

Supplement 6

Anxiety and depression scores for participants in the CBT (n=37) and control group (n=40), values = n (%)

Group	Measure	Baseline	Post-intervention	One-month follow up	
CBT	Anxiety	0-4 Minimal	4 (10.8%)	8 (27.6%)	15 (53.5%)
		5-9 Mild	16 (43.2%)	11 (37.9%)	6 (21.4%)
		10-14 Moderate	7 (18.9%)	9 (31%)	6 (21.4%)
		15-21 Severe	10 (27%)	1 (3.4%)	1 (3.6%)
		Above cut off (≥ 8)	24 (64.9%)	16 (55.2%)	7 (25%)
		Reliable change (≥ 4)	-	13 (44.8%)	20 (71.4%)
	Depression	0-4 Minimal	3 (8.1%)	10 (34.5%)	11 (39.3%)
		5-9 Mild	9 (24.4%)	6 (20.7%)	8 (28.6%)
		10-14 Moderate	8 (21.6%)	12 (41.4%)	7 (25%)
		15-19 Moderately Severe	15 (40.5%)	1 (3.4%)	1 (3.6%)
		20-27 Severe	2 (5.4%)	0 (0%)	1 (3.6%)
		Above cut off (≥ 10)	25 (67.6%)	13 (44.8%)	9 (32.1%)
	Reliable change (≥ 6)	-	13 (44.8%)	11 (39.3%)	
	Control	Anxiety	0-4 Minimal	3 (7.5%)	4 (12.9%)
5-9 Mild			13 (32.5%)	10 (32.3%)	11 (32.4%)
10-14 Moderate			11 (27.5%)	7 (22.6%)	8 (23.5%)
15-21 Severe			13 (32.5%)	10 (32.3%)	10 (29.4%)
Above cut off (≥ 8)			30 (75%)	18 (58.1%)	22 (64.7%)
Reliable change (≥ 4)			-	9 (29%)	15 (44.1%)
Control	Depression	0-4 Minimal	3 (7.5%)	4 (12.9%)	6 (15.7%)
		5-9 Mild	12 (30%)	9 (29%)	10 (29.4%)
		10-14 Moderate	6 (15%)	8 (25.8%)	5 (14.7%)
		15-19 Moderately Severe	15 (37.5%)	9 (29%)	7 (20.5%)
		20-27 Severe	4 (10%)	1 (3.2%)	6 (17.26%)
		Above cut off (≥ 10)	25 (62.5%)	18 (58.1%)	18 (52.9%)
Reliable change (≥ 6)	-	7 (22.6%)	6 (17.6%)		

CBT = Cognitive Behavioural Therapy