.23)	0.4
CBP-Q	69.59 (16.51)	68.32 (17.4)	0.75

n = Number of participants; PH = Pulmonary Hypertension; HRQoL = Health-Related Quality of Life; CBP-Q = Cognitive and Behavioural Processes Questionnaire; UK = United Kingdom