**Supplement A.** *Cutoff and reliable change on each disorder specific measure.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Cutoffa** |  | **Reliable changeb** |
| **MADRS-S** |  | 9 |  | 8 |
| **PSWQ** |  | 57 |  | 14 |
| **LSAS** |  | 30 |  | 15 |
| **OCI-R** |  | 17 |  | 13 |
| **PDSS-SR** |  | 6 |  | 5 |
| **ISI** |  | 10 |  | 6 |
| **PSS** |  | 31 |  | 8 |
| **SMBQ** |  | 3.9 |  | 0.63 |

a To be in remission patients should rate under cutoff

b To make a reliable change patients should reduce their rating on the measure at least this much

MADRS-S, Montgomery Åsberg Depression Rating Scale-Self Rated; PSWQ, The Penn State Worry Questionnaire; LSAS, Liebowitz Social Anxiety Scale-Self report; OCI-R, Obsessive–Compulsive Inventory-Revised; PDSS-SR, The Panic Disorder Severity Scale; ISI, Insomnia Severity Index; PSS, Perceived Stress Scale; SMBQ, Shirom-Melamed Burnout Questionnaire

**Supplement B.** *Follow-up data for responders of GSH Step I. Number of patients in remission, with reliable change and clinically significant change at follow-ups*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Post Step II****N=182** |  | **6MFU****N=182** |  | **1YFU****N=182** |
|  |  | ***n*** | ***%*** |  | ***n*** | ***%*** |  | ***n*** | ***%*** |
| **In remission** |  | 94a | 70 |  | 92a | 69 |  | 87a | 75 |
| **RC** |  | 115b | 63 |  | 110b | 60 |  | 108b | 59 |
| **CSC** |  | 82a | 61 |  | 85a | 63 |  | 80a | 60 |
| **Missing data** |  | 12 | 9 |  | 31 | 17 |  | 26 | 14 |

RC, Reliable Change; CSC, Clinically Significant Change

a Of the 134 patients in remission after Step I that rated over cut-off pre Step I

b Of all 182 patients in remission after Step I

**Supplement C.** *Follow-up data for responders of GSH Step I, means and effect sizes*

|  |  |  |
| --- | --- | --- |
| Measures | M (SD) N=182 | Within groupES *d* (95% CI) |
|  | Post Step II | 6MFU | 12MFU | pre-post Step II | pre-6MFU | pre-1YFU |
| MADRS-S  | 6.2 (5.7) | 7.8 (7.2) | 7.3 (6.3) | 1.6 (1.4-1.9) | 1.3 (1.0-1.5) | 1.4 (1.1-1.6) |
| HADS anxiety | 5.7 (3.9) | 6.1 (3.9) | 5.8 (4.0) | 1.5 (1.2-1.7) | 1.4 (1.2-1.6) | 1.4 (1.2-1.7) |
| PSS | 18.3 (8.8) | 20.2 (8.8) | 19.9 (9.3) | 1.8 (1.5-2.0) | 1.5 (1.3-1.8) | 1.5 (1.3-1.8) |
| QOLI | 2.2 (1.2) | 2.4 (1.5) | 2.5 (1.2) | 1.1 (0.9-1.3) | 1.0 (0.8-1.2) | 1.1 (0.9-1.3) |
| WAI | 40.6 (5.8) | 40.9 (6.2) | 41.4 (5.5) | 1.1 (0.9-1.3) | 1.1 (0.9-1.3) | 1.2 (1.0-1.5) |
| CSR | 1.2 (1.6) | 1.0 (1.6) | 1.0 (1.6) | 2.6 (2.2-3.0) | 2.6 (2.3-3.2) | 2.8 (2.3-3.2) |

MADRS-S, Montgomery Åsberg Depression Rating Scale-Self Rated; HADS, Hospital Anxiety and Depression Scale; PSS, Perceived Stress Scale; QOLI, Quality Of Life Inventory; WAI, Work Ability Index; CSR, Clinician’s Severity Rating; CI, confidence interval