**Additional Supplementary Section: Table 1 Analysis of clinical outcomes by clinic type from mixed model analysis of Short Health Anxiety Inventory (SHAI) change from baseline over 8 years**

**Neurology (n=20)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 95% CI |  |  |  |
| Comparison | Difference | Lower Limit | Upper Limit | Probability |
| CBT-HA vs Standard care at 3 months | -2.26 | -8.47 | 3.95 | 0.4726 |
| CBT-HA vs Standard care at 6 months | 3.85 | -2.38 | 10.07 | 0.2239 |
| CBT-HA vs Standard care at 12 months | 0.81 | -5.68 | 7.31 | 0.8049 |
| CBT-HA vs Standard care at 24 months | -1.18 | -7.73 | 5.37 | 0.7220 |
| CBT-HA vs Standard care at 60 months | -5.32 | -12.73 | 2.09 | 0.1578 |
| CBT-HA vs Standard care at 96 months | -1.30 | -8.28 | 5.68 | 0.7130 |
| Nurses vs Standard care at 3 months | 7.43 | -0.01 | 14.86 | 0.0502 |
| Nurses vs Standard care at 6 months | 8.28 | 0.84 | 15.73 | 0.0294 |
| Nurses vs Standard care at 12 months | 5.54 | -1.91 | 12.99 | 0.1436 |
| Nurses vs Standard care at at 24 months | 4.60 | -2.89 | 12.09 | 0.2271 |
| Nurses vs Standard care at at 60 months | 8.47 | 0.45 | 16.48 | 0.0385 |
| Nurses vs Standard care at at 96 months | 8.70 | -0.22 | 17.62 | 0.0559 |
| Nurses vs Other therapists at 3 months | 7.87 | 0.21 | 15.52 | 0.0441 |
| Nurses vs Other therapists at 6 months | 3.34 | -4.35 | 11.03 | 0.3925 |
| Nurses vs Other therapists at 12 months | 3.76 | -3.97 | 11.49 | 0.3377 |
| Nurses vs Other therapists at 24 months | 4.36 | -3.37 | 12.08 | 0.2672 |
| Nurses vs Other therapists at at 60 months | 10.19 | 1.77 | 18.61 | 0.0180 |
| Nurses vs Other therapists at at 96 months | 6.67 | -2.52 | 15.87 | 0.1538 |
| Assistant psychologists vs Standard care at all times | -0.90 | -6.07 | 4.27 | 0.7309 |
| Graduates vs Standard care at all times | 3.18 | -1.13 | 7.50 | 0.1474 |
| Nurses vs Standard care at all times | 7.17 | 1.00 | 13.34 | 0.0230 |
| Nurses vs Other therapists at all times | 6.03 | -0.32 | 12.38 | 0.0625 |

Note: A positive difference indicates improvement from baseline

**Additional Supplementary Section: Table 2 Analysis of clinical outcomes by clinic type from mixed model analysis of Short Health Anxiety Inventory (SHAI) change from baseline over 8 years**

**Respiratory Medicine (n=28)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 95% CI |  |  |  |
| Comparison | Difference | Lower Limit | Upper Limit | Probability |
| CBT-HA vs Standard care at 3 months | -1.49 | -6.48 | 3.50 | 0.5563 |
| CBT-HA vs Standard care at 6 months | 2.94 | -2.27 | 8.16 | 0.2673 |
| CBT-HA vs Standard care at 12 months | 2.00 | -3.42 | 7.41 | 0.4679 |
| CBT-HA vs Standard care at 24 months | 2.11 | -3.31 | 7.53 | 0.4438 |
| CBT-HA vs Standard care at 60 months | -1.93 | -7.75 | 3.88 | 0.5123 |
| CBT-HA vs Standard care at 96 months | -0.68 | -6.77 | 5.42 | 0.8264 |
| Nurses vs Standard care at 3 months | 1.94 | -3.29 | 7.17 | 0.4660 |
| Nurses vs Standard care at 6 months | 7.02 | 1.73 | 12.31 | 0.0096 |
| Nurses vs Standard care at 12 months | 5.90 | 0.59 | 11.21 | 0.0295 |
| Nurses vs Standard care at at 24 months | 3.20 | -2.13 | 8.52 | 0.2380 |
| Nurses vs Standard care at at 60 months | 4.02 | -1.86 | 9.89 | 0.1789 |
| Nurses vs Standard care at at 96 months | 5.99 | -0.18 | 12.15 | 0.0568 |
| Assistant psychologists vs Standard care at all times | 0.49 | -3.28 | 4.26 | 0.7981 |
| Graduates vs Standard care at all times | -2.44 | -6.98 | 2.09 | 0.2889 |
| Nurses vs Standard care at all times | 4.68 | 0.79 | 8.56 | 0.0186 |
| Nurses vs Other therapists at all times | 5.65 | 1.41 | 9.90 | 0.0093 |

