

Data supplement

Table DS1 Source of referral and comorbidities of patients with high health anxiety recruited to trial

Patient no.	Treatment arm	Type of appointment	Source of referral	Genitourinary pathology	Genitourinary diagnosis	Symptoms
1	A	N	S	A		+
2	C	A/N	S	A		+
3	A	F/U	S	A		+
4	A	F/U	S	S	Genital warts + non-specific urethritis	+
5	A	A/N	S	S	Recurrent genital herpes	+
6	C	F/U	S	O	Bacterial vaginosis	+
7	C	F/U	S	O	Atrophic vaginosis	+
8	C	F/U	S	A		+
9	C	N	S	A		+
10	A	A/N	S	A		+
11	C	F/U	S	S	Genital warts	+
12	A	A/N	S	A		+
13	A	N	FP	S	Chlamydia infection	+
14	C	F/U	GP	S	Pelvic inflammatory disease	+
15	A	A/N	S	A		+
16	C	F/U	S	S	Genital warts	+
17	C	A/N	S	A		–
18	A	N	C	S	Chlamydia infection	+
19	C	A/N	S	SC	Contact of chlamydia	+
20	C	A/N	S	A		+
21	C	A/N	S	O	Candidiasis	+
22	A	N	S	S	Non-specific urethritis	+
23	C	N	S	SC	Contact of chlamydia	+
24	A	N	S	S	Genital warts	+
25	C	A/N	S	O	Candidiasis	–
26	A	N	S	O	Bacterial vaginosis	+
27	C	N	GP	O	Vulvitis	+
28	A	F/U	S	A		+
29	C	A/N	S	A		+
30	A	F/U	S	A		+
31	C	F/U	S	A		+
32	C	F/U	S	A		+
33	A	F/U	S	A		+
34	A	F/U	GP	A		+
35	C	A/N	S	O	Folliculitis	+
36	C	N	GP	O	Vulvitis	+
37	A	A/N	S	S	Non-specific urethritis	+
38	A	F/U	S	SC	Contact of non-specific urethritis	–
39	A	N	S	O	Candidiasis	+
40	C	N	S	S	Pelvic inflammatory disease + contact of chlamydia	+
41	C	F/U	GP	S	Pelvic inflammatory disease	+
42	A	F/U	S	S	Genital warts	+
43	C	N	S	O	Candidiasis	–
44	A	F/U	S	A		+
45	C	F/U	GP	S	Chlamydia infection	+
46	C	A/N	S	O	Candidiasis	+
47	C	A/N	S	S	Genital warts	+
48	A	N	S	S	Non-specific urethritis	+
49	A	A/N	S	S	Non-specific urethritis + genital warts	+

Treatment arm: A, cognitive-behavioural therapy; C, control.
Appointment type: N, new to service; A/N, new episode (has previously attended); F/U, follow-up appointment.
How referred for this episode: S, self-referral; FP, referred from family planning; GP, referred by general practitioner; C, contact of another patient.
Genitourinary pathology: S, sexually transmitted infection; O, other diagnosis; A, no abnormality detected; SC, contact of infection.
Symptoms (genitourinary): +, present; –, absent.

Table DS2 Number and timing of treatment sessions in cognitive-behavioural therapy group with details of planned and unplanned termination, and reported opinions about face-to-face treatment and bibliotherapy component

