**Data supplement 1.** ﻿*Corrected mixed model estimated means (95% confidence intervals) on all outcome measures at each time point for each condition*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **CBT weekly (N=49)** | **CBT twice weekly (N=49)** | **IPT weekly (N=55)** | **IPT twice weekly (N=47)** |
| *﻿****Primary outcome***Beck Depression Inventory II |  |  |  |  |
| Session 1 | 31.51 (29.11-33.92) | 31.38 (28.99-33.76) | 32.83 (30.48-35.18) | 32.69 (30.29-35.10) |
| Month 6 | 23.57 (21.19-25.40) | 21.69 (19.33-24.06)  | 24.16 (21.80-26.53)  | 22.29 (19.96-24.63)  |
| Month 9 | 21.43 (18.80-24.05)  | 19.12 (16.50-21.74)  | 23.22 (20.63-25.81)  | 20.91 (18.30-23.52)  |
| Month 12 | 20.17 (17.18-23.16)  | 17.65 (14.56-20.75)  | 23.46 (20.43-26.48)  | 20.94 (17.94-23.93)  |
| Month 24 | 20.26 (16.06-24.46)  | 18.66 (14.32-22.99)  | 21.74 (17.48-26.00)  | 20.14 (15.95-24.33)  |
| Mood |  |  |  |  |
| Session 1 | 38.40 (34.06-42.73) | 36.61 (32.30-40.91) | 35.51 (31.26-39.75) | 33.72 (29.41-38.03) |
| Month 6 | 51.89 (47.89-55.90) | 55.28 (51.28-59.29)  | 48.30 (44.30-52.30)  | 51.69 (47.76-55.62)  |
| Month 9 | 56.52 (52.24-60.81)  | 59.23 (54.91-63.54)  | 52.08 (47.82-56.34)  | 54.78 (50.51-59.06)  |
| Month 12 | 59.82 (54.97-64.68)  | 60.75 (55.63-65.86)  | 54.60 (49.61-59.59)  | 55.52 (50.76-60.28)  |
| Month 24 | 58.58 (51.96-65.19)  | 56.70 (49.81-63.59)  | 56.76 (50.02-63.50)  | 54.89 (48.27-61.50)  |
| Happiness today |  |  |  |  |
| Session 1 | 3.29 (3.08-3.50) | 3.29 (3.08-3.49) | 3.30 (3.10-3.51) | 3.30 (3.09-3.51) |
| Month 6 | 3.90 (3.71-4.10) | 4.15 (3.96-4.35)  | 3.75 (3.56-3.94)  | 4.00 (3.80-4.19)  |
| Month 9 | 4.13 (3.90-4.36)  | 4.42 (4.19-4.65)  | 3.93 (3.70-4.16)  | 4.22 (4.00-4.45)  |
| Month 12 | 4.30 (4.05-4.55)  | 4.58 (4.32-4.84) | 4.09 (3.84-4.35)  | 4.37 (4.12-4.63)  |
| Month 24 | 4.48 (4.12-4.84)  | 4.20 (3.83-4.58)  | 4.50 (4.13-4.87)  | 4.22 (3.86-4.57)  |
| Happiness general |  |  |  |  |
| Session 1 | 2.89 (2.67-3.11) | 2.98 (2.76-3.20) | 3.00 (2.78-3.21) | 3.30 (3.09-3.51) |
| Month 6 | 3.88 (3.67-4.09) | 4.11 (3.90-4.32)  | 3.84 (3.63-4.05)  | 4.00 (3.80-4.19)  |
| Month 9 | 4.14 (3.91-4.37)  | 4.41 (4.18-4.64)  | 3.99 (3.76-4.22)  | 4.22 (4.00-4.45)  |
| Month 12 | 4.28 (4.01-4.54)  | 4.58 (4.30-4.86) | 4.04 (3.77-4.31)  | 4.37 (4.12-4.63)  |
| Month 24 | 4.30 (3.93-4.67)  | 4.38 (4.00-4.77)  | 4.27 (3.90-4.65)  | 4.22 (3.86-4.57)  |
| RAND36 general experienced health |  |  |  |  |
| Month 6 | 49.77 (46.66-52.89)  | 49.97 (46.87-53.08) | 48.44 (45.37-51.51) | 48.64 (45.57-51.71) |
| Month 9 | 51.45 (47.86-55.04)  | 51.93 (48.28-55.57) | 50.39 (46.82-53.96) | 50.86 (47.31-54.42) |
| Month 12 | 52.89 (48.78-57.00)  | 53.31 (49.12-57.50) | 52.01 (47.91-56.12) | 52.43 (48.34-56.52) |
| Month 24 | 56.31 (50.43-62.18)  | 53.11 (46.97-59.25) | 55.22 (49.17-61.27) | 52.02 (46.18-57.86) |
