

## Supplement B: BRIEF CBT PROCESS SCALES

Table B.1

*Full process scales and brief equivalents as developed based on the selection/training data (n = 370)*

Domain	Scale	Item	Brief	Phrasing	Th. range	M	SD	Median	% min	% max	Factor (loading) <sup>1</sup>	Change, d	Slope corr. w. oc	Median std $\gamma$
MDD	ATQ	1	x	I'm no good.	1-5	2.61	1.13	2	18	4	1 (.82)	0.55	0.67	0.031
MDD	ATQ	2		I'm so disappointed in myself.	1-5	3.02	1.07	3	8	7	1 (.72)	0.64	0.71	-0.002
MDD	ATQ	3	x	What's wrong with me?	1-5	3.02	1.26	3	15	12	1 (.75)	0.76	0.73	0.046
MDD	ATQ	4		I'm worthless.	1-5	2.46	1.18	2	24	4	1 (.88)	0.55	0.57	0.021
MDD	ATQ	5		I feel so helpless.	1-5	2.79	1.13	3	12	5	1 (.46)	0.54	0.70	0.034
MDD	ATQ	6		Something has to change.	1-5	4.01	0.99	4	2	37	1 (.55)	0.78	0.67	-0.001
MDD	ATQ	7	x	My future is bleak.	1-5	2.70	1.16	3	17	6	1 (.54)	0.61	0.68	0.082
MDD	ATQ	8		I can't finish anything.	1-5	2.92	1.37	3	19	14	2 (.44)	0.52	0.58	0.057
MDD	BADS-AC	1		I am content with the amount and types of things I did	0-6	1.90	1.27	2	12	1	1 (.61)	-0.52	-0.67	0.049
MDD	BADS-AC	2	x	I engaged in a wide and diverse array of activities	0-6	2.71	1.62	2	9	10	1 (.58)	-0.27	-0.62	-0.060
MDD	BADS-AC	3		I made good decisions about what type of activities...	0-6	2.42	1.47	2	9	4	1 (.68)	-0.28	-0.65	0.012
MDD	BADS-AC	4	x	I was an active person and accomplished the goals I set...	0-6	1.66	1.41	1	20	3	1 (.83)	-0.55	-0.67	0.013
MDD	BADS-AC	5	x	I did things even though they were hard because they fit...	0-6	2.16	1.66	2	18	6	1 (.78)	-0.40	-0.55	-0.064
MDD	BADS-AC	6		I did something that was hard to do but it was worth it	0-6	2.05	1.67	2	19	6	1 (.63)	-0.35	-0.52	-0.039
MDD	BADS-AC	7		I structured my day's activities	0-6	2.13	1.60	2	18	4	1 (.63)	-0.34	-0.47	-0.011
MDD	BADS-AV/R	8	x	Most of what I did was to escape from or avoid...	0-6	1.70	1.60	1	29	4	1 (.49)	0.35	0.55	0.073
MDD	BADS-AV/R	9	x	I did things to avoid feeling sadness or other painful...	0-6	2.59	1.62	2	11	6	1 (.78)	0.48	0.46	0.041
MDD	BADS-AV/R	10	x	I tried not to think about certain things	0-6	3.33	1.69	4	5	15	1 (.54)	0.61	0.57	0.080
MDD	BADS-AV/R	11	x	I spent a long time thinking over and over about my...	0-6	3.46	1.61	4	3	15	2 (.50)	0.71	0.69	0.007
MDD	BADS-AV/R	12	x	I kept trying to think of ways to solve a problem but...	0-6	2.80	1.65	2	3	11	2 (.46)	0.68	0.51	0.087
MDD	BADS-AV/R	13	x	I frequently spent time thinking about my past, people...	0-6	3.61	1.85	4	7	20	2 (.55)	0.82	0.52	0.005
MDD	BADS-AV/R	14		I only engaged in activities that would distract me...	0-6	1.75	1.59	2	27	3	1 (.56)	0.37	0.40	0.079

