**Supplementary Material 1: Planned and actual (brackets) baseline and intervention lengths in weeks and therapist contacts (40-50 minutes each)**

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| --- | --- | --- | --- | --- |
| Participant | Randomised order of baseline lengths | Number of therapist contacts | Length of intervention phase\*\* | Number of therapist contacts |
| 1 | 4(7) | 3 | 7 | 3 |
| 2 | 4 | 2 | 16 | 8 |
| 3 | 3(7) | 3 | 11 | 6 |
| 4 | 7 | 3 | 12 | 5 (one phone call) |
| 5 | 5(6) | 3 | 11 | 6 |
| 6 | 4(5) | 2 | 13 | 5\*\* |
| 7 | 4 | 2 | 15 | 5\*\* |
| 8 | 7(10) | 4 | 11 | 6 |
| 9 | 2(4) | 2 | 14 | 6 (one phone call) |
| 10 | 8(11) | 4 | 9 | 5 |
| 11 | 5 | 2 | 13 | 7 |
| 12 | 6 | 3 | 9 | 5 |
| 13 | 6 | 3 | 3 (lost to follow-up) | 2 |
| 14 | 2(3) | 1 | 3 | 2 |
| 15 | 4(5) | 2 | 7 | 4 |
| 16 | 6 (8) | 4 | 5 | 3 |

\*\*intervention phase includes periods when sessions were missed but primary measures were continued.