**Online Supplementary Material.** *Patient Demographic Data (n=78)*

|  |  |  |
| --- | --- | --- |
| Characteristic | Number | Overall Percentage of Group |
| Age in years: mean  (*SD*) [range] | 33  (11.6) [18-64] |  |
| Gender  Female  Male | 49  29 | 63%  37% |
| Ethnicity  White  Asian/Asian British  Other  Black/Black British  Did not state | 65  5  4  3  1 | 83.3%  6.4%  5.1%  3.8%  1.3% |
| Presentation  Generalized anxiety  disorder  Depressive episode  Panic disorder  Adjustment disorder  Recurrent depressive  disorder | 40  33  2  1  2 | 51.2%  42.3%  2.6%  1.3%  2.6% |