| RDQ depressive symptoms |  |  |  |  |
| Month 6 | 11.62 (10.24-13) | 11.16 (9.80-12.51) | 12.15 (10.81-13.50) | 11.69 (10.32-13.06) |
| Month 9 | 10.56 (9.18-11.94) | 10.15 (8.77-11.54) | 11.31 (9.95-12.67) | 10.90 (9.53-12.27) |
| Month 12 | 9.84 (8.39-11.29) | 9.53 (8.06-11.00) | 10.64 (9.20-12.08) | 10.33 (8.89-11.77) |
| Month 24 | 10.42 (8.72-12.11) | 10.87 (9.11-12.62) | 9.72 (7.99-11.44) | 10.17 (8.50-11.84) |
| RDQ other symptoms |  |  |  |  |
| Month 6 | 4.88 (4.21-5.55) | 4.57 (3.90-5.23) | 5.45 (4.79-6.11) | 5.14 (4.47-5.80) |
| Month 9 | 4.46 (3.79-5.13) | 4.18 (3.50-5.85)  | 5.09 (4.43-5.75) | 4.81 (4.14-5.48) |
| Month 12 | 4.18 (3.47-4.89) | 3.95 (3.23-4.68) | 4.82 (4.11-5.52) | 4.59 (3.88-5.30) |
| Month 24 | 4.52 (3.64-5.39) | 4.77 (3.86-5.68) | 4.51 (3.62-5.41) | 4.77 (3.89-5.65) |
| RDQ coping ability |  |  |  |  |
| Month 6 | 3.28 (2.88-3.69) | 2.85 (2.45-3.26) | 3.25 (2.85-3.65) | 2.82 (2.42-3.22) |
| Month 9 | 3.06 (2.65-3.47) | 2.52 (2.11-2.94) | 3.10 (2.70-3.51) | 2.56 (2.16-2.97) |
| Month 12 | 2.91 (2.47-3.36) | 2.31 (1.86-2.77) | 2.98 (2.53-3.42) | 2.38 (1.94-2.82) |
| Month 24 | 3.09 (2.52-3.65) | 2.73 (2.14-3.32) | 2.72 (2.14-3.29) | 2.36 (1.82-2.91) |
| RDQ positive health |  |  |  |  |
| Month 6 | 13.33 (11.91-14.76) | 11.87 (10.47-13.28) | 12.98 (11.58-14.37) | 11.52 (10.11-12.93) |
| Month 9 | 12.20 (10.77-13.64) | 10.65 (9.20-12.09) | 12.41 (10.99-13.82) | 10.85 (9.42-12.27) |
| Month 12 | 11.38 (9.84-12.92) | 9.84 (8.27-11.42) | 11.93 (10.39-13.47) | 10.39 (8.86-11.92) |
| Month 24 | 11.20 (9.39-13.00) | 10.98 (9.10-12.86) | 10.98 (9.13-12.82) | 10.76 (8.98-12.53) |
| RDQ functioning |  |  |  |  |
| Month 6 | 2.89 (2.48-3.29) | 2.66 (2.26-3.05) | 2.76 (2.36-3.16) | 2.53 (2.13-2.93) |
| Month 9 | 2.62 (2.22-3.02) | 2.46 (2.06-2.87) | 2.55 (2.15-2.95) | 2.39 (1.99-2.79) |
| Month 12 | 2.45 (2.02-2.88) | 2.35 (1.91-2.78) | 2.40 (1.98-2.83) | 2.30 (1.88-2.73) |
| Month 24 | 2.68 (2.15-3.21) | 2.66 (2.11-3.21) | 2.41 (1.87-2.95) | 2.39 (1.87-2.91) |
| RDQ life satisfaction |  |  |  |  |
| Month 6 | 3.37 (2.94-3.80) | 3.13 (2.70-3.55) | 3.31 (2.89-3.74) | 3.07 (2.65-3.50) |
| Month 9 | 3.03 (2.60-3.47) | 2.74 (2.30-3.18) | 3.13 (2.70-3.56) | 2.84 (2.41-3.27) |
| Month 12 | 2.79 (2.32-3.26) | 2.48 (1.99-2.97) | 2.97 (2.49-3.45) | 2.66 (2.19-3.12) |
| Month 24 | 2.83 (2.29-3.37) | 2.78 (2.22-3.34) | 2.62 (2.07-3.17) | 2.57 (2.04-3.09) |
| RDQ general sense of wellbeing |  |  |  |  |
| Month 6 | 3.67 (3.20-4.14) | 3.27 (2.80-3.73) | 3.01 (2.37-3.66) | 3.18 (2.71-3.64) |
| Month 9 | 3.30 (2.83-3.77) | 2.94 (2.46-3.41) | 3.58 (3.12-4.04) | 3.05 (2.58-3.52) |
| Month 12 | 3.03 (2.53-3.53) | 2.72 (2.21-3.23) | 3.26 (2.76-3.76) | 2.95 (2.45-3.44) |
| Month 24 | 2.90 (2.28-3.52) | 3.01 (2.37-3.66) | 2.69 (2.06-3.32) | 2.80 (2.20-3.41) |