Note: A positive difference indicates improvement from baseline

**Additional Supplementary Section: Table 3 Analysis of clinical outcomes by clinic type from mixed model analysis of Short Health Anxiety Inventory (SHAI) change from baseline over 8 years**

**Endocrinology (n=41)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 95% CI |  |  |  |
| Comparison | Difference | Lower Limit | Upper Limit | Probability |
| CBT-HA vs Standard care at 3 months | -1.31 | -5.95 | 3.33 | 0.5781 |
| CBT-HA vs Standard care at 6 months | -0.64 | -5.32 | 4.03 | 0.7864 |
| CBT-HA vs Standard care at 12 months | -1.91 | -6.74 | 2.91 | 0.4356 |
| CBT-HA vs Standard care at 24 months | -4.18 | -9.29 | 0.94 | 0.1093 |
| CBT-HA vs Standard care at 60 months | 3.66 | -1.71 | 9.04 | 0.1809 |
| CBT-HA vs Standard care at 96 months | -2.21 | -7.62 | 3.19 | 0.4213 |
| Nurses vs Standard care at 3 months | 2.29 | -1.59 | 6.17 | 0.2467 |
| Nurses vs Standard care at 6 months | 6.97 | 3.04 | 10.89 | 0.0005 |
| Nurses vs Standard care at 12 months | 4.40 | 0.45 | 8.34 | 0.0290 |
| Nurses vs Standard care at at 24 months | 3.28 | -0.67 | 7.23 | 0.1029 |
| Nurses vs Standard care at at 60 months | 4.08 | -0.33 | 8.48 | 0.0694 |
| Nurses vs Standard care at at 96 months | 2.61 | -2.05 | 7.27 | 0.2710 |
| Assistant psychologists vs Standard care at all times | -1.10 | -4.71 | 2.52 | 0.5500 |
| Graduates vs Standard care at all times | -1.02 | -4.49 | 2.45 | 0.5637 |
| Nurses vs Standard care at all times | 3.94 | 0.93 | 6.94 | 0.0104 |
| Nurses vs Other therapists at all times | 5.00 | 1.71 | 8.29 | 0.0030 |

Note: A positive difference indicates improvement from baseline

**Additional Supplementary Section: Table 4 Analysis of clinical outcomes by clinic type from mixed model analysis of Short Health Anxiety Inventory (SHAI) change from baseline over 8 years**

**Cardiology (n=54)**

|  | 95% CI |  |
| --- | --- | --- |
| Comparison | Difference | Lower Limit | Upper Limit | Probability |
| CBT-HA vs Standard care at 3 months | 3.31 | -0.71 | 7.34 | 0.1066 |
| CBT-HA vs Standard care at 6 months | 6.57 | 2.23 | 10.91 | 0.0031 |
| CBT-HA vs Standard care at 12 months | 2.04 | -2.15 | 6.23 | 0.3382 |
| CBT-HA vs Standard care at 24 months | 3.25 | -0.80 | 7.30 | 0.1158 |
| CBT-HA vs Standard care at 60 months | 4.07 | -0.36 | 8.51 | 0.0716 |
| CBT-HA vs Standard care at 96 months | 2.38 | -2.13 | 6.89 | 0.2999 |
| Nurses vs Standard care at 3 months | 3.77 | 0.33 | 7.20 | 0.0316 |
| Nurses vs Standard care at 6 months | 8.45 | 4.99 | 11.90 | <.0001 |
| Nurses vs Standard care at 12 months | 4.42 | 0.90 | 7.94 | 0.0139 |
| Nurses vs Standard care at at 24 months | 4.16 | 0.60 | 7.72 | 0.0221 |
| Nurses vs Standard care at at 60 months | 7.90 | 3.98 | 11.81 | <.0001 |
| Nurses vs Standard care at at 96 months | 9.24 | 4.72 | 13.76 | <.0001 |
| Assistant psychologists vs Standard care at all times | 3.61 | 0.48 | 6.73 | 0.0239 |
| Graduates vs Standard care at all times | -0.51 | -4.68 | 3.66 | 0.8088 |
| Nurses vs Standard care at all times | 6.32 | 3.64 | 9.01 | <.0001 |
| Nurses vs Other therapists at all times | 4.78 | 1.50 | 8.05 | 0.0043 |

Note: A positive difference indicates improvement from baseline

It was not possible to analyse the numbers in the gastroenterology since the numbers treated by nurse therapists were only 8 at baseline with attrition to 4 at 8 years

Although there are no firm data to determine how many points of improvement on the SHAI constitutes a clinically meaningful difference this is clearly within a range of 2 to 5 points. The differences between nurses and other therapists exceeds these range scores for all except the cardiology patients.