Supplementary File: PER PROTOCOL ANALYSIS

Multilevel model based β-coefficients (SE) and p-values adjusted for variables that were associated to the dependent variables

**Severity of depression (PHQ-9)**

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 phqt\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 1.grup | -.30791 1.126513 -0.27 0.785 -2.515836 1.900016

 time |

 2 | -8.333274 .7937023 -10.50 0.000 -9.889119 -6.777429

 3 | -7.755443 .8091612 -9.58 0.000 -9.341753 -6.169133

 grup#time |

 1 2 | 2.091056 1.533532 1.36 0.173 -.9152625 5.097375

 1 3 | .2462546 1.561239 0.16 0.875 -2.814585 3.307094

 wkst\_n |

 1 | .2681467 1.255438 0.21 0.831 -2.19263 2.728924

 2 | -1.237589 1.138294 -1.09 0.277 -3.46921 .9940311

 3 | .761577 1.378702 0.55 0.581 -1.941403 3.464557

 4 | -.5004324 1.348443 -0.37 0.711 -3.143893 2.143028

 5 | -2.456262 1.446614 -1.70 0.090 -5.292268 .3797441

 6 | .6252865 1.910604 0.33 0.743 -3.119737 4.37031

 stncomorb | .5739136 .1591152 3.61 0.000 .2620233 .8858038

 dist\_0 | 3.203329 1.478861 2.17 0.030 .3047502 6.101908

 tang\_0 | 2.509236 1.23539 2.03 0.042 .087449 4.931023

 tangagora\_0 | -1.032786 1.753324 -0.59 0.556 -4.469888 2.404317

 fobsoc\_0 | 2.417736 1.654141 1.46 0.144 -.8243405 5.659812

 tadapt\_0 | -2.638986 1.199702 -2.20 0.028 -4.991028 -.2869434

 bmqg\_0 | -.0521915 .0755982 -0.69 0.490 -.2004066 .0960236

 stmujer | .4823118 .9478593 0.51 0.611 -1.375998 2.340622

 stedad | .0093947 .0364461 0.26 0.797 -.0620492 .0808386

 stwhodas | .0723777 .0196028 3.69 0.000 .0339522 .1108031

 \_cons | 17.93286 1.87548 9.56 0.000 14.25596 21.60975

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 phqt\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 grup | .458779 .8336624 0.55 0.582 -1.175461 2.093019

 time |

 2 | -7.755368 .6906801 -11.23 0.000 -9.109377 -6.401358

 3 | -7.686958 .693875 -11.08 0.000 -9.047246 -6.32667

 wkst\_n |

 1 | .2647975 1.25496 0.21 0.833 -2.19504 2.724635

 2 | -1.225121 1.137933 -1.08 0.282 -3.456035 1.005793

 3 | .7771043 1.378197 0.56 0.573 -1.924882 3.479091

 4 | -.5015173 1.348566 -0.37 0.710 -3.145226 2.142191

 5 | -2.458187 1.44614 -1.70 0.089 -5.293263 .3768891

 6 | .5626888 1.910627 0.29 0.768 -3.182386 4.307763

 stncomorb | .5728946 .1590463 3.60 0.000 .2611396 .8846496

 dist\_0 | 3.19049 1.478152 2.16 0.031 .2933022 6.087678

 tang\_0 | 2.500405 1.234992 2.02 0.043 .0793998 4.921411

 tangagora\_0 | -1.028213 1.752694 -0.59 0.557 -4.464077 2.407651

 fobsoc\_0 | 2.431931 1.653977 1.47 0.141 -.8098225 5.673685

 tadapt\_0 | -2.642675 1.199352 -2.20 0.028 -4.99403 -.2913191

 bmqg\_0 | -.05198 .0755781 -0.69 0.492 -.2001556 .0961956

 stmujer | .4863059 .947696 0.51 0.608 -1.371684 2.344296

 stedad | .0097555 .036424 0.27 0.789 -.0616449 .0811558

 stwhodas | .0723383 .0195955 3.69 0.000 .0339272 .1107493

 \_cons | 17.71939 1.861737 9.52 0.000 14.06942 21.36936

**Severity of Anxiety (BAI)**

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 bai\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 1.grup | -3.274357 1.882948 -1.74 0.082 -6.964874 .4161598

