

Data supplement

| Table DS1 Sample characteristics by intervention condition at baseline | | | | | | |
|--|---------------------|---------|----------------|---------|----------|------------------|
| | HealthWatch (n=575) | | SHUTi (n=i574) | | χ^2 | P |
| | n | (%) | n | (%) | | |
| Gender | | | | | 0.0 | 0.986 |
| Female | 423 | (73.6%) | 422 | (73.5%) | | |
| Male | 152 | (26.4%) | 152 | (26.5%) | | |
| Relationship status | | | | | 3.6 | 0.605 |
| Married | 260 | (45.2%) | 263 | (45.8%) | | |
| De facto | 107 | (18.6%) | 86 | (15.0%) | | |
| Separated | 26 | (4.5%) | 26 | (4.5%) | | |
| Divorced | 44 | (7.7%) | 52 | (9.1%) | | |
| Widowed | 6 | (1.0%) | 9 | (1.6%) | | |
| Never married | 131 | (22.8%) | 135 | (23.5%) | | |
| Educational attainment | | | | | 7.9 | 0.095 |
| Less than high school | 26 | (4.5%) | 35 | (6.1%) | | |
| Completed high school | 40 | (7.0%) | 35 | (6.1%) | | |
| Certificate/diploma/trade | 215 | (37.4%) | 191 | (33.3%) | | |
| Bachelor's degree | 191 | (33.2%) | 177 | (30.8%) | | |
| Higher degree | 103 | (17.9%) | 135 | (23.5%) | | |
| Employment status | | | | | 7.5 | 0.110 |
| Full-time | 287 | (49.9%) | 306 | (53.3%) | | |
| Part-time, seeking full | 24 | (4.2%) | 12 | (2.1%) | | |
| Part-time | 133 | (23.1%) | 134 | (23.3%) | | |
| Unemployed | 28 | (4.9%) | 35 | (6.1%) | | |
| Not in the labour force | 102 | (17.7%) | 82 | (14.3%) | | |
| Location | | | | | 0.3 | 0.565 |
| Rural | 119 | (20.7%) | 111 | (19.3%) | | |
| Urban | 456 | (79.3%) | 463 | (80.7%) | | |
| Preference for condition | | | | | 180.9 | <0.001 |
| Matched condition | 74 | (12.9%) | 285 | (49.7%) | | |
| Mismatched condition | 501 | (87.1%) | 289 | (50.3%) | | |
| Suicide ideation, past 6 months | 57 | (9.9%) | 46 | (8.0%) | 1.3 | 0.260 |
| Suicide attempt, past 6 months | 34 | (5.9%) | 36 | (6.3%) | 0.1 | 0.799 |
| | mean | (s.d.) | mean | (s.d.) | F | P |
| Age (years) | 42.5 | (12.2) | 43.0 | (12.2) | 0.4 | 0.541 |
| PHQ-9 (depression) score | 7.8 | (4.0) | 8.0 | (4.2) | 0.6 | 0.449 |
| GAD-7 (anxiety) score | 5.8 | (4.3) | 5.8 | (4.4) | 0.1 | 0.803 |
| PSF (suicidality) score | 0.8 | (1.7) | 0.7 | (1.7) | 0.1 | 0.700 |
| ISI (insomnia) score | 16.2 | (4.3) | 15.9 | (4.2) | 1.6 | 0.212 |

Notes: PHQ-9: Patient Health Questionnaire-9; GAD-7: Generalized Anxiety Disorder-7; ISI: Insomnia Severity Index; PSF: Psychiatric Symptom Frequency scale; **bold** values indicate $P < 0.05$.

Table DS2 Estimated marginal means (s.e.) and observed means (s.d.) and by intervention condition over time

