Supplemental material

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Table S3. Fixed effects and effect sizes for all measures at follow-up compared to baseline, presented separately for the three groups and types of rater.

Group / Measure	Guided I-BA (n=11)		Self-guided I-BA (n=10)		TAU (n=11)	
	Unstandardised coefficient B (95 % CI)	Effect size (Cohen's *d*, 95 % CI)	Unstandardised coefficient B (95 % CI)	Effect size (Cohen's *d*, 95 % CI)	Unstandardised coefficient B (95 % CI)	Effect size (Cohen's *d*, 95 % CI)
Clinician-rated						
CGI-S	-0.69 (-1.12 to -0.26)**	1.57 (0.59 to 2.55)	-0.85 (-1.24 to -0.46)***	1.94 (1.05 to 2.83)	-0.37 (-0.86 to 0.12)	0.85 (-0.26 to 1.96)
CGAS	6.86 (2.46 to 11.25)**	2.36 (0.85 to 3.87)	4.35 (1.21 to 7.50)**	1.50 (0.42 to 2.58)	5.76 (3.12 to 8.41)***	1.98 (1.07 to 2.89)
Child-rated						
RCADS-S	-2.12 (-0.92 to -3.32)***	0.66 (0.29 to 1.03)	-2.48 (–4.85 to -0.10)*	0.77 (0.03 to 1.50)	-0.29 (-2.75 to 2.16)	0.09 (-0.67 to 0.85)
ARI	-0.63 (-1.40 to 0.14)	0.35 (-0.07 to 0.77)	-2.01 (– 3.37 to -0.65)**	1.10 (0.36 to 1.85)	-1.40 (-2.40 to -0.40)**	0.77 (0.22 to 1.31)
ISI	-4.14 (-5.69 to -2.60)***	1.51 (0.94 to 2.07)	-2.64 (-4.36 to -0.92)**	0.96 (0.33 to 1.59)	-2.69 (-4.91 to -0.47)*	0.98 (0.17 to 1.79)
KIDSCREEN-10	3.03 (1.80 to 4.27)***	1.31 (0.77 to 1.84)	3.46 (1.93 to 4.99)***	1.49 (0.83 to 2.15)	2.71 (0.65 to 4.76)*	1.17 (0.28 to 2.05)
Parent-rated						
WSAS	-3.23 (-5.09 to -1.37)**	0.72 (0.31 to 1.14)	-1.50 (-3.27 to 0.27)	0.34 (-0.06 to 0.73)	-2.63 (-5.31 to 0.04)	0.59 (-0.01 to 1.19)
RCADS-S	-1.59 (-2.94 to -0.24)*	0.53 (0.08 to 0.97)	-2.20 (-3.58 to -0.82)**	0.73 (0.27 to 1.18)	-1.39 (-3.17 to 0.39)	0.46 (-0.13 to 1.05)
KIDSCREEN-10	2.16 (1.14 to 3.17)***	0.86 (0.46 to 1.27)	2.25 (0.74 to 3.76)**	0.90 (0.30 to 1.51)	1.82 (0.01 to 3.62)*	0.73 (0.00 to 1.45)

I-BA = Internet-delivered behavioural activation; TAU = treatment as usual; CGAS = Children's Global Assessment Scale; CGI-S = Clinical Global Impression – Severity; RCADS-S (A/P) = Revised Children's Anxiety and Depression Scale, short version, anxiety subscales, adolescent and parent version; KIDSCREEN-10 (A/P) = a measure for general health-related quality of life, adolescent and parent version; ISI = Insomnia Severity Index; ARI = Affective Reactivity Index; WSAS (P) = Work and Social Adjustment Scale, parent version

*p < 0.05, **p < 0.01, ***p < 0.001.

‡All Cohen's d effect sizes are calculated from the regression model. The 3-month follow-up effect sizes compare to baseline. Effect sizes of 0.2, 0.5 and 0.8 are considered small, moderate and large, respectively.