 time |

 2 | -8.746492 1.266003 -6.91 0.000 -11.22808 -6.264901

 3 | -5.679384 1.338837 -4.24 0.000 -8.304619 -3.054149

 grup#time |

 1 2 | 4.226108 2.411479 1.75 0.080 -.5008394 8.953055

 1 3 | 2.290585 2.505611 0.91 0.361 -2.621695 7.202866

 stmujer | .7459827 1.651686 0.45 0.652 -2.49194 3.983905

 stedad | -.0881415 .0669322 -1.32 0.188 -.2193476 .0430646

 civstat\_n |

 1 | 1.125565 1.932116 0.58 0.560 -2.662062 4.913191

 2 | 3.269606 2.259735 1.45 0.148 -1.160763 7.699974

 3 | -10.09403 3.215173 -3.14 0.002 -16.39705 -3.791017

 |

 stlvl\_n |

 1 | -8.22102 2.667361 -3.08 0.002 -13.44907 -2.992974

 2 | -8.348611 2.654414 -3.15 0.002 -13.5513 -3.145918

 3 | -9.477746 2.702737 -3.51 0.000 -14.77525 -4.18024

 4 | -9.946727 2.94981 -3.37 0.001 -15.72855 -4.164903

 |

 wkst\_n |

 1 | .1592145 2.244819 0.07 0.943 -4.240774 4.559203

 2 | -1.801893 1.987434 -0.91 0.365 -5.698145 2.094359

 3 | 4.331192 2.394479 1.81 0.071 -.3628578 9.025242

 4 | -1.800171 2.278259 -0.79 0.429 -6.266414 2.666072

 5 | -4.553901 2.610287 -1.74 0.081 -9.670848 .5630462

 6 | -2.46039 3.319373 -0.74 0.459 -8.966523 4.045743

 stncomorb | 1.650243 .3288154 5.02 0.000 1.005743 2.294743

 eacv | -1.543464 1.608839 -0.96 0.337 -4.696965 1.610038

 dist\_0 | 2.282177 2.670331 0.85 0.393 -2.95168 7.516033

 dmp\_0 | 4.115092 2.010648 2.05 0.041 .1729482 8.057236

 tang\_0 | 7.664873 2.182557 3.51 0.000 3.385943 11.9438

 fobsoc\_0 | 1.863972 3.158892 0.59 0.555 -4.327648 8.055591

 stwhodas | .0801199 .0339716 2.36 0.018 .0135319 .1467078

 tangagora\_0 | -7.941874 3.123663 -2.54 0.011 -14.06569 -1.818056

 bmqg\_0 | -.0767591 .1287346 -0.60 0.551 -.3291377 .1756195

 \_cons | 29.17295 4.428237 6.59 0.000 20.49304 37.85287

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 bai\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 grup | -1.139917 1.439595 -0.79 0.428 -3.961967 1.682132

 |

 time |

 2 | -7.580438 1.086265 -6.98 0.000 -9.709719 -5.451157

 3 | -5.053126 1.14348 -4.42 0.000 -7.295194 -2.811058

 |

 stmujer | .7626728 1.652818 0.46 0.645 -2.477468 4.002814

 stedad | -.0877091 .0669384 -1.31 0.190 -.2189272 .0435089

 |

 civstat\_n |

 1 | 1.143548 1.933362 0.59 0.554 -2.646521 4.933617

 2 | 3.220924 2.260522 1.42 0.154 -1.21098 7.652828

 3 | -10.09267 3.21739 -3.14 0.002 -16.40004 -3.785312

 |

 stlvl\_n |

 1 | -8.233035 2.669245 -3.08 0.002 -13.46477 -3.001296

 2 | -8.362601 2.65571 -3.15 0.002 -13.56783 -3.157371

 3 | -9.460398 2.704421 -3.50 0.000 -14.7612 -4.159591

 4 | -9.892693 2.952355 -3.35 0.001 -15.67951 -4.105877

 |

 wkst\_n |

 1 | .1564825 2.246024 0.07 0.944 -4.245865 4.55883

 2 | -1.783873 1.988522 -0.90 0.370 -5.682256 2.114509

 3 | 4.388137 2.396403 1.83 0.067 -.3096843 9.085959

 4 | -1.803876 2.279857 -0.79 0.429 -6.273252 2.665499

 5 | -4.532431 2.61259 -1.73 0.083 -9.653897 .5890351

 6 | -2.59969 3.321543 -0.78 0.434 -9.110077 3.910696

 |

 stncomorb | 1.648466 .3290099 5.01 0.000 1.003585 2.293347

 eacv | -1.517216 1.609701 -0.94 0.346 -4.672408 1.637975

 dist\_0 | 2.260074 2.67171 0.85 0.398 -2.976482 7.49663

 dmp\_0 | 4.159652 2.011392 2.07 0.039 .2160596 8.103244

 tang\_0 | 7.667995 2.183658 3.51 0.000 3.38691 11.94908

 fobsoc\_0 | 1.91926 3.162243 0.61 0.544 -4.278931 8.11745

 stwhodas | .0795559 .0339895 2.34 0.019 .0129329 .146179

 tangagora\_0 | -7.935368 3.125182 -2.54 0.011 -14.06216 -1.808579

 bmqg\_0 | -.0765295 .1288085 -0.59 0.552 -.3290529 .1759938

 \_cons | 28.54908 4.42927 6.45 0.000 19.86703 37.23113

**Quality of life (EQOL-D5)**

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 eqol\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 1.grup | -.0257713 .0362556 -0.71 0.477 -.096833 .0452903

