

Tables, figures and supplemental material accompanying ‘The effectiveness of Mindfulness-based cognitive therapy (MBCT) for major depressive disorders: evidence from routine outcome monitoring data’

D.E.M. Geurts, F.R. Compen, M. Van Beek, A.E.M. Speckens

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Figures and tables included in main paper

Table 1: Demographic and baseline clinical data compared between those with a complete pre-to-post dataset and those with either missing pre or missing post data

	Full dataset (N=504)	Missing (N=261)	Total (N=765)	p value
Female	324 (64.3%)	161 (61.7%)	485 (63.4%)	0.479
Age				0.002
Mean (SD)	47.7 (12.7)	44.7 (13.7)	46.7 (13.2)	
range	19.0 - 78.0	19.0 - 82.0	19.0 - 82.0	
Major Depressive Disorder				0.182
Single Current	48 (9.5%)	22 (8.4%)	70 (9.2%)	
Recurrent Current	180 (35.7%)	75 (28.7%)	255 (33.3%)	
Single Remitted	48 (9.5%)	26 (10.0%)	74 (9.7%)	
Recurrent Remitted	228 (45.2%)	138 (52.9%)	366 (47.8%)	
Psychiatric comorbidity				0.143
No comorbidity	256 (50.8%)	119 (45.6%)	375 (49.0%)	
One Comorbid disorder	197 (39.1%)	104 (39.8%)	301 (39.3%)	
Multiple comorbidities	51 (10.1%)	38 (14.6%)	89 (11.6%)	
Anxiety disorder	120 (23.8%)	58 (22.2%)	178 (23.3%)	0.622
Somatisation disorder	36 (7.1%)	10 (3.8%)	46 (6.0%)	0.068
Dysthymia	31 (6.2%)	10 (3.8%)	41 (5.4%)	0.177
Developmental disorder	38 (7.5%)	50 (19.2%)	88 (11.5%)	< 0.001
Addiction	11 (2.2%)	9 (3.4%)	20 (2.6%)	0.298
Eating disorder	10 (2.0%)	1 (0.4%)	11 (1.4%)	0.078
Personality disorder	54 (10.7%)	43 (16.5%)	97 (12.7%)	0.023
Somatic comorbidity				0.482
Missing	2	1	3	
No Somatic comorbidity	284 (56.6%)	154 (59.2%)	438 (57.5%)	
Somatic comorbidity	218 (43.4%)	106 (40.8%)	324 (42.5%)	
Education Level				0.193
Missing	83	34	117	
Lower	65 (15.4%)	41 (18.1%)	106 (16.4%)	
Intermediate	74 (17.6%)	50 (22.0%)	124 (19.1%)	
Higher	282 (67.0%)	136 (59.9%)	418 (64.5%)	
Work				0.640
Missing	39	24	63	
Employed/Student/Homemaker	309 (66.5%)	149 (62.9%)	458 (65.2%)	
Sick leave	49 (10.5%)	28 (11.8%)	77 (11.0%)	
Unemployed	107 (23.0%)	60 (25.3%)	167 (23.8%)	
BDI-II				0.097
Missing	1	7	8	
Mean (SD)	21.7 (10.2)	20.3 (11.7)	21.2 (10.7)	
range	0.0 - 54.0	0.0 - 55.0	0.0 - 55.0	
PSWQ				0.020
Missing	4	10	14	
Mean (SD)	59.9 (12.0)	57.7 (12.9)	59.1 (12.4)	
range	22.0 - 80.0	18.0 - 80.0	18.0 - 80.0	
FFMQ				0.009
Missing	6	5	11	
Mean (SD)	70.2 (11.2)	72.5 (11.5)	71.0 (11.3)	
range	42.0 - 107.0	35.0 - 104.0	35.0 - 107.0	

	Full dataset (N=504)	Missing (N=261)	Total (N=765)	p value
Self compassion				0.004
Missing	10	9	19	
Mean (SD)	21.1 (3.5)	21.9 (4.0)	21.4 (3.7)	
range	12.0 - 32.0	11.0 - 32.0	11.0 - 32.0	
Antidepressant Medication Use				0.478
Missing	8	3	11	
None	271 (54.6%)	157 (60.9%)	428 (56.8%)	
MAO-I	2 (0.4%)	2 (0.8%)	4 (0.5%)	
TCA	48 (9.7%)	16 (6.2%)	64 (8.5%)	
SSRI	157 (31.7%)	74 (28.7%)	231 (30.6%)	
SNRI	10 (2.0%)	5 (1.9%)	15 (2.0%)	
Other	8 (1.6%)	4 (1.6%)	12 (1.6%)	
Number of sessions attended				< 0.001
Mean (SD)	8.4 (0.9)	6.7 (2.6)	7.8 (1.9)	
range	2.0 - 9.0	1.0 - 9.0	1.0 - 9.0	
More than 4 sessions attended	502 (99.6%)	216 (82.8%)	718 (93.9%)	< 0.001

