

## Data supplement

<b>Table DS1</b> Sociodemographic characteristics and type of anxiety disorder of intervention group ( $n = 201$ ) <sup>a</sup> and control group ( $n = 188$ ) <sup>a</sup> at baseline						
	Intervention group		Control group		Test statistic	<i>P</i>
Gender, <i>n</i> (%)						
Male	44	(22.00)	55	(29.26)	$\chi^2 = 2.68$	0.10
Female	156	(78.00)	133	(70.74)		
Family status, <i>n</i> (%)						
Single	83	(41.29)	74	(39.36)	$\chi^2 = 1.33$	0.72
Married	76	(37.81)	81	(43.09)		
Divorced	38	(18.91)	30	(15.96)		
Widowed	4	(1.99)	3	(1.60)		
Living situation, <i>n</i> (%)						
Living alone	65	(32.00)	56	(29.79)	$\chi^2 = 0.97$	0.97
With spouse/partner	116	(58.00)	112	(59.57)		
With relatives	9	(4.50)	9	(4.79)		
Other	11	(5.50)	11	(5.85)		
School education, <sup>b</sup> <i>n</i> (%)						
Low	36	(17.91)	29	(15.43)	$\chi^2 = 0.48$	0.48
Middle	101	(50.25)	106	(56.38)		
High	64	(31.84)	53	(28.19)		
Employment, <i>n</i> (%)						
Yes	103	(51.50)	97	(51.87)	$\chi^2 = 0.01$	0.94
No	97	(48.50)	90	(48.13)		
Age, years: mean (s.d.)	40.62	(11.58)	42.84	(12.55)	$t = 1.81$	0.07
Type of anxiety disorder, <sup>c</sup> <i>n</i> (%)						
Panic disorder	109	(54.23)	109	(57.98)	$\chi^2 = 2.53$	0.28
Generalised anxiety disorder	57	(28.36)	57	(30.32)		
Unspecified anxiety disorder	35	(17.41)	22	(11.70)		

a. In table, *n* differences from *n* for some items are due to missing values.  
b. Education categories: low, extended elementary school; middle, secondary school; high, university entrance qualification.  
c. Based on screening with Patient Health Questionnaire (PHQ-D).

**Table DS2** Mean costs in € per respondent in intervention and control group during preceding 3-month period at  $T_0$ ,  $T_1$  and  $T_2$ <sup>a</sup>

	Intervention group Mean (s.d.)	Control group Mean (s.d.)
Direct costs		
In-patient care		
$T_0$	473.81 (2122.90)	515.96 (2338.93)
$T_1$	497.53 (2356.95)	176.29 (958.09)
$T_2$	378.80 (2075.76)	213.29 (1017.44)
Rehabilitation		
$T_0$	176.99 (1000.41)	105.64 (697.53)
$T_1$	62.20 (624.33)	17.83 (227.66)
$T_2$	24.47 (318.12)	77.46 (751.39)
Out-patient physician services		
$T_0$	195.79 (243.93)	209.68 (258.98)
$T_1$	174.58 (261.18)	138.25 (174.75)
$T_2$	179.08 (250.46)	154.81 (180.96)
Out-patient non-physician services		
$T_0$	51.84 (111.67)	45.23 (109.53)
$T_1$	62.81 (128.92)	42.89 (92.77)
$T_2$	41.78 (88.00)	47.90 (106.90)
Medical supply		
$T_0$	4.02 (27.22)	17.82 (149.33)
$T_1$	29.75 (328.90)	1.99 (11.91)
$T_2$	3.93 (23.26)	34.04 (338.11)
Pharmaceuticals		
$T_0$	182.65 (400.20)	144.36 (208.16)
$T_1$	170.81 (372.82)	121.77 (164.91)
$T_2$	148.68 (345.52)	135.34 (202.84)
Transportation		
$T_0$	28.38 (135.01)	14.99 (48.61)
$T_1$	16.08 (43.33)	12.85 (32.35)
$T_2$	16.20 (51.58)	12.34 (24.53)
Home care		
$T_0$	171.86 (640.29)	174.67 (671.75)
$T_1$	135.97 (532.72)	79.97 (363.20)
$T_2$	178.65 (356.62)	87.73 (356.62)
Intervention costs		
$T_0$	–	–
$T_1$	11.75 (–)	–
$T_2$	–	–
Sum of direct costs		
$T_0$	1285.34 (2841.46)	1228.35 (2677.92)
$T_1$	1161.48 (2698.10)	591.84 (1193.30)
$T_2$	971.59 (2441.25)	762.90 (1626.11)
Indirect costs		
$T_0$	756.96 (2332.26)	853.77 (2349.41)
$T_1$	429.47 (1383.93)	398.44 (1188.90)
$T_2$	587.65 (1810.98)	391.19 (1451.38)
Total costs (direct and indirect)		
$T_0$	2042.30 (4313.08)	2082.12 (3913.09)
$T_1$	1590.95 (3172.84)	990.28 (1832.14)
$T_2$	1559.24 (3749.39)	1154.09 (2449.60)

a. The number of observations was  $n=389$  at  $T_0$ ,  $n=335$  at  $T_1$ , and  $n=327$  at  $T_2$ ; none of the means was significantly different between intervention group and control group except for the sum of direct costs at  $T_1$  ( $P=0.02$  for test of difference based on non-parametric bootstrapping with 4000 replications taking into account clusters and strata).