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MDD	RPI-RP	1	x	I have many interests that bring me pleasure.	1-4	2.33	0.75	2	11	5	1 (.80)	-0.62	-0.62	-0.023
MDD	RPI-RP	2		I make the most of opportunities that are available to me.	1-4	2.32	0.76	2	13	4	2 (.44)	-0.36	-0.59	-0.032
MDD	RPI-RP	3	x	There are many activities that I find satisfying.	1-4	2.39	0.74	2	11	4	1 (.75)	-0.52	-0.55	-0.006
MDD	RPI-RP	4		I feel a strong sense of achievement.	1-4	1.99	0.71	2	25	1	2 (.57)	-0.55	-0.62	-0.073
MDD	RPI-RP	5	x	It is easy to find good ways to spend my time.	1-4	2.11	0.70	2	17	3	1 (.72)	-0.59	-0.51	-0.001
MDD	RPI-RP	6		I have the abilities to obtain pleasure in life.	1-4	2.22	0.78	2	18	4	2 (.55)	-0.56	-0.52	-0.037
MDD	RPI-RP	7		I have many opportunities to socialize with people.	1-4	2.50	0.85	3	15	9	1 (.29)	-0.50	-0.43	0.017
MDD	RPI-ES	8	x	My behaviors often have negative consequences.	1-4	2.42	0.70	2	10	3	1 (.53)	0.47	0.59	0.021
MDD	RPI-ES	9	x	Things happen that make me feel hopeless or inadequate.	1-4	2.95	0.73	3	5	18	1 (.43)	0.54	0.49	-0.018
MDD	RPI-ES	10		I have few financial resources, which limits what I can do.	1-4	2.00	1.00	2	40	10	Dropped	Dropped	Dropped	Dropped
MDD	RPI-ES	11		I have had many unpleasant experiences.	1-4	2.39	0.86	2	16	9	1 (.67)	0.51	0.45	-0.077
MDD	RPI-ES	12	x	It seems like bad things always happen to me.	1-4	2.15	0.72	2	18	2	1 (.72)	0.47	0.47	-0.041
MDD	RPI-ES	13		I often get hurt by others.	1-4	2.35	0.80	2	12	8	1 (.65)	0.36	0.29	-0.061
PD	ACQ-PC	1		I am going to throw up	1-5	2.04	1.23	2	46	6	1 (.16)	0.49	0.28	-0.033
PD	ACQ-PC	2	x	I am going to pass out	1-5	2.76	1.45	2	24	19	1 (.32)	0.68	0.45	0.008
PD	ACQ-PC	3		I must have a brain tumor	1-5	1.44	0.86	1	73	1	2 (.79)	0.39	0.19	0.031
PD	ACQ-PC	4	x	I will have a heart attack	1-5	2.02	1.21	2	46	6	2 (.77)	0.52	0.24	0.063
PD	ACQ-PC	5	x	I will choke to death	1-5	2.05	1.29	2	49	7	2 (.35)	0.57	0.43	0.091
PD	ACQ-PC	7		I am going blind	1-5	1.18	0.49	1	86	1	2 (.36)	0.40	-0.17	Dropped
PD	ACQ-PC	10	x	I am going to have a stroke	1-5	1.51	0.95	1	71	2	2 (.87)	0.33	0.23	0.060
PD	ACQ-LOC	6	x	I am going to act foolish	1-5	3.00	1.33	3	18	14	1 (.81)	1.06	0.47	0.056
PD	ACQ-LOC	8	x	I will not be able to control myself	1-5	3.38	1.36	4	10	27	1 (.76)	1.06	0.54	0.063
PD	ACQ-LOC	9		I will hurt someone	1-5	1.34	0.87	1	83	2	1 (.55)	0.30	0.18	Dropped
PD	ACQ-LOC	11	x	I am going to go crazy	1-5	2.48	1.46	2	36	15	1 (.73)	0.76	0.39	0.062