Table 2: Pre- to post MBCT change in outcome measures

	Pre (N=504)	Post (N=503)	p value	Mean difference	95% CI: low	- high	Cohen's d
BDI-II							
Missing	1	1					
Mean (SD)	21.7 (10.2)	13.9 (10.2)	< 0.001 ¹	-7.81	-8.60	-7.02	-0.75
range	0.0 - 54.0	0.0 - 56.0					
PSWQ							
Missing	4	2					
Mean (SD)	59.9 (12.0)	53.4 (12.2)	< 0.001 ¹	-6.37	-7.21	-5.53	-0.52
range	22.0 - 80.0	18.0 - 80.0					
FFMQ							
Missing	6	4					
Mean (SD)	70.2 (11.2)	77.4 (11.0)	< 0.001 ¹	7.00	6.08	7.92	0.63
range	42.0 - 107.0	41.0 - 112.0					
Self compassion							
Missing	10	7					
Mean (SD)	21.1 (3.5)	23.9 (3.5)	< 0.001 ¹	2.72	2.42	3.01	0.75
range	12.0 - 32.0	12.0 - 35.0					

Table 3: Effect sizes per MDD recurrence and remission status subgroup

Groups	Mean difference	95% CI: low	- high	Cohen's d	n
Recurrent episode, Current	-8.28	-9.71	-6.84	-0.76	179
Single episode, Current	-8.21	-11.11	-5.31	-0.83	48
Recurrent episode, remitted	-7.76	-8.85	-6.66	-0.84	228
Single episode, remitted	-5.89	-8.24	-3.55	-0.68	47
All	-7.81	-8.60	-7.02	-0.75	502