| | PHQ-9NS depression | | GAD-7 anxiety | | ISI insomnia | | PSF suicidality | |
|--|-------------------------|-------------------|-------------------------|-------------------|-------------------------|-------------------|-------------------------|-------------------|
| | HealthWatch mean (s.e.) | SHUTI mean (s.e.) | HealthWatch mean (s.e.) | SHUTI mean (s.e.) | HealthWatch mean (s.e.) | SHUTI mean (s.e.) | HealthWatch mean (s.e.) | SHUTI mean (s.e.) |
| Estimated marginal mean (s.e.) | | | | | | | | |
| Baseline | 5.64 (0.15) | 5.84 (0.15) | 5.77 (0.18) | 5.83 (0.18) | 16.23 (0.18) | 15.92 (0.18) | 0.74 (0.07) | 0.78 (0.07) |
| Intervention week 2 | 6.23 (0.16) | 5.93 (0.19) | 6.05 (0.19) | 5.36 (0.22) | 14.57 (0.19) | 13.22 (0.22) | | |
| Intervention week 4 | 5.61 (0.17) | 4.95 (0.20) | 5.59 (0.20) | 4.55 (0.23) | 13.53 (0.22) | 10.15 (0.26) | | |
| Intervention week 6 | 5.75 (0.18) | 3.98 (0.21) | 5.87 (0.20) | 3.80 (0.24) | 13.27 (0.23) | 8.35 (0.28) | | |
| Intervention week 8 | 5.53 (0.18) | 3.22 (0.21) | 5.70 (0.20) | 3.18 (0.23) | 12.91 (0.25) | 7.24 (0.30) | | |
| Post-test | 4.57 (0.16) | 2.87 (0.19) | 5.01 (0.19) | 3.21 (0.21) | 13.17 (0.25) | 7.35 (0.29) | 0.51 (0.09) | 0.81 (0.08) |
| 6 months | 4.02 (0.19) | 2.92 (0.21) | 4.23 (0.19) | 3.15 (0.21) | 12.17 (0.27) | 7.74 (0.31) | 0.55 (0.10) | 0.72 (0.09) |
| 12 months | 3.74 (0.19) | 2.89 (0.22) | 4.08 (0.22) | 3.00 (0.25) | 11.45 (0.30) | 7.70 (0.35) | 0.42 (0.11) | 0.69 (0.09) |
| 18 months | 4.44 (0.27) | 2.55 (0.30) | 4.30 (0.27) | 3.07 (0.30) | 11.52 (0.40) | 8.02 (0.45) | 0.70 (0.17) | 1.04 (0.15) |
| Observed mean (s.d.) | | | | | | | | |
| Baseline | 5.64 (3.59) | 5.84 (3.82) | 5.77 (4.33) | 5.83 (4.36) | 16.23 (4.32) | 15.92 (4.18) | 0.74 (1.71) | 0.78 (1.69) |
| Intervention week 2 | 6.09 (3.47) | 5.70 (3.76) | 5.92 (4.15) | 5.04 (4.22) | 14.58 (4.25) | 12.98 (3.90) | | |
| Intervention week 4 | 5.53 (3.54) | 4.51 (3.45) | 5.55 (4.55) | 3.88 (3.64) | 13.63 (4.72) | 9.64 (4.24) | | |
| Intervention week 6 | 5.84 (3.98) | 3.35 (3.32) | 6.01 (4.71) | 3.18 (3.46) | 13.45 (4.92) | 7.94 (4.13) | | |
| Intervention week 8 | 5.45 (3.88) | 2.62 (2.89) | 5.61 (4.62) | 2.69 (3.07) | 13.22 (5.04) | 6.49 (3.96) | | |
| Post-test | 4.50 (3.66) | 2.49 (2.94) | 4.83 (4.39) | 2.69 (3.18) | 13.21 (5.45) | 6.88 (4.75) | 0.51 (1.53) | 0.78 (1.80) |
| 6 months | 3.85 (3.63) | 2.57 (3.32) | 3.99 (3.77) | 2.71 (3.44) | 11.84 (5.13) | 7.26 (4.87) | 0.55 (1.77) | 0.72 (1.71) |
| 12 months | 3.62 (3.46) | 2.31 (2.64) | 3.98 (4.15) | 2.45 (3.31) | 11.18 (5.54) | 6.83 (4.61) | 0.28 (0.98) | 0.68 (1.80) |
| 18 months | 4.52 (4.30) | 2.01 (2.37) | 4.43 (4.20) | 2.53 (2.95) | 11.19 (5.78) | 7.70 (5.05) | 0.45 (1.49) | 1.09 (2.41) |
| PHQ-9NS: Patient Health Questionnaire-9 without sleep item; GAD-7: Generalized Anxiety Disorder-7; ISI: Insomnia Severity Index; PSF: Psychiatric Symptom Frequency scale. | | | | | | | | |

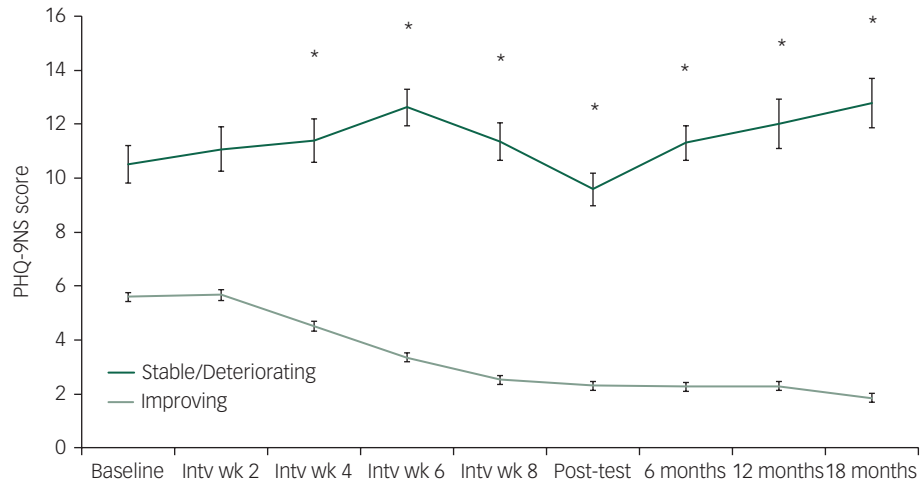


Fig. DS1 Mean depression scores for PHQ-9NS (PHQ-9 without sleep item) over time in the two latent classes in the SHUTi condition ($N=574$), estimated from mixed model repeated measures analysis.

* $P < 0.05$ for class \times time interaction effect; 'intv wk': intervention week; error bars represent standard errors of the marginal mean estimates.