**Supplementary File 05**

*Therapist Treatment fidelity*

Thirty-two audio recordings were rated by AW, primarily for supervision purposes and to ensure treatment processes were adhered to. COMPASS specific skills plus generic therapeutic skills were scored on a scale of 1 (very poor / not at all) to 7 (excellent / extensive), If an item was not relevant (for example mood had not changed), it was not scored. Please see Table 05.1 below for a summary of these scores. A subset of the audio-recordings (2nd and 4th calls if available for 10-20% of the therapists’ caseload selected at random using random number generator functionality in Excel) were analysed.

**Table 05.1:** Treatment fidelity scores

|  |  |  |
| --- | --- | --- |
|  | **Treatment element** | **Fidelity score**  **M(SD)** |
| COMPASS specific skills | Comment on patient progress | 6.97 (0.18) |
| Discuss tasks and goals completed | 7.00 (0) |
| Respond to messages/questions from patient | 7.00 (0) |
| Comment on mood scores | 6.90 (0.44) |
| End with a clear plan | 6.97 (0.18) |
| Express empathy and positive reinforcement throughout | 7.00 (0) |
| Overall adherence to training and manuals | 6.94 (0.25) |
| Therapeutic skills | Therapeutic alliance | 7.00 (0) |
| Socratic questioning | 4.41 (2.43) |
| Facilitating links between thoughts, feelings, symptoms and behaviours | 4.56 (2.42) |
| Behaviour change | 7.00 (0) |
| Address unhelpful thoughts | 5.16 (2.48) |
| Homework assign/review | 6.94 (0.36) |