**Online Supplementary Material.** *Descriptive statistics for the GPTIM*

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| GPTIM items | *M (SD)* | Skewness | Kurtosis |
| The facilitators were clearly using a psychoeducational approach | 5.36 (.783) | -.762 | -.915 |
| The psychoeducational information delivered was well matched to the needs of the group | 5.03 (1.015) | -1.209 | 1.435 |
| The session was underpinned by cognitive behavioural theory (and not another theory) | 5.30 (.918) | -1.180 | .525 |
| The facilitators shared and then abided by an agenda | 5.09 (.843) | -.513 | -.521 |
| The facilitators paced the session appropriately | 4.67 (.957) | -.623 | .605 |
| The facilitators presented the materials in an engaging and enthusiastic manner | 4.58 (1.119) | -.629 | -.015 |
| The facilitators clearly & accurately communicated the psychoeducational information | 4.88 (1.083) | -.689 | -.068 |
| The facilitators presented change methods with clarity | 4.82 (.983) | -.664 | .578 |
| The facilitators provided guidance on the content of between session work (‘homework’) | 4.73 (.839) | -.444 | -.101 |

*Notes.* M: mean; SD: standard deviation