*Note*. Note that the table gives the estimated means for the 24-months follow-up model (also reported in data supplement 1). CBT, cognitive–behavioural therapy; IPT, interpersonal psychotherapy; RAND-36, RAND 36-Item Health Survey; BDI-II, Beck Depression Inventory-II; RDQ, Remission of Depression Questionnaire.

**Data Supplement 2.** Results of multilevel analyses on the BDI-II and happiness today scores

Results of multilevel analyses on the BDI-II scores: Long-term effect of session frequency (baseline-month24)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | B | Std. Err. | 95% CI | z | *p* |
| Intercept | -7.54 | 2.21 | -11.88/-3.20 | -3.41 | .001 |
| BDI baseline | .81 | .05 | .69/.92 | 13.95 | <.000 |
| Time in days | -.2e-2 | .3e-2 | -.9e-2/.4e-2 | -.61 | .54 |
| Time in days ^2 | .4e-4 | 4.7e-6 | .33e-4/.51e-4 | 8.95 | <.000 |
| Time in days ^3 | -1.0e-7 | 2.4e-8 | -1.5e-7/-5.9e-8 | -4.41 | <.000 |
| Session frequency | -1.26 | .89 | -3.00/.48 | -1.41 | .16 |
| Treatment | 1.64 | .89 | -.10/3.39 | 1.84 | .06 |
| Session frequency \* time in days | -.58e-3 | .37e-2 | -.7e-2/.6e-2 | -.16 | .87 |
| Session frequency \* time in days^2 | 6.19e-6 | 4.74e-6 | -.3.10/.15e-4 | 1.31 | .19 |
| **Session frequency \* time in days^3** | **-3.10e-9** | **2.54e-8** | **-5.28e-8/4.66e-8** | **-.12** | **.90** |
| Treatment \* time in days | .81e-2 | .37e-2 | .76e-3/.15e-1 | 2.16 | .03 |
| Treatment \* time in days^2 | -7.07e-6 | 4.74e-6 | -.16e-4/2.22e-6 | -1.49 | .13 |
| **Treatment \* time in days^3** | **-6.03e-8** | **2.54e-8** | **-1.10e-7/-1.05e-8** | **-2.37** | **.018** |

