

Supplement 3

Baseline data for participants defined as completers vs. non-completers. Means and (standard deviations) unless otherwise stated

Characteristics	Completers	Non-completers	<i>p</i> value
Number of participants	n=65	n=12	<0.001
Condition			0.44
CBT Self-help	n=30	n=7	
Control	n=35	n=5	
Demographics			
Age (years)	49.27 (13.11)	40.08 (13.17)	0.03
Gender			0.046
Male	n=4	n=0	
Female	n=61	n=11	
Other	n=0	n=1	
Country			0.17
UK	n=41	n=5	
International	n=24	n=7	
Ethnicity			0.43
White	n=29	n=6	
Not reported or not clear	n=17	n=2	
Asian	n=6	n=3	
Hispanic	n=1	n=0	
Black	n=1	n=0	
Latina	n=1	n=1	
Education (years)	15.47 (4.23)	15.18 (4.26)	0.84
Employment			0.39
Employed	n=25	n=2	
Not employed	n=17	n=5	
Retired	n=16	n=2	
Student	n=2	n=1	
Other	n=5	n=2	
PH factors			
PH Type			0.4
Idiopathic PH	n=30	n=5	
Chronic thromboembolic PH	n=14	n=0	
Connective tissue disease	n=5	n=1	
Congenital PH	n=3	n=1	
Familial PH	n=1	n=0	
Other	n=7	n=2	
Not sure	n=5	n=3	
PH Class			0.86
I	n=7	n=1	
II	n=15	n=2	
III	n=23	n=4	
IV	n=2	n=0	
Not sure	n=18	n=5	
Years since diagnosis	7.93 (8.36)	12.42 (10.64)	0.11
Psychological factors			

Prescribed medication for anxiety	n=18	n=4	0.69
Received therapy for anxiety	n=12	n=2	0.24
Anxiety	11.75 (5.44)	7.67 (4.4)	0.02
Depression	2.95 (5.54)	10.33 (5.37)	0.13
HRQoL	40.63 (10.89)	36.17 (11.4)	0.2
Dyspnoea	15.92 (9.57)	13.25 (8.65)	0.37
Self-mastery	24.35 (7.4)	29.17 (6.38)	0.04
CBP-Q	69.95 (17.2)	63.9 (13.58)	0.27

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