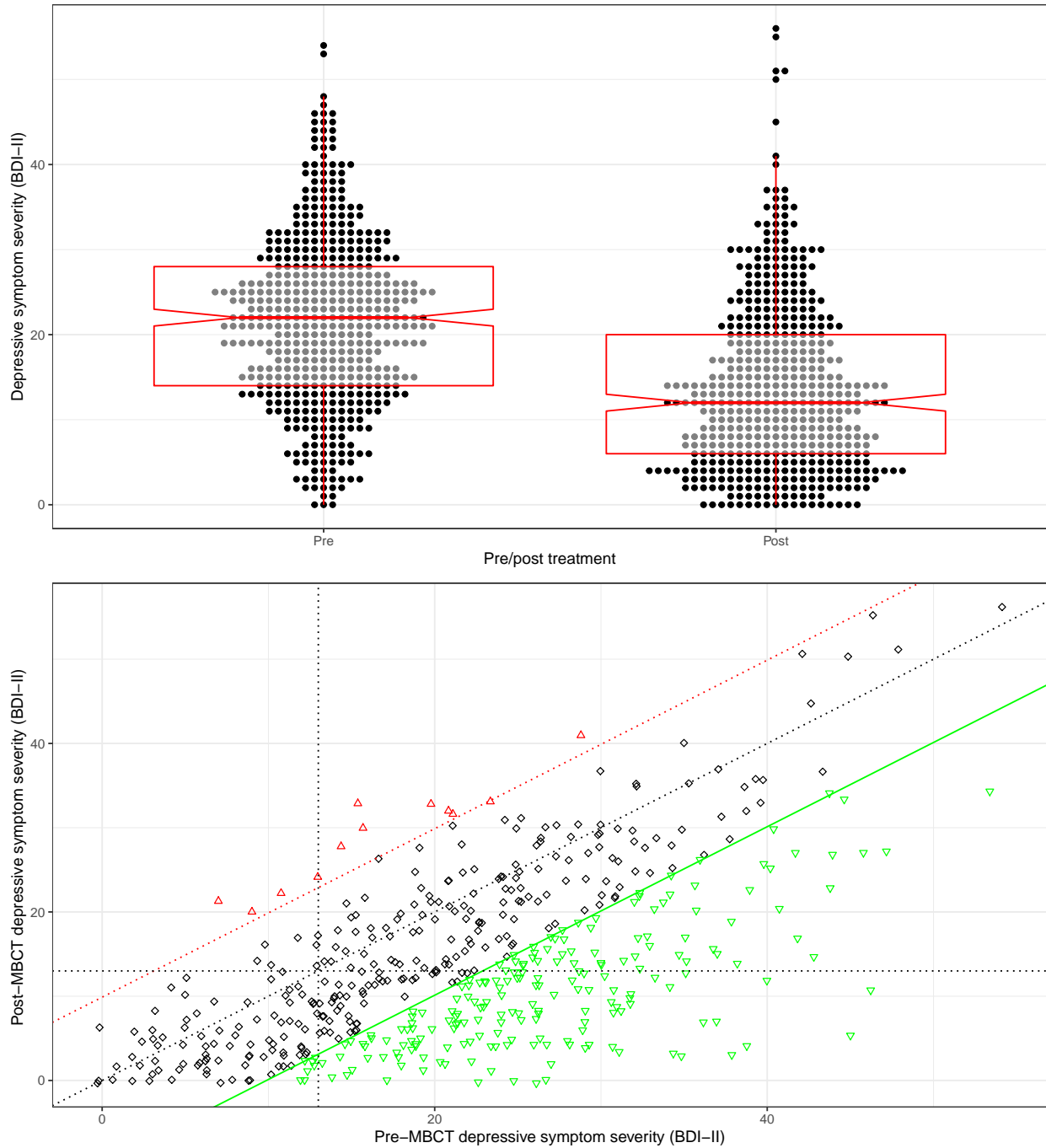


Fig 1. Change in depressive symptoms based on Beck depression inventory II (BDI-II) between pre- and post-MBCT. In the upper panel changes across the whole group (n=504) are depicted. The diagonal line in the lower panel represents ‘no pre-post measurement BDI-II change’ and the dashed upper and lower lines represent the bounds of the 95% CI of the Jacobson–Truax Reliable Change Index. See text for accompanying numbers and percentages.

Supplemental material

Table S1: Comparison between participants who attended 4 or more vs. less than 4 MBCT sessions

	<4 sessions (N=47)	>= 4 sessions (N=718)	Total (N=765)	p value
Gender	33 (70.2%)	452 (63.0%)	485 (63.4%)	0.317 ¹
Age				0.423 ²
Mean (SD)	48.2 (15.5)	46.6 (13.0)	46.7 (13.2)	
range	20.0 - 82.0	19.0 - 78.0	19.0 - 82.0	
Major Depressive Disorder				0.730 ¹
Single Current	6 (12.8%)	64 (8.9%)	70 (9.2%)	
Recurrent Current	16 (34.0%)	239 (33.3%)	255 (33.3%)	
Single Remitted	3 (6.4%)	71 (9.9%)	74 (9.7%)	
Recurrent Remitted	22 (46.8%)	344 (47.9%)	366 (47.8%)	
Psychiatric comorbidity				0.274 ¹
No comorbidity	25 (53.2%)	350 (48.7%)	375 (49.0%)	
One Comorbid disorder	14 (29.8%)	287 (40.0%)	301 (39.3%)	
Multiple comorbidities	8 (17.0%)	81 (11.3%)	89 (11.6%)	
Somatic comorbidity				0.221 ¹
Missing	0	3	3	
No Somatic comorbidity	23 (48.9%)	415 (58.0%)	438 (57.5%)	
Somatic comorbidity	24 (51.1%)	300 (42.0%)	324 (42.5%)	
BDI				0.618 ²
Missing	0	8	8	
Mean (SD)	22.0 (12.5)	21.2 (10.6)	21.2 (10.7)	
range	2.0 - 55.0	0.0 - 54.0	0.0 - 55.0	
PSWQ				0.267 ²
Missing	0	14	14	
Mean (SD)	57.2 (11.7)	59.3 (12.4)	59.1 (12.4)	
range	33.0 - 79.0	18.0 - 80.0	18.0 - 80.0	
FFMQ				0.116 ²
Missing	0	11	11	
Mean (SD)	73.5 (11.8)	70.8 (11.3)	71.0 (11.3)	
range	42.0 - 102.0	35.0 - 107.0	35.0 - 107.0	
Self compassion				0.954 ²
Missing	0	19	19	
Mean (SD)	21.4 (4.3)	21.4 (3.6)	21.4 (3.7)	
range	14.0 - 32.0	11.0 - 32.0	11.0 - 32.0	
Education level				0.009 ¹
Missing	9	108	117	
Lower	13 (34.2%)	93 (15.2%)	106 (16.4%)	
Intermediate	6 (15.8%)	118 (19.3%)	124 (19.1%)	
Higher	19 (50.0%)	399 (65.4%)	418 (64.5%)	
Work status				0.266 ¹
Missing	11	52	63	
Employed/Student/Homemaker	19 (52.8%)	439 (65.9%)	458 (65.2%)	
Sick leave	5 (13.9%)	72 (10.8%)	77 (11.0%)	
Unemployed	12 (33.3%)	155 (23.3%)	167 (23.8%)	
Anti depressant medication use				0.459 ¹
Missing	0	11	11	
None	27 (57.4%)	401 (56.7%)	428 (56.8%)	
MAO-I	1 (2.1%)	3 (0.4%)	4 (0.5%)	