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PD	ACQ-LOC	12		I am going to scream	1-5	1.78	1.23	1	64	6	1 (.72)	0.40	0.52	0.057
PD	ACQ-LOC	13		I am going to babble or talk funny	1-5	2.01	1.33	1	53	7	1 (.66)	0.48	0.39	0.030
PD	ACQ-LOC	14		I will be paralyzed by fear	1-5	2.25	1.28	2	38	7	1 (.45)	0.60	0.44	0.131
PD	BQ-A	1		Sex	0-3	0.81	1.13	0	59	15	2 (.75)	0.44	0.27	0.048
PD	BQ-A	2		Drinking alcohol	0-3	1.00	1.12	1	45	18	2 (.77)	0.40	0.36	0.051
PD	BQ-A	3	x	Travelling alone by bus or coach	0-3	1.22	1.20	1	39	23	1 (.81)	0.54	0.41	0.099
PD	BQ-A	4		Walking alone in busy streets	0-3	1.05	1.14	1	44	19	1 (.87)	0.58	0.53	0.094
PD	BQ-A	5	x	Going into crowded shops	0-3	1.13	1.10	1	38	16	1 (.65)	0.74	0.41	0.104
PD	BQ-A	6		Being criticised	0-3	0.94	1.04	1	45	11	2 (.57)	0.58	0.51	0.183
PD	BQ-A	7	x	Going alone far from home	0-3	1.45	1.29	1	37	33	1 (.71)	0.68	0.37	0.087
PD	BQ-A	8		Large open spaces	0-3	0.55	0.90	0	66	7	1 (.56)	0.41	0.39	0.064
PD	BQ-A	9		Exercise	0-3	0.62	0.92	0	62	7	1 (.39)	0.30	0.36	0.009
PD	BQ-A	10		Drinking coffee	0-3	0.65	1.02	0	64	10	3 (.49)	0.35	0.38	0.036
PD	BQ-SB	1		Tried to think about other things	0-3	1.96	0.86	2	7	28	2 (.36)	0.80	0.42	0.019
PD	BQ-SB	2		Held on to or leaned on something	0-3	1.19	1.06	1	33	15	1 (.66)	0.66	0.44	-0.024
PD	BQ-SB	3		Held on to or leaned on someone	0-3	0.58	0.86	0	62	5	1 (.61)	0.34	0.32	0.137
PD	BQ-SB	4	x	Sat down	0-3	1.32	0.89	1	19	9	1 (.64)	0.80	0.64	-0.015
PD	BQ-SB	5	x	Kept still	0-3	1.23	0.96	1	28	8	1 (.57)	0.58	0.51	-0.040
PD	BQ-SB	6		Moved very slowly	0-3	1.03	0.94	1	36	6	1 (.60)	0.42	0.40	-0.005
PD	BQ-SB	7		Looked for an escape route	0-3	1.65	1.10	2	20	29	1 (.29)	0.72	0.54	-0.033
PD	BQ-SB	8		Made yourself do more physical exercise	0-3	0.52	0.81	0	64	3	2 (.24)	0.25	0.22	-0.005
PD	BQ-SB	9		Focused attention on your body	0-3	1.63	1.01	2	16	23	2 (.67)	0.46	0.44	-0.049
PD	BQ-SB	10	x	Tried to keep control of your mind	0-3	2.16	0.91	2	7	44	2 (.67)	0.68	0.35	0.004
PD	BQ-SB	11	x	Tried to keep tight control over behavior	0-3	1.94	0.96	2	8	35	2 (.74)	0.91	0.41	-0.010
PD	BQ-SB	12		Talked more	0-3	0.69	0.95	0	56	8	1 (.24)	0.40	0.31	0.020
PD	BQ-SB	13		Took medication	0-3	0.70	1.06	0	63	12	1 (.24)	0.36	0.38	0.029

