

Data supplement

Table DS1 Demographic and clinical characteristics of sample by treatment group assignment, including treatment site					
Categorical variables	Brief group (<i>n</i> = 87)	CBT group (<i>n</i> = 104)	χ^2	<i>t</i> -test (d.f.)	<i>P</i>
Gender, <i>n</i> (%)			0.236 (1)		0.63
Male	32 (33.0)	31 (29.8)			
Female	65 (67.0)	73 (70.2)			
Age	44.52 (11.60)	42.96 (10.46)		0.999 (199)	0.32
Ethnicity, <i>n</i> (%)			2.481 ^a (1)		0.12
European–American	28 (28.9)	41 (39.4)			
African American	60 (61.9)	53 (51.0)			
American Indian Or Alaska Native	2 (2.1)	0 (0)			
Asian	1 (1.0)	1 (1.0)			
Native Hawaiian or Pacific Islander	1 (1.0)	0 (0)			
Mixed ethnicity	5 (5.2)	9 (8.7)			
Hispanic status, <i>n</i> (%)			0.935 (1)		0.33
Not Hispanic	77 (79.4)	88 (84.6)			
Hispanic	20 (20.6)	16 (15.4)			
Marital status, <i>n</i> (%)			7.016 (1)		0.008
Never married	61 (62.9)	46 (44.2)			
Ever married	36 (37.1)	58 (55.8)			
Education, <i>n</i> (%)			0.886 (1)		0.35
Did not complete high school	33 (34.0)	29 (27.9)			
Completed high school	64 (66.0)	75 (72.1)			
Living situation, <i>n</i> (%)			3.404 (1)		0.07
Not living independently	39 (40.2)	29 (27.9)			
Living independently	58 (59.8)	75 (72.1)			
Psychiatric diagnosis, <i>n</i> (%)			0.941 (3)		0.82
Major mood disorder only	44 (45.4)	49 (47.1)			
Schizophrenia spectrum only	27 (27.8)	26 (25.0)			
Major mood and borderline personality disorder	18 (18.6)	23 (22.1)			
Schizophrenia spectrum and borderline personality disorder	8 (8.2)	6 (5.8)			
Substance use diagnosis, <i>n</i> (%)			1.543 (3)		0.67
Alcohol use disorder	5 (5.2)	4 (3.8)			
Drug use disorder	1 (1.0)	2 (1.9)			
Alcohol and drug use disorder	1 (1.0)	0 (0)			
Treatment site, <i>n</i> (%)			0.169 (4)		1.00
Newark out-patient	39 (40.2)	41 (39.4)			
Newark partial hospital	13 (13.4)	13 (12.5)			
New Brunswick partial hospital	13 (13.4)	13 (12.5)			
New Brunswick out-patient	13 (13.4)	15 (14.4)			
Monmouth partial hospital	19 (19.6)	22 (21.2)			

a. Based on comparison of European–American v. other.