	<4 sessions (N=47)	>= 4 sessions (N=718)	Total (N=765)	p value
TCA	3 (6.4%)	61 (8.6%)	64 (8.5%)	
SSRI	16 (34.0%)	215 (30.4%)	231 (30.6%)	
SNRI	0 (0.0%)	15 (2.1%)	15 (2.0%)	
Other	0 (0.0%)	12 (1.7%)	12 (1.6%)	
Number of sessions attended				< 0.001 ²
Mean (SD)	2.1 (0.8)	8.2 (1.2)	7.8 (1.9)	
range	1.0 - 3.0	4.0 - 9.0	1.0 - 9.0	

1. Pearson's Chi-squared test
2. Linear Model ANOVA

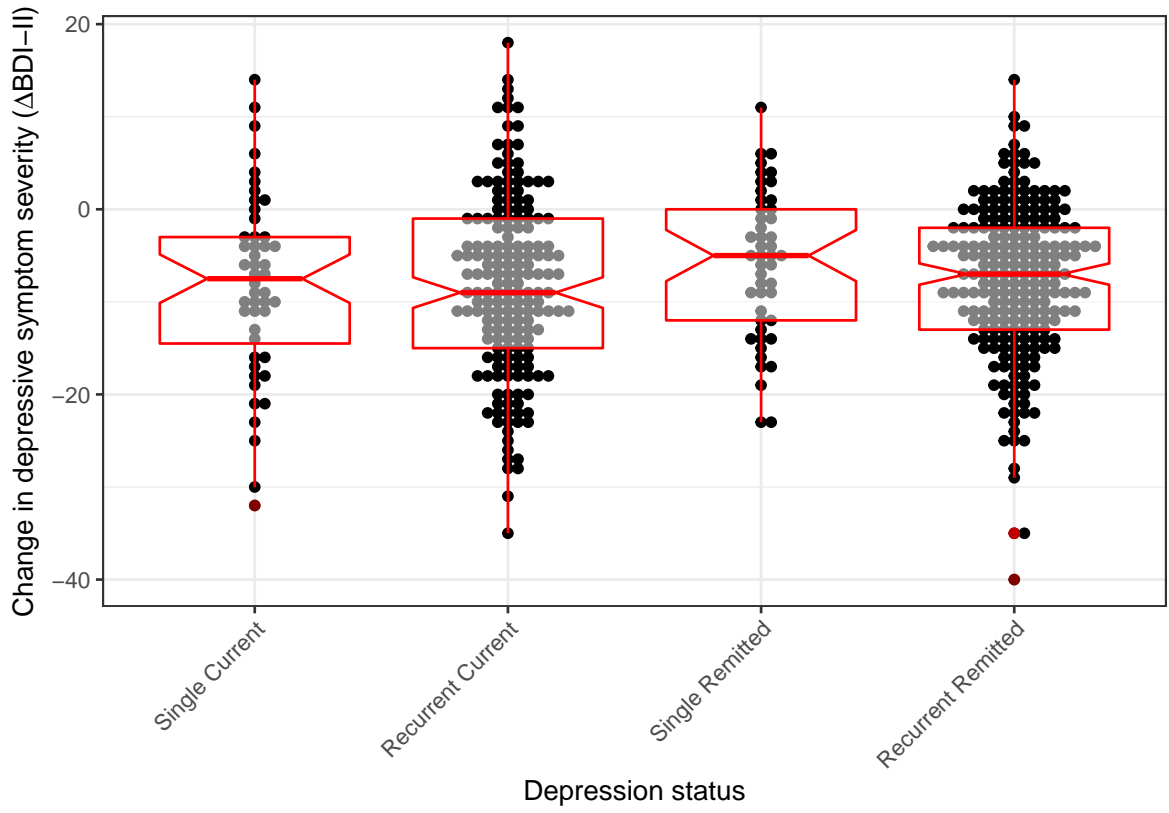


Fig S1. Change in depressive symptoms in terms of Beck depression inventory II (BDI-II) over the course of MBCT for patients with different recurrence and remission status.