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PD	BQ-SB	14		Asked people around for help	0-3	0.62	0.91	0	62	6	1 (.55)	0.29	0.12	0.053
PD	BQ-SB	15		Changed your breathing	0-3	1.79	0.96	2	9	28	2 (.47)	0.22	0.31	-0.090
SAD	SBQ-IM	1		Rehearse sentences in your mind	1-4	2.52	0.90	3	13	15	1 (.70)	0.63	0.34	0.030
SAD	SBQ-IM	2	x	Try to keep tight control of your behavior	1-4	2.96	0.85	3	5	29	1 (.81)	0.78	0.48	0.039
SAD	SBQ-IM	3	x	Try to picture how you appear to others	1-4	3.36	0.75	4	1	51	1 (.55)	0.96	0.55	0.052
SAD	SBQ-IM	4		Make an effort to get your words right	1-4	3.20	0.82	3	3	43	1 (.77)	1.03	0.43	0.022
SAD	SBQ-IM	5	x	Censor what you are going to say	1-4	3.06	0.80	3	1	34	1 (.79)	0.83	0.47	0.072
SAD	SBQ-A	6		Avoid talking about yourself	1-4	2.72	0.86	3	7	20	1 (.42)	0.58	0.58	0.043
SAD	SBQ-A	7	x	Stay on the edges of groups	1-4	3.22	0.71	3	1	38	1 (.76)	0.82	0.60	0.073
SAD	SBQ-A	8	x	Try not to attract attention	1-4	3.30	0.75	3	1	46	1 (.78)	0.87	0.60	0.049
SAD	SBQ-A	9	x	Talk less	1-4	3.24	0.71	3	16	40	1 (.69)	0.90	0.64	0.074
SAD	SBQ-A	10		Avoid eye contact	1-4	2.62	0.89	3	9	19	2 (.49)	0.75	0.55	0.027
SAD	SCQ(-F)	1a		I will be unable to speak	1-5	2.69	1.28	3	1	21	1 (.71)	0.74	0.47	0.045
SAD	SCQ(-B)	1b		I will be unable to speak	0-10	4.30	3.35	4.325	8	2	1 (.68)	0.50	0.44	0.072
SAD	SCQ(-F)	2a		I am going to tremble or shake uncontrollably	1-5	2.50	1.40	2	32	13	1 (.70)	0.49	0.38	0.010
SAD	SCQ(-B)	2b		I am going to tremble or shake uncontrollably	0-10	4.16	3.79	3.025	7	3	1 (.68)	0.42	0.49	0.074
SAD	SCQ(-F)	3a		I will be paralyzed with fear	1-5	1.96	1.17	2	44	6	1 (.69)	0.38	0.43	-0.003
SAD	SCQ(-B)	3b		I will be paralyzed with fear	0-10	2.65	3.20	1.2	13	1	1 (.71)	0.24	0.46	0.053
SAD	SCQ(-F)	4a	x	I will babble or talk funny	1-5	3.11	1.41	3	19	21	1 (.66)	0.59	0.51	0.063
SAD	SCQ(-B)	4b	x	I will babble or talk funny	0-10	5.50	3.56	6.5	4	5	1 (.68)	0.52	0.56	0.097
SAD	SCQ(-F)	5a	x	I will be unable to concentrate	1-5	3.26	1.23	3	10	17	1 (.70)	0.66	0.50	0.066
SAD	SCQ(-B)	5b	x	I will be unable to concentrate	0-10	6.07	3.02	6.775	2	6	1 (.74)	0.69	0.49	0.098
SAD	SPCQ(-P)	1a		I will be clumsy in front of other people	0-100	54.95	29.89	59.5	1	3	1 (.72)	0.61	0.54	0.110
SAD	SPCQ(-C)	1b		I will be clumsy in front of other people	0-100	57.89	27.89	59.25	2	4	1 (.67)	0.89	0.51	0.146
SAD	SPCQ(-P)	2a		My voice will be unsteady	0-100	60.86	30.53	65.5	2	3	1 (.59)	0.62	0.54	0.096

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SAD	SPCQ(-C)	2b		My voice will be unsteady	0-100	61.36	25.77	64.75	1	1	1 (.73)	0.95	0.55	0.131
SAD	SPCQ(-P)	3a	x	Someone will think I'm odd	0-100	68.38	24.95	74	1	4	1 (.69)	0.72	0.53	0.087
SAD	SPCQ(-C)	3b	x	Someone will think I'm odd	0-100	68.31	26.10	74.75	1	4	1 (.59)	1.10	0.49	0.147
SAD	SPCQ(-P)	4a	x	I will feel nervous in a social situation	0-100	89.41	14.58	96.75	1	9	1 (.60)	0.86	0.55	0.161
SAD	SPCQ(-C)	4b	x	I will feel nervous in a social situation	0-100	76.33	20.47	79.75	1	1	1 (.57)	1.13	0.54	0.141