Patient no.	Number of treatment sessions and reasons	Number of booster sessions (after 6 months)	Weeks from start to end of treatment	Treatment feedback ^a	Manual helped	Manual did not help	Manual helped? Don't know	Comments about manual aspect of therapy
01	6 mutually agreed number of treatments	1	15		●			Moderately helpful – supported work he'd done himself
03	6 mutually agreed number of treatments	1	16	Phoned a year later, no symptoms - said 'I had been like a rock'	●			'Some help'
04	1 patient had one session only and did not attend again	–	3			●		'Didn't bother to read it'
05	5 mutually agreed number of treatments	–	18	Said treatment 'very helpful' after 1 year	●			'Helped a little'
10	7 mutually agreed number of treatments	1	19	Profuse letter of thanks after treatment – now wants to help others	●			
12	0 did not attend after baseline assessments	0						
13	4 mutually agreed number of treatments	–	21	Fulsome letter after end of treatment including 'whenever I felt I might slip back I went over the work we had done and got better'	●			
15	7 mutually agreed number of treatments	–	26			●		
18	1 changed two appointments then had one session only after 3 months, failed others	–	12			●		Not particularly helpful
22	1 only attended one session, given tape-recorded manual	–	3			●		Patient dyslexic so manual tape recorded
24	2 failed to attend after two sessions	–	17				●	
26	1 failed to attend two further appointments after initial one	1	2				●	
28	13 mutually agreed number of treatments	–	51	Letter to dept thanking them for all their help at end of treatment	●			Only helped a bit
30	4 mutually agreed number of treatments	–	11	Letter of thanks at 12 months confirming absence of symptoms	●			Recognised himself
33	3 mutually agreed number of treatments	–	5		●			
34	7 mutually agreed number of treatments	–	26	Verbal thanks and promise of support with further research	●			Helped a bit
37	3 mutually agreed number of treatments	–	12	Note of thanks at end of study	●			Easy to relate to – recognised himself
38	2 mutually agreed number of treatments	–	3		●			Can refer back
39	1 did not return after first treatment	–	6		●			
42	4 did not complete planned course because of family problems	–	13		●			Helped a bit
44	Never attended							
48	5 mutually agreed number of treatments	–	19	Verbal praise at end of treatment	●			
49	8 mutually agreed number of treatments	–	19	Patient 'very satisfied' at 12 months	●			Helped a bit
Means and totals	4.3 not including non-attendees	0.15	15.1		14	4	2	

a. One patient in the control group also wrote a letter of thanks.

Table DS3 Scores for health anxiety, self-rated anxiety, self-rated depression and social function at 3, 6 and 12 months after randomisation for CBT group and control group

Assessment	Time											
	Baseline			3 months			6 months			12 months		
	<i>n</i>	Mean (s.d.)	95% CI	<i>n</i>	Mean (s.d.)	95% CI	<i>n</i>	Mean (s.d.)	95% CI	<i>n</i>	Mean (s.d.)	95% CI
Health Anxiety Inventory												
CBT	23	23.8 (4.1)	(22.02–25.54)	19	16.0 (7.04)	(12.56–19.34)	20	11.7 (5.7)	(9.03–14.37)	18	10.4 (5.2)	(7.82–12.95)
Control	26	24.89 (5.3)	(22.68–26.94)	24	21.5 (7.9)	(18.23–24.86)	23	19.7 (8.5)	(15.95–23.44)	23	18.8 (8.5)	(15.06–22.42)
Beck Anxiety Inventory												
CBT	23	20.4 (9.4)	(16.36–24.51)	19	11.8 (9.7)	(7.01–16.48)	19	7.1 (7.2)	(3.62–10.59)	18	6.3 (7.2)	(2.73–9.93)
Control	26	27.1 (11.1)	(22.63–31.60)	24	19.4 (13.5)	(13.70–25.13)	23	17.0 (11.5)	(11.97–21.94)	23	18.5 (14.9)	(12.05–24.90)
HADS–Anxiety												
CBT	23	13.0 (3.4)	(11.57–14.52)	18	8.3 (4.7)	(6.00–10.67)	20	7.1 (3.9)	(5.28–8.91)	18	6.2 (3.9)	(4.27–8.18)
Control	26	13.6 (3.9)	(12.04–15.19)	24	12.4 (4.1)	(10.67–14.16)	22	11.5 (4.4)	(9.49–13.41)	23	10.7 (5.4)	(8.31–13.00)
HADS–Depression												
CBT	23	7.5 (3.1)	(6.17–8.87)	18	4.4 (4.7)	(2.02–6.76)	20	2.5 (3.1)	(1.07–3.93)	18	2.9 (3.6)	(1.08–4.69)
Control	26	7.2 (3.9)	(5.63–8.75)	24	5.9 (4.2)	(4.09–7.66)	21	6.5 (4.5)	(4.44–8.51)	23	5.9 (4.7)	(3.87–7.96)
Social Functioning Questionnaire												
CBT	22	7.9 (3.8)	(6.22–9.60)	19	5.3 (4.0)	(3.39–7.24)	20	5.1 (3.1)	(3.63–6.57)	18	5.2 (4.3)	(3.10–7.34)
Control	26	9.7 (4.5)	(7.91–11.55)	24	9.2 (5.1)	(7.00–11.34)	23	7.6 (4.7)	(5.51–9.62)	23	8.3 (4.7)	(6.29–10.32)

CBT, cognitive-behavioural therapy; HADS, Hospital Anxiety and Depression Scale.