|  |  |  |
| --- | --- | --- |
|  | Less than 2 treatment sessions  (N = 1,675) | 2 or more treatment sessions  (N = 2,211) |
| **Gender** |  |  |
| Male | 30% | 27% |
| Female | 69% | 72% |
| Unknown/Not stated | 1% | 1% |
| **Age** | 35.2 years | 36.8 years |
| **Long Term Physical Conditions** |  |  |
| No | 20% | 34% |
| Yes | 15% | 21% |
| Unknown/Not stated | 64% | 45% |
| **StartPhq9** | 13.5 | 12.7 |
| **StartGad7** | 12.1 | 11.9 |

**Supplementary table 1 –** Demographics comparison between patients undergoing two or more treatment sessions and patients who drop-out before this stage. StartPhq9 – PHQ-9 score at assessment; StartGad7 – GAD-7 score at assessment.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Predictors of Percent Improvement in Internet-enabled CBT (N=2,101) | | | | | |
| **Predictor** **variable** | **Mean/**  **Prevalence** | ***b*** | **SE** | **Wald’s statistic (z2)** | **P-value** |
| **Gender** |  |  |  |  |  |
| Male | 27.3% | - | - | - | - |
| Female | 72.1% | 0.002 | 0.11 | 0.0002 | .988 |
| Unknown/Not stated | 0.6% | 0.70 | 0.78 | 0.80 | .372 |
| **Age** | 36.8 years | 0.12 | 0.05 | 5.51 | .019 \* |
| **Long Term Conditions** |  |  |  |  |  |
| No | 34.3% | - | - | - | - |
| Yes | 20.8% | -0.22 | 0.14 | 2.33 | .127 |
| Unknown/Not stated | 44.9% | -0.02 | 0.11 | 0.03 | .855 |
| **Condition** |  |  |  |  |  |
| Anxiety | 42.1% | - | - | - | - |
| Depression | 22.6% | 0.04 | 0.14 | 0.10 | .753 |
| Other | 35.3% | 0.20 | 0.12 | 2.78 | .096 |
| **Psychotropic Medication** |  |  |  |  |  |
| Prescribed Not Taking | 8.1% | - | - | - | - |
| Prescribed Taking | 38.3% | 0.17 | 0.19 | 0.82 | .365 |
| Not Prescribed | 52.5% | 0.19 | 0.18 | 1.10 | .293 |
| Unknown/Not stated | 1.0% | 0.07 | 0.50 | 0.02 | .891 |
| **StartPhq9** | 12.7 | -0.13 | 0.07 | 3.49 | .062 |
| **StartGad7** | 11.9 | 0.10 | 0.07 | 2.36 | .125 |
| **WaitingSAQ** | 3.0 days | -0.02 | 0.06 | 0.09 | .771 |
| **WaitingAssignment** | 0.8 days | -0.05 | 0.06 | 0.78 | .378 |
| **WaitingContact** | 1.1 days | -0.07 | 0.06 | 1.03 | .309 |
| **WaitingAssessment** | 7.6 days | -0.14 | 0.05 | 7.86 | .005 \*\* |
| **WaitingTreatment** | 8.9 days | -0.07 | 0.05 | 2.46 | .117 |
| **NumberSessions** | 5.5 sessions | 0.26 | 0.05 | 22.78 | <.001 \*\*\* |
| **NumberDNA** | 0.5 sessions | -0.03 | 0.05 | 0.41 | .521 |

**Supplementary table 2 -** Results of logistic regression analysis investigating predictors of percent improvement in the Internet-enabled CBT cohort. Gender “Male”, Long Term Conditions “No”, Condition “Anxiety” and Psychotropic Medication “Prescribed Not Taking” were reference classes for the categorical variables. Condition = “Depression” encompasses patients diagnosed with depressive episode, dysthymia or recurrent depressive disorder. Condition = “Anxiety” encompasses patients diagnosed with agoraphobia, generalised anxiety disorder, hypochondriacal disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, social phobia, specific phobia or anxiety disorder unspecified. Condition = “Other” encompasses all diagnoses not otherwise listed (e.g.: chronic pain, bereavement, eating disorders). StartPhq9 – PHQ-9 score at assessment; StartGad7 – GAD-7 score at assessment; Waiting SAQ – time between referral and patient completing self-assessment questionnaire; WaitingAssignment – waiting time from patient completing the self-assessment questionnaire and therapist assignment; WaitingContact – waiting time between therapist assignment and first contact by the therapist; WaitingAssessment – waiting time between first contact from the therapist and clinical assessment appointment; WaitingTreatment – waiting time between clinical assessment and first therapy session; NumberSessions – total number of therapy sessions attended by the patient; NumberDNA – number of scheduled appointments the patient failed to attend.