*Note.* All questionnaires were administered in Swedish. Gamma ( $\gamma$ ) is derived from random-intercepts cross-lagged panel models, and stands for the completely standardized unique effect of deviations in the item score of one week, on deviations in the domain outcome score of the following week. ACQ-LOC = Agoraphobic Cognitions Questionnaire – Loss of Control subscale; ACQ-PC = Agoraphobic Cognitions Questionnaire – Physical Consequences subscale; ATQ = Automatic Thoughts Questionnaire; BADS-AC = Behavioral Activation for Depression Scale – Activation subscale; BADS-AV/R = Behavioral Activation for Depression Scale – Avoidance/Rumination subscale; BQ-A = Behaviors Questionnaire – Avoidance; BQ-SB = Behaviors Questionnaire – Safety Behaviors; MDD = major depressive disorder; PD = panic disorder; RPI-ES = Reward Probability Index – Environmental Suppressors subscale; RPI-RP = Reward Probability Index – Reward Probability subscale; SAD = social anxiety disorder; SBQ-A = Social Behavior Questionnaire – Avoidance subscale; SBQ-IM = Social Behavior Questionnaire – Impression Management subscale; SCQ = Social Cognitions Questionnaire; SPCQ = Social Probability and Cost Questionnaire.

<sup>1</sup> In these factor analyses, the domain outcome was also included in order to illustrate the relationship between this and the process scale.

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Table B.2

*Pre-treatment correlations between the full process scales (non-abbreviated) and the corresponding domain outcomes in the selection/training data*

Domain/subsample	Full process scale	Depression symptoms (MADRS-S)	Social anxiety symptoms (LSAS-SR)	Panic disorder symptoms (PDSS-SR)
MDD ( <i>n</i> =114)	ATQ	0.54	0.41	0.14
MDD ( <i>n</i> =114)	BADS-AC	-0.31	-0.40	-0.11
MDD ( <i>n</i> =114)	BADS-AV/R	0.36	0.28	0.32
MDD ( <i>n</i> =114)	RPI-RP	-0.35	-0.38	-0.10
MDD ( <i>n</i> =114)	RPI-ES	0.35	0.29	0.34
PD ( <i>n</i> =106)	ACQ-PC	0.25	0.26	0.34
PD ( <i>n</i> =106)	ACQ-LOC	0.52	0.40	0.30
PD ( <i>n</i> =106)	BQ-A	0.55	0.64	0.66
PD ( <i>n</i> =106)	BQ-SB	0.44	0.49	0.44
SAD ( <i>n</i> =150)	SBQ-IM	0.10	0.24	0.09
SAD ( <i>n</i> =150)	SBQ-A	0.15	0.34	0.14
SAD ( <i>n</i> =150)	SCQ	0.27	0.37	0.36
SAD ( <i>n</i> =150)	SPCQ	0.30	0.41	0.30

*Note.* Each process scale was completed only by those patients who had the corresponding primary diagnosis. Thus, all correlations with the ATQ (including those with the LSAS-SR and PDSS-SR) are derived from patients with principal MDD, all correlations with the ACQ-PC are derived from patients with principal PD, and so on. All questionnaires were administered in Swedish. ACQ-LOC = Agoraphobic Cognitions Questionnaire – Loss of Control subscale; ACQ-PC = Agoraphobic Cognitions Questionnaire – Physical Consequences subscale; ATQ = Automatic Thoughts Questionnaire; BADS-AC = Behavioral Activation for Depression Scale – Activation subscale; BADS-AV/R = Behavioral Activation for Depression Scale – Avoidance/Rumination subscale; BQ-A = Behaviors Questionnaire – Avoidance; BQ-SB = Behaviors Questionnaire – Safety Behaviors; LSAS-SR = Liebowitz Social Anxiety Scale – Self-report version; MADRS-S = Montgomery-Åsberg Depression Rating Scale – Self-report version; MDD = major depressive disorder; PD = panic disorder; PDSS-SR = Panic Disorder Severity Scale – Self-report version; RPI-ES = Reward

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Probability Index – Environmental Suppressors subscale; RPI-RP = Reward Probability Index – Reward Probability subscale; SAD = social anxiety disorder; SBQ-A = Social Behavior Questionnaire – Avoidance subscale; SBQ-IM = Social Behavior Questionnaire – Impression Management subscale; SCQ = Social Cognitions Questionnaire; SPCQ = Social Probability and Cost Questionnaire.

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### **Communication in ICBT**

Patients in the 2014-2017 selection/training sample ( $n=370$ ) sent a mean number of 14 messages (SD=8) and received 15 messages (SD=6) from their therapist. Similarly, patients of the 2018-2021 validation sample ( $n=293$ ) sent a mean number of 15 messages (SD=10) and received 20 messages (SD=8) from their therapist.