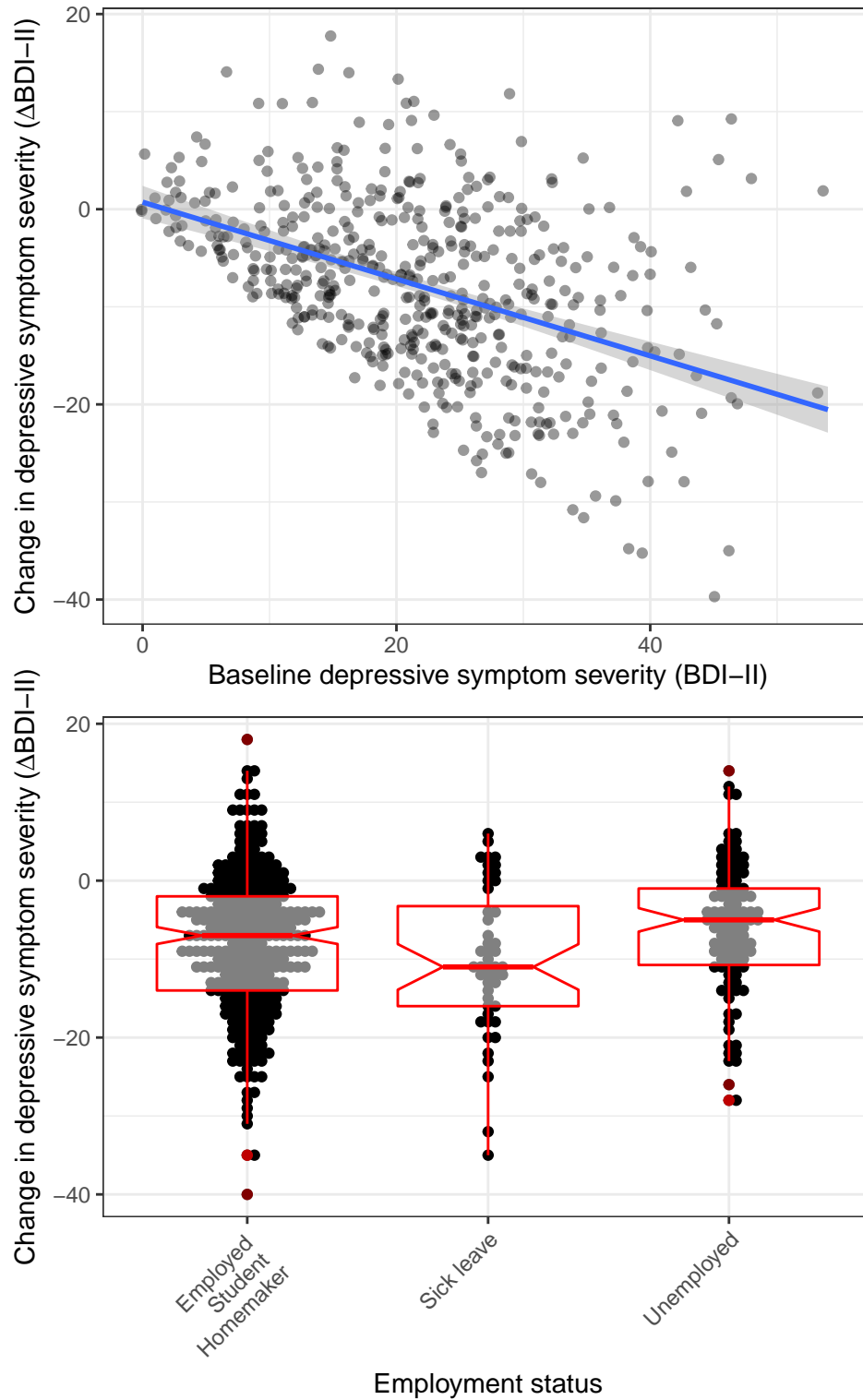


Fig S2. Prediction of treatment success in terms of pre-to-post MBCT change in depressive symptom severity in terms of Beck depression inventory II (BDI-II) by baseline depressive symptom severity (upper panel) and employment status (lower panel).