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Predictors of Percent Improvement (PHQ-9) in Internet-enabled CBT (N=2,101) | | | | | |
| **Predictor** **variable** | **Mean/**  **Prevalence** | ***b*** | **SE** | **Wald’s statistic (z2)** | **P-value** |
| **Gender** |  |  |  |  |  |
| Male | 27.3% | - | - | - | - |
| Female | 72.1% | -0.04 | 0.11 | 0.11 | .736 |
| Unknown/Not stated | 0.6% | 0.98 | 0.78 | 1.58 | .210 |
| **Age** | 36.8 years | 0.18 | 0.05 | 12.81 | <.001 \*\*\* |
| **Long Term Conditions** |  |  |  |  |  |
| No | 34.3% | - | - | - | - |
| Yes | 20.8% | -0.16 | 0.14 | 1.40 | .237 |
| Unknown/Not stated | 44.9% | -0.12 | 0.11 | 1.34 | .246 |
| **Condition** |  |  |  |  |  |
| Anxiety | 42.1% | - | - | - | - |
| Depression | 22.6% | 0.24 | 0.13 | 3.46 | .063 |
| Other | 35.3% | 0.35 | 0.11 | 10.06 | .002 \*\* |
| **Psychotropic Medication** |  |  |  |  |  |
| Prescribed Not Taking | 8.1% | - | - | - | - |
| Prescribed Taking | 38.3% | 0.32 | 0.18 | 3.29 | .070 |
| Not Prescribed | 52.5% | 0.39 | 0.17 | 5.11 | .024 \* |
| Unknown/Not stated | 1.0% | 0.38 | 0.48 | 0.62 | .430 |
| **StartPhq9** | 12.7 | 0.06 | 0.05 | 1.13 | .287 |
| **WaitingSAQ** | 3.0 days | 0.02 | 0.05 | 0.08 | .773 |
| **WaitingAssignment** | 0.8 days | -0.04 | 0.05 | 0.66 | .416 |
| **WaitingContact** | 1.1 days | -0.04 | 0.06 | 0.46 | .498 |
| **WaitingAssessment** | 7.6 days | -0.15 | 0.05 | 9.33 | .002 \*\* |
| **WaitingTreatment** | 8.9 days | -0.12 | 0.05 | 6.55 | .010 \* |
| **NumberSessions** | 5.5 sessions | 0.23 | 0.05 | 21.76 | <.001 \*\*\* |
| **NumberDNA** | 0.5 sessions | -0.07 | 0.05 | 1.99 | .159 |

**Supplementary table 3 -** Results of logistic regression analysis investigating predictors of percent improvement for **PHQ-9** metric in the Internet-enabled CBT cohort. Gender “Male”, Long Term Conditions “No”, Condition “Anxiety” and Psychotropic Medication “Prescribed Not Taking” were reference classes for the categorical variables. Condition = “Depression” encompasses patients diagnosed with depressive episode, dysthymia or recurrent depressive disorder. Condition = “Anxiety” encompasses patients diagnosed with agoraphobia, generalised anxiety disorder, hypochondriacal disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, social phobia, specific phobia or anxiety disorder unspecified. Condition = “Other” encompasses all diagnoses not otherwise listed (e.g.: chronic pain, bereavement, eating disorders). StartPhq9 – PHQ-9 score at assessment; Waiting SAQ – time between referral and patient completing self-assessment questionnaire; WaitingAssignment – waiting time from patient completing the self-assessment questionnaire and therapist assignment; WaitingContact – waiting time between therapist assignment and first contact by the therapist; WaitingAssessment – waiting time between first contact from the therapist and clinical assessment appointment; WaitingTreatment – waiting time between clinical assessment and first therapy session; NumberSessions – total number of therapy sessions attended by the patient; NumberDNA – number of scheduled appointments the patient failed to attend.