Note. BDI-II, Beck Depression Inventory, second edition. Note that best fit on the primary outcomes was reached with a model that included a random intercept and slope of time on patient level, time modelled as a cubic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors that followed an AR1 structure. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

Results of multilevel analyses on the BDI-II scores: Long-term effect of session frequency by treatment modality

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | B | Std. Err. | 95% CI | z | *p* |
| Intercept | -7.29 | 2.17 | -11.56/-3.02 | -3.35 | .001 |
| BDI baseline | .80 | .05 | .69/.91 | 14.09 | <.000 |
| Time in days | -.3e-2 | .3e-2 | -.1e-1/.3e-2 | -.98 | .33 |
| Time in days ^2 | -9.4e-8 | 2.5e-8 | -1.43e-7/-4.53e-8 | -3.78 | <.000 |
| Time in days ^3 | 4.2e-4 | 5.0e-6 | -3.2-4/-5.1e-4 | 8.4 | <.000 |
| Session frequency | -1.24 | .89 | -2.99/.51 | -1.38 | .16 |
| Treatment | 1.02 | .89 | -.10/3.49 | 1.93 | .05 |
| Session frequency \* time in days | -.14e-2 | .36e-2 | -.8e-2/.5e-2 | -.39 | .69 |
| Session frequency \* time in days^2 | 6.22e-6 | 5.01e-6 | -3.60e-6/.15e-4 | 1.24 | .21 |
| Session frequency \* time in days^3 | 9.17e-10 | 2.50e-8 | -4.81e-8/5.00e-8 | .04 | .97 |
| Treatment \* time in days | .83e-2 | .36e-2 | .10e-2/.15e-1 | 2.25 | .02 |
| Treatment \* time in days^2 | -7.47e-6 | 5.01e-6 | -3.60e-6/.16e-4 | 1.24 | .21 |
| Treatment \* time in days^3 | -5.98e-8 | 2.50e-8 | -1.09e-7/-1.08e-8 | -2.39 | .017 |
| Session frequency \* Treatment \* Time in days | .27e-2 | .33e-2 | -.37e-2/.93e-2 | .84 | .40 |
| Session frequency \* Treatment \* Time in days^2 | -7.27e-6 | 4.12e-6 | -.15e-4/8.11e-7 | -1.76 | .08 |
| **Session frequency \* Treatment \* Time in days^3** | **-2.43e-8** | **2.49e-8** | **-7.30e-8/2.44e-8** | **-.98** | **.32** |

Note. BDI-II, Beck Depression Inventory, second edition. For the three-way interaction a model that included a random intercept and slope of time on patient level, time modelled as a cubic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors that followed a Toeplitz structure showed best fit. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

Results of multilevel analyses on the ‘happiness today’ scores: Long-term effect of session frequency (baseline-month24)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | B | Std. Err. | 95% CI | z | *p* |
| Intercept | 3.27 | .17 | 2.93/3.61 | 19.08 | <.000 |
| Happiness today baseline | .34 | .05 | .24/.44 | 6.88 | <.000 |
| Time in days | .14e-2 | .14e-3 | .11-2/.17e-2 | 9.90 | <.000 |
| Time in days ^2 | -3.85e-6 | 5.03e-7 | -4.84e-6/-2.87e-6 | -7.67 | <.000 |
| Session frequency | .14 | .07 | -.67e-2/.28 | 1.87 | .06 |
| Treatment | -.10 | .07 | -.25/.04 | -1.39 | .16 |
| Session frequency \* time in days | -.19e-3 | .14e-3 | -.47e-3/.94e-4 | -1.32 | .18 |
| **Session frequency \* time in days^2** | **-1.58e-6** | **5.06e-7** | **-2.57e-6/-5.92e-7** | **-3.13** | **.002** |
| Treatment \* time in days | 6.42e-8 | .14e-3 | -4.84e-6/-2.87e-6 | 0.00 | 1.00 |
| **Treatment \* time in days^2** | **8.39e-7** | **5.06e-7** | **-1.52e-7/1.83e-6** | **1.66** | **.09** |