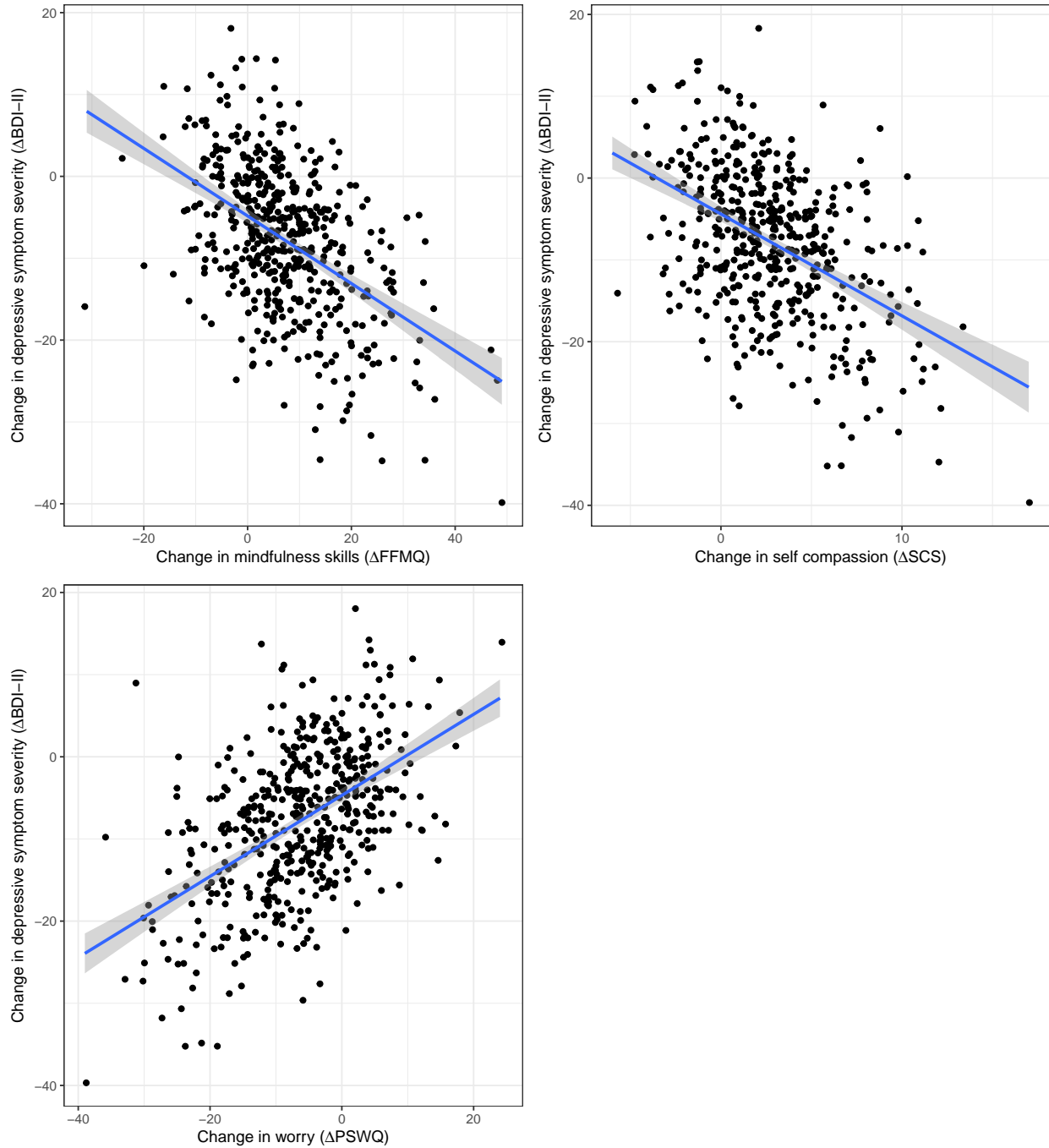


Fig S3. Changes in depressive symptom severity from pre to post MBCT (BDI-II) in relation to changes in the potential mediators mindfulness skills (FFMQ-SF; upper left panel), self compassion (SCS-SF; upper right panel) and worry (PSWQ, lower left panel). Plots depict change scores for each individual patient and the least squares regression line with 95% confidence interval.