 time |

 2 | .1049421 .0241103 4.35 0.000 .0576828 .1522015

 3 | .1100459 .0249331 4.41 0.000 .0611656 .1589261

 grup#time |

 1 2 | -.0351637 .0468021 -0.75 0.452 -.1269101 .0565828

 1 3 | .0027069 .0482845 0.06 0.955 -.091959 .0973727

 stlvl\_n |

 1 | .0539783 .0496134 1.09 0.277 -.0432657 .1512224

 2 | .029971 .0504465 0.59 0.552 -.0689081 .12885

 3 | .061988 .0510478 1.21 0.225 -.0380707 .1620466

 4 | .1074987 .0562025 1.91 0.056 -.002665 .2176624

 wkst\_n |

 1 | .0392496 .0412509 0.95 0.341 -.0416039 .1201031

 2 | -.0123931 .0369787 -0.34 0.738 -.0848855 .0600993

 3 | -.0567598 .0441183 -1.29 0.198 -.1432464 .0297268

 4 | .0367253 .041927 0.88 0.381 -.0454615 .1189121

 5 | .044214 .0483537 0.91 0.361 -.0505721 .1390001

 6 | .0278975 .065175 0.43 0.669 -.0998692 .1556642

 stncomorb | -.0169423 .0060666 -2.79 0.005 -.0288344 -.0050503

 eadiges | -.0274406 .0441735 -0.62 0.534 -.1140233 .059142

 dmp\_0 | -.0370569 .0358027 -1.04 0.301 -.1072431 .0331292

 bmqg\_0 | .0025896 .0023603 1.10 0.273 -.0020377 .007217

 stwhodas | -.0030388 .0006532 -4.65 0.000 -.0043192 -.0017584

 dist\_0 | -.0316284 .0486037 -0.65 0.515 -.1268911 .0636342

 tangagora\_0 | .0334662 .0466512 0.72 0.473 -.0579894 .1249218

 stedad | -.002223 .0012222 -1.82 0.069 -.0046188 .0001729

 stmujer | .0055685 .0303516 0.18 0.854 -.0539312 .0650683

 \_cons | .4616886 .0748051 6.17 0.000 .3150475 .6083298

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 eqol\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 grup | -.0364681 .027195 -1.34 0.180 -.0897818 .0168456

 time |

 2 | .0952048 .0210268 4.53 0.000 .0539853 .1364242

 3 | .1107494 .021318 5.20 0.000 .0689566 .1525423

 stlvl\_n |

 1 | .0539638 .0496301 1.09 0.277 -.0433128 .1512405

 2 | .0298627 .0504549 0.59 0.554 -.0690328 .1287582

 3 | .0619016 .0510649 1.21 0.225 -.0381904 .1619937

 4 | .1073003 .0562288 1.91 0.056 -.0029149 .2175154

 wkst\_n |

 1 | .0393391 .0412557 0.95 0.340 -.0415238 .120202

 2 | -.0126923 .0369902 -0.34 0.732 -.0852072 .0598226

 3 | -.0569638 .0440987 -1.29 0.196 -.1434117 .0294841

 4 | .0367212 .0419471 0.88 0.381 -.0455051 .1189475

 5 | .0442882 .0483679 0.92 0.360 -.0505256 .139102

 6 | .0287501 .0652441 0.44 0.659 -.0991527 .1566529

 stncomorb | -.0169267 .0060678 -2.79 0.005 -.0288212 -.0050323

 eadiges | -.0274109 .0441887 -0.62 0.535 -.1140233 .0592015

 dmp\_0 | -.0372644 .0358114 -1.04 0.298 -.1074676 .0329387

 bmqg\_0 | .0025871 .002361 1.10 0.273 -.0020416 .0072159

 stwhodas | -.0030383 .0006533 -4.65 0.000 -.0043189 -.0017576

 dist\_0 | -.0314907 .0486182 -0.65 0.517 -.1267816 .0638003

 tangagora\_0 | .0335764 .0466476 0.72 0.472 -.0578719 .1250248

 stedad | -.0022331 .0012223 -1.83 0.068 -.004629 .0001628

 stmujer | .0055071 .0303633 0.18 0.856 -.0540158 .06503

 \_cons | .4648002 .0746777 6.22 0.000 .3184066 .6111937

**Disability Scale (WHODAS)**

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 whodas\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 1.grup | .2135793 3.133614 0.07 0.946 -5.928251 6.35541