Note. Note that best fit on the primary outcomes was reached with a model that included a random intercept and slope of time on patient level, time modelled as a quadratic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors that followed an AR (1) structure. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

**Data Supplement 3.** *Reliable change and remission rates n (%) on the Beck Depression Inventory-II (observed values)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | CBT weekly | CBT twice weekly | IPT weekly | IPT twice weekly |
| Reliable change |  |  |  |  |
| Session 1-Month 6 | 16 (44.4) | 21 (58.3) | 10 (32.3) | 18 (52.9) |
| Session 1-Month 9 | 17 (50) | 20 (60.6) | 17 (50) | 17 (51.5) |
| Session 1-Month 12 | 20 (51.3) | 25 (78.1) | 17 (58.6) | 18 (54.5) |
| Session 1-Month 24 | 15 (45.5) | 17 (60.7) | 14 (56) | 21 (65.6) |
|  |  |  |  |  |
| Remission |  |  |  |  |
| Month 6 | 8 (21.6) | 9 (25) | 6 (17.6) | 13 (33.3) |
| Month 9 | 8 (23.5) | 9 (27.3) | 12 (33.3) | 10 (27.8) |
| Month 12 | 11 (28.2) | 14 (43.8) | 10 (31.3) | 12 (34.3) |
| Month 24 | 11 (33.3) | 7 (25) | 11 (37.9) | 10 (28.6) |

*Note.* Note that the n is slightly different per time point and group (reliable change: session 1-month 6: 36, 36, 31, 34; session 1-month 9: 34, 33, 34, 33; session 1-month 12: 39, 32, 29, 33; session 1-month 24: 33, 28, 25, 32, for CBT weekly, CBT twice-weekly, IPT weekly, IPT twice-weekly, respectively; remission: month 6: 37, 36, 34, 39; month 9:34, 33, 36, 36; month 12: 39, 32, 32, 35; month 24: 33, 28, 29, 35 for CBT weekly, CBT twice-weekly, IPT weekly, IPT twice-weekly, respectively).

**Data Supplement 4.** *Relapse rates n (%) according to the BDI-II and LIFE*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | CBT weekly (n=13) | CBT twice weekly (n=14) | IPT weekly (n=10) | IPT twice weekly (n=19) |
| BDI-II |  |  |  |  |
| Month 9, n (%) | 3 (23.1) | 1 (7.7) | 0 (0) | 2 (12.5) |
| Month 12, n (%) | 3 (23.1) | 0 (0.0) | 1 (12.5) | 1 (6.3) |
| Month 24, n (%) | 2 (16.7) | 4 (36.4) | 2 (28.6) | 3 (20) |
|  |  |  |  |  |
|  | CBT weekly (n=9) | CBT twice weekly (n=10) | IPT weekly (n=5) | IPT twice weekly(n=11) |
| LIFE |  |  |  |  |
| Month 24, n (%) | 3 (33.3) | 5 (50) | 2 (40) | 4 (36.4) |

*Note.* The relapse rates were noted per time point (and not cumulative over time). N differed at month 12 (CBT weekly n = 13, CBT twice weekly n= 13, IPT weekly, n = 8, IPT twice weekly, n = 16) and month 24 (CBT weekly n = 12, CBT twice weekly n=11, IPT weekly, n =7 , IPT twice weekly, n = 15). Note that the relapse on the LIFE shows the cumulative relapse rate over time up to month 24, the n per condition was CBT weekly n = 9, CBT twice weekly n= 10, IPT weekly, n = 5, IPT twice weekly, n = 11.

**Data Supplement 5.** Sustained response on the LIFE



*Figure 3.* CBT, cognitive–behavioural therapy; IPT, interpersonal psychotherapy; LIFE, Longitudinal Interval Follow-up Evaluation. Note that sustained response was defined as posttreatment response and no relapse on the subsequent measurement points (at twice-weekly intervals from month 12 after start of treatment to month 24 after start of treatment as measured with the LIFE).