

*APPENDIX for website of Psychological Medicine.*

**Appendix.** Pre-treatment demographic and clinical characteristics of the 3 treatment groups (no significant differences between them). The pre-treatment ratings on outcome measures appear in Table 2 and Figure 2.

Variables	Fear Fighter (N= 35)		Clinician (N = 38)		Relaxation (N = 17)	
	N	(%)	N	(%)	N	(%)
Gender						
Male	11	(31)	10	(26)	7	(41)
Female	24	(69)	28	(74)	10	(59)
Ethnicity, Caucasian	25	(86)	28	(76)	17	(100)
Primary diagnosis						
Agoraphobia	9	(26)	12	(32)	6	(35)
Specific phobia	16	(46)	16	(42)	7	(41)
Social phobia	10	(28)	10	(26)	4	(24)
Secondary diagnosis						
Agoraphobia	0	(0)	2	(6)	0	(0)
Specific phobia	1	(3)	0	(0)	0	(0)
Social phobia	0	(0)	3	(9)	0	(0)
Chronic fatigue	0	(0)	1	(3)	0	(0)
Source of referral						
Self-referred	24	(68)	33	(87)	13	(76)
GP	9	(26)	3	(8)	3	(18)
Mental health professional	2	(6)	2	(5)	1	(6)
Medications						
SSRI	2	(7)	3	(8)	0	(0)
TCA	3	(10)	6	(16)	0	(0)
OA	0	(0)	1	(2)	1	(6)
Benzodiazepines	1	(3)	3	(8)	0	(0)
	Mean	(SD)	Mean	(SD)	Mean	(SD)
Age (years)	38.2	(11.7)	37.9	(12.2)	38.5	(14.9)
Years of education	11.3	(1.5)	11.3	(1.7)	11.0	(1.2)
Problem duration (yrs)	15.9	(10.1)	16.7	(12.3)	20.6	(14.4)

SSRI = serotonin reuptake inhibitors, TCA = tricyclic antidepressants, OA = other antidepressants