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Table B.3

*Prerequisites for factor analysis in the selection/training data, as analyzed together with the domain outcome items which were included in the factor analyses*

<b>Domain</b>	<b>Full scale</b>	<b>Measures</b>	<b>KMO</b>	<b>Barlett's test</b>
MDD	ATQ (8)	Negative automatic thoughts	0.83	$\chi^2=723$ , df=136, P<.001
MDD	BADS-AC (7)	Behavioral activation	0.77	$\chi^2=634$ , df=120, P<.001
MDD	BADS-AV/R (8)	Avoidance and rumination	0.73	$\chi^2=464$ , df=136, P<.001
MDD	RPI-RP (7)	Probability of environmental reward	0.73	$\chi^2=496$ , df=120, P<.001
MDD	RPI-ES (6)	Environmental suppressors	0.74	$\chi^2=398$ , df=91, P<.001
PD	ACQ-PC (7)	Catastrophic thoughts: physical	0.76	$\chi^2=511$ , df=91, P<.001
PD	ACQ-LOC (7)	Catastrophic thoughts: loss of control	0.79	$\chi^2=617$ , df=91, P<.001
PD	BQ-A (10)	Panic-related avoidance	0.82	$\chi^2=773$ , df=136, P<.001
PD	BQ-SB (15)	Panic-related safety behaviors	0.70	$\chi^2=795$ , df=231, P<.001
SAD	SCQ (10)	Frequency and believability of thoughts	0.70	$\chi^2=1216$ , df=55, P<.001
SAD	SPCQ (8)	Probability and cost of social outcomes	0.72	$\chi^2=553$ , df=36, P<.001
SAD	SBQ (5+5)	Social anxiety-related avoidance and safety behaviors	0.77	$\chi^2=573$ , df=55, P<.001

*Note.* ACQ-LOC = Agoraphobic Cognitions Questionnaire – Loss of Control subscale; ACQ-PC = Agoraphobic Cognitions Questionnaire – Physical Consequences subscale; ATQ = Automatic Thoughts Questionnaire; BADS-AC = Behavioral Activation for Depression Scale – Activation subscale; BADS-AV/R = Behavioral Activation for Depression Scale – Avoidance/Rumination subscale; BQ-A = Behaviors Questionnaire – Avoidance; BQ-SB = Behaviors Questionnaire – Safety Behaviors; KMO = Kaiser-Meyer-Olkin test; MDD = major depressive disorder; PD = panic disorder; RPI-ES = Reward Probability Index – Environmental Suppressors subscale; RPI-RP = Reward Probability Index – Reward Probability subscale; SAD = social anxiety disorder; SBQ-A = Social Behavior Questionnaire – Avoidance

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subscale; SBQ-IM = Social Behavior Questionnaire – Impression Management subscale; SCQ = Social Cognitions Questionnaire; SPCQ = Social Probability and Cost Questionnaire.

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Table B.4

*Sensitivity analysis: effect of dropout status on full scale standardized mean change (Cohen's d) and indirect effects (mediation) in the validation data*