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Predictors of Percent Improvement (GAD-7) in Internet-enabled CBT (N=2,101) | | | | | |
| **Predictor** **variable** | **Mean/**  **Prevalence** | ***b*** | **SE** | **Wald’s statistic (z2)** | **P-value** |
| **Gender** |  |  |  |  |  |
| Male | 27.3% | - | - | - | - |
| Female | 72.1% | 0.08 | 0.10 | 0.59 | .441 |
| Unknown/Not stated | 0.6% | 1.15 | 0.78 | 2.17 | .141 |
| **Age** | 36.8 years | 0.08 | 0.05 | 2.79 | .095 |
| **Long Term Conditions** |  |  |  |  |  |
| No | 34.3% | - | - | - | - |
| Yes | 20.8% | -0.29 | 0.13 | 4.80 | .028 \* |
| Unknown/Not stated | 44.9% | -0.05 | 0.11 | 0.25 | .614 |
| **Condition** |  |  |  |  |  |
| Anxiety | 42.1% | - | - | - | - |
| Depression | 22.6% | -0.27 | 0.12 | 4.79 | .029 \* |
| Other | 35.3% | -0.14 | 0.11 | 1.76 | .185 |
| **Psychotropic Medication** |  |  |  |  |  |
| Prescribed Not Taking | 8.1% | - | - | - | - |
| Prescribed Taking | 38.3% | -0.04 | 0.18 | 0.04 | .841 |
| Not Prescribed | 52.5% | 0.12 | 0.18 | 0.48 | .487 |
| Unknown/Not stated | 1.0% | 0.02 | 0.48 | 0.002 | .969 |
| **StartGad7** | 11.9 | 0.14 | 0.05 | 7.87 | .005 \*\* |
| **WaitingSAQ** | 3.0 days | 0.004 | 0.05 | 0.01 | .938 |
| **WaitingAssignment** | 0.8 days | 0.001 | 0.06 | 0.0001 | .990 |
| **WaitingContact** | 1.1 days | -0.14 | 0.08 | 2.84 | .092 |
| **WaitingAssessment** | 7.6 days | -0.08 | 0.05 | 2.47 | .116 |
| **WaitingTreatment** | 8.9 days | -0.002 | 0.05 | 0.001 | .972 |
| **NumberSessions** | 5.5 sessions | 0.30 | 0.05 | 36.07 | <.001 \*\*\* |
| **NumberDNA** | 0.5 sessions | -0.05 | 0.05 | 1.18 | .278 |

**Supplementary table 4 -** Results of logistic regression analysis investigating predictors of percent improvement for **GAD-7** metric in the Internet-enabled CBT cohort. Gender “Male”, Long Term Conditions “No”, Condition “Anxiety” and Psychotropic Medication “Prescribed Not Taking” were reference classes for the categorical variables. Condition = “Depression” encompasses patients diagnosed with depressive episode, dysthymia or recurrent depressive disorder. Condition = “Anxiety” encompasses patients diagnosed with agoraphobia, generalised anxiety disorder, hypochondriacal disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, social phobia, specific phobia or anxiety disorder unspecified. Condition = “Other” encompasses all diagnoses not otherwise listed (e.g.: chronic pain, bereavement, eating disorders). StartGad7 – GAD-7 score at assessment; Waiting SAQ – time between referral and patient completing self-assessment questionnaire; WaitingAssignment – waiting time from patient completing the self-assessment questionnaire and therapist assignment; WaitingContact – waiting time between therapist assignment and first contact by the therapist; WaitingAssessment – waiting time between first contact from the therapist and clinical assessment appointment; WaitingTreatment – waiting time between clinical assessment and first therapy session; NumberSessions – total number of therapy sessions attended by the patient; NumberDNA – number of scheduled appointments the patient failed to attend.