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| Supplementary Table 3: Characteristics of TDS and PSM samples. |
|   | TDS ITT = 88 | CBT PSM = 87 |
| Demographics |   |  |
| Females | 51 (57.95%) | 56 (64.37%) |
| Mean age (SD) | 45.2 (14.0) | 44.5 (14.5) |
| White British | 100% | 100% |
| Clinical Characteristics at baseline (IAPTentry) |
|  PHQ-9 means (SD) | 16.80 (5.50) | 17.10 (6.17) |
|  GAD-7 means (SD) | 14.65 (4.72) | 14.17 (4.83) |
| Clinical Characteristics at baseline (CBTstart) |
| PHQ-9 means (SD) | 14.40 (6.68) | 16.70 (6.87) |
| GAD-7 means (SD) | 12.40 (5.62) | 14.40 (5.49) |
| Service Characteristics |
| CBT sessions | 6.42 (4.78) | 6.07 (4.75) |
| Stepped up from Step-2 | 6 (6.82%) | 5 (5.75%) |
| *TDS ITT = Transdiagnostic seminar intention-to-treat sample; CBT PSM = CBT propensity score matched sample.* |