Domain	Full scale (k)	Measures	Change, <i>d</i>				Std indirect effect, <i>a</i> × <i>b</i>		
			Total sample	Dropouts	Non-dropouts	P	Total sample	Dropouts	Non-dropouts
MDD ( <i>n</i> =104)	ATQ (8)	Negative automatic thoughts	0.93	-0.36	0.96	.041	-0.67	0.29	-0.67
MDD ( <i>n</i> =104)	BADS-AC (7)	Behavioral activation	-0.56	-0.30	-0.57	.610	-0.27	-0.21	-0.26
MDD ( <i>n</i> =104)	BADS-AV/R (8)	Avoidance and rumination	1.06	0.70	1.06	.627	-0.44	-0.22	-0.44
MDD ( <i>n</i> =104)	RPI-RP (7)	Probability of environmental reward	-0.86	0.09	-0.87	.235	-0.44	0.08	-0.43
MDD ( <i>n</i> =104)	RPI-ES (6)	Environmental suppressors	0.72	-0.95	0.75	.013	-0.28	0.30	-0.29
PD ( <i>n</i> =77)	ACQ-PC (7)	Catastrophic thoughts: physical	0.98	1.89	0.96	.207	-0.38	-0.61	-0.38
PD ( <i>n</i> =77)	ACQ-LOC (7)	Catastrophic thoughts: loss of control	0.88	1.33	0.87	.365	-0.39	-1.34	-0.38
PD ( <i>n</i> =77)	BQ-A (10)	Panic-related avoidance	1.04	1.80	1.04	.649	-0.41	-1.03	-0.38
PD ( <i>n</i> =77)	BQ-SB (15)	Panic-related safety behaviors	1.08	2.57	1.07	.323	-0.45	-1.34	-0.43
SAD ( <i>n</i> =112)	SCQ (10)	Frequency and believability of thoughts	0.83	0.31	0.85	.216	-0.28	-0.13	-0.28
SAD ( <i>n</i> =112)	SPCQ (8)	Probability and cost of social outcomes	1.11	0.18	1.13	.150	-0.46	-0.11	-0.44
SAD ( <i>n</i> =112)	SBQ-A (5)	Social anxiety-related avoidance	0.92	0.48	0.93	.374	-0.33	-0.25	-0.33
SAD ( <i>n</i> =112)	SBQ-IM (5)	Social anxiety-related safety behaviors	1.14	1.07	1.14	.974	-0.35	-0.49	-0.34

*Note.* In the validation data (*n* = 293), a status of probable treatment dropout was assigned on the basis of patients either (i) having missed at least 3 assessment points in a row without having completed subsequent assessment points or (ii) having completed less than 4 assessment points in total. Rates were 8/104 (8%) in depression, 12/77 (16%) in panic disorder, and 17/112 (15%) in social anxiety disorder. Tests of differences in slope had thus limited power, as based on the time×dropout coefficient, with the addition of the time×time×dropout coefficient for variables where the time×time term improved model fit. ACQ-LOC = Agoraphobic Cognitions Questionnaire – Loss

## Supplement B: BRIEF CBT PROCESS SCALES

of Control subscale; ACQ-PC = Agoraphobic Cognitions Questionnaire – Physical Consequences subscale; ATQ = Automatic Thoughts Questionnaire; BADS-AC = Behavioral Activation for Depression Scale – Activation subscale; BADS-AV/R = Behavioral Activation for Depression Scale – Avoidance/Rumination subscale; BQ-A = Behaviors Questionnaire – Avoidance; BQ-SB = Behaviors Questionnaire – Safety Behaviors; MDD = major depressive disorder; PD = panic disorder; RPI-ES = Reward Probability Index – Environmental Suppressors subscale; RPI-RP = Reward Probability Index – Reward Probability subscale; SAD = social anxiety disorder; SBQ-A = Social Behavior Questionnaire – Avoidance subscale; SBQ-IM = Social Behavior Questionnaire – Impression Management subscale; SCQ = Social Cognitions Questionnaire; SPCQ = Social Probability and Cost Questionnaire.

### **Efficacy in patients with high adherence**

We repeated the main efficacy analyses using data only from those patients who completed all 10 weekly assessments (374/663, 56%). Patients in the 2014-2017 selection/training sample ( $n=190/370$ ) improved over ICBT for depression (MADRS-S:  $b = -8.7$ ; 95% CI = -10.3 to -7.1;  $d = 1.24$ ), ICBT for panic disorder (PDSS-SR:  $b = -6.1$ ; 95% CI = -7.3 to -4.9;  $d = 1.24$ ), and ICBT for social anxiety disorder (LSAS-SR:  $b = -29.5$ ; 95% CI = -34.6 to -24.4;  $d = 1.27$ ). Similarly, the patients of the 2018-2021 validation sample ( $n=184/293$ ) improved over ICBT for depression (MADRS-S:  $b = -9.8$ ; 95% CI = -11.2 to -8.3;  $d = 1.65$ ), ICBT for panic disorder (PDSS-SR:  $b = -5.4$ ; 95% CI = -6.6 to -4.1;  $d = 1.16$ ), and ICBT for social anxiety disorder (LSAS-SR:  $b = -25.9$ ; 95% CI = -31.1 to -20.6;  $d = 1.16$ ). Thus, results were similar to the intention-to-treat analyses, with slightly higher point estimates.