 time |

 2 | -16.30002 2.276768 -7.16 0.000 -20.76323 -11.83681

 3 | -14.89005 2.307887 -6.45 0.000 -19.41461 -10.36548

 grup#time |

 1 2 | 4.617601 4.452296 1.04 0.300 -4.111767 13.34697

 1 3 | .4141938 4.413847 0.09 0.925 -8.238933 9.06732

 stlvl\_n |

 1 | -1.257833 4.089985 -0.31 0.758 -9.27467 6.759004

 2 | .3959306 4.240942 0.09 0.926 -7.917362 8.709224

 3 | -4.654789 4.308175 -1.08 0.280 -13.09994 3.790364

 4 | -6.410788 4.713828 -1.36 0.174 -15.65094 2.829363

 wkst\_n |

 1 | -1.04462 3.501658 -0.30 0.765 -7.908653 5.819412

 2 | -3.271335 3.129812 -1.05 0.296 -9.40823 2.865561

 3 | 1.67026 3.869328 0.43 0.666 -5.917783 9.258304

 4 | 1.089479 3.571198 0.31 0.760 -5.912111 8.09107

 5 | -3.040363 4.197829 -0.72 0.469 -11.27164 5.190913

 6 | -1.487192 5.300977 -0.28 0.779 -11.87818 8.903795

 stncomorb | 1.367156 .5034679 2.72 0.007 .3802115 2.3541

 eadiges | -2.776603 3.696127 -0.75 0.453 -10.02157 4.468363

 stwhodas | .6282892 .0540117 11.63 0.000 .5224084 .7341701

 tangagora\_0 | -3.487013 3.917117 -0.89 0.373 -11.16761 4.193586

 dist\_0 | 12.89795 4.052435 3.18 0.001 4.955104 20.8408

 bmqg\_0 | -.1466983 .1994974 -0.74 0.462 -.5378656 .244469

 stedad | .1185736 .10183 1.16 0.244 -.0810552 .3182024

 stmujer | -.5901608 2.568103 -0.23 0.818 -5.625223 4.444901

 \_cons | 46.49397 6.35718 7.31 0.000 34.03031 58.95763

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 whodas\_ | Coef. Std. Err. t P>|t| [95% Conf. Interval]

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 grup | 1.867854 2.286303 0.82 0.414 -2.614967 6.350674

 time |

 2 | -15.02493 1.974871 -7.61 0.000 -18.89666 -11.15321

 3 | -14.77606 1.984433 -7.45 0.000 -18.66659 -10.88553

 stlvl\_n |

 1 | -1.249018 4.090763 -0.31 0.760 -9.26738 6.769344

 2 | .4059984 4.240992 0.10 0.924 -7.907385 8.719382

 3 | -4.644433 4.309049 -1.08 0.281 -13.0913 3.802434

 4 | -6.383464 4.715006 -1.35 0.176 -15.62593 2.858998

 wkst\_n |

 1 | -1.051012 3.501774 -0.30 0.764 -7.915266 5.813242

 2 | -3.243596 3.130536 -1.04 0.300 -9.381912 2.89472

 3 | 1.699329 3.869199 0.44 0.661 -5.888445 9.287103

 4 | 1.087461 3.572343 0.30 0.761 -5.916379 8.091302

 5 | -3.042487 4.200172 -0.72 0.469 -11.27838 5.193407

 6 | -1.604675 5.304282 -0.30 0.762 -12.00217 8.792818

 stncomorb | 1.36662 .503408 2.71 0.007 .3797936 2.353445

 eadiges | -2.789933 3.696225 -0.75 0.450 -10.03509 4.455222

 stwhodas | .628116 .0540142 11.63 0.000 .5222304 .7340017

 tangagora\_0 | -3.486514 3.915958 -0.89 0.373 -11.16481 4.191784

 dist\_0 | 12.88502 4.053055 3.18 0.001 4.940956 20.82908

 bmqg\_0 | -.1464386 .1995333 -0.73 0.463 -.5376762 .2447991

 stedad | .1193288 .1018614 1.17 0.241 -.0803619 .3190194

 stmujer | -.5842498 2.568712 -0.23 0.820 -5.620505 4.452005

 \_cons | 46.02311 6.364666 7.23 0.000 33.5442 58.50202