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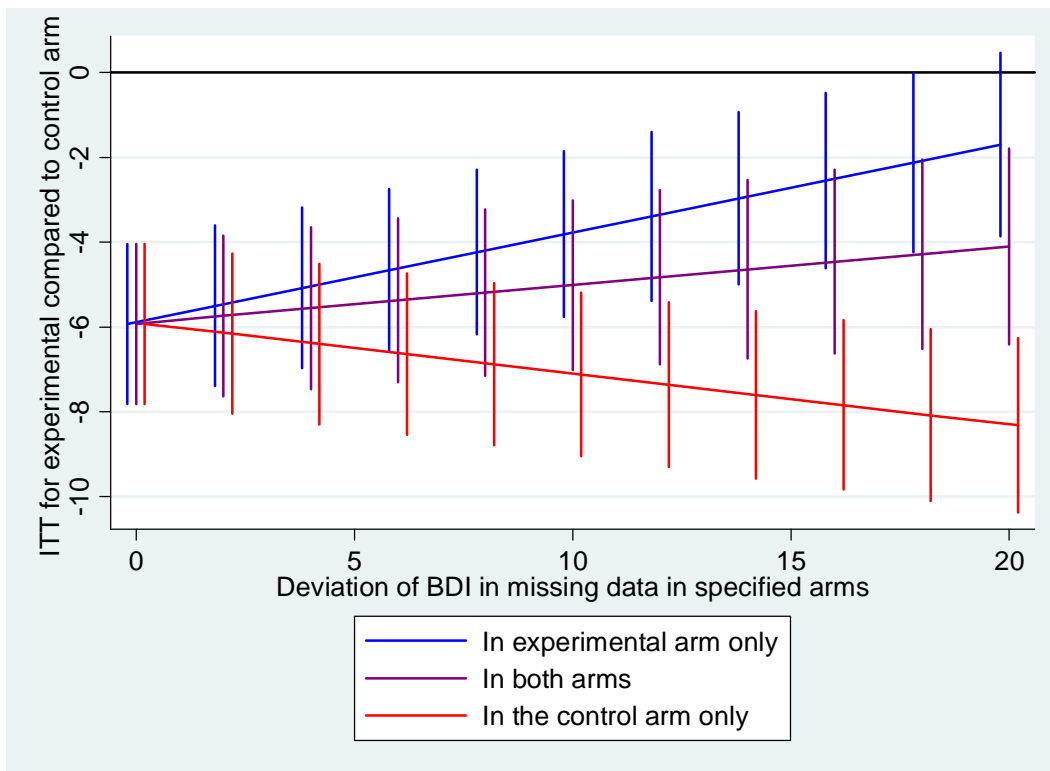
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Table 1. Stratification factors for participants allocated to the control and experimental arms and combined

n (%) or mean (SD)	Experimental n = 228	Control n = 230	Overall n = 458
STRATIFICATION FACTORS			
BDI*			
Mild	48 (21)	46 (20)	94 (21)
Moderate	68 (30)	74 (32)	142 (31)
Severe	112 (49)	110 (48)	222 (49)
Ethnicity			
White	155 (68)	155 (67)	310 (68)
Other	73 (32)	75 (33)	148 (32)
Gender			
Female	184 (81)	184 (80)	368 (80)
Male	44 (19)	46 (20)	90 (20)
Site			
Lewisham	42 (18)	41 (18)	83 (18)
Wandsworth	24 (11)	24 (10)	48 (11)
Merton/Sutton	19 (8)	19 (8)	38 (8)
Croydon	54 (24)	57 (25)	111 (24)
Lambeth	17 (8)	16 (7)	33 (7)
Bexley	26 (11)	25 (11)	51 (11)
Greenwich	24 (11)	25 (11)	49 (11)
Kingston	22 (10)	23 (10)	45 (10)

Figure 1. Effect of deviations from missing at random assumption on intention to treat effect in the treatment arm only, control arm only, and both arms



Health economic tables

Note on methods:

Differences in proportions using services at each time point were tested using chi-squared tests, and McNemar's test was used to test for significant changes in the proportion of participants using each service over time. Differences in service costs were assessed using t-tests at baseline and using regression models adjusting for baseline costs at follow-up. Cost changes over time were investigated using paired t-tests. All statistical tests of cost differences and cost changes were conducted using 1,000 bootstrap replications. A 95% confidence level was used unless indicated otherwise.

Table 2: Service use

	Baseline				Follow-up			
	Control group (n=202)		Intervention group (n=179)		Control group (n=202)		Intervention group (n=179)	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
<i>Hospital services</i>								
Inpatient stays	13	6%	15	8%	10	5%	5	3%
Outpatient visits	52	26%	51	28%	46	23%	51	28%
A&E	14	7%	20	11%	20	10%	20	11%
<i>Primary care</i>								
GP ^{1,2}	108	53%	80	45%	86	43%	61	34%
Other primary care ^a	7	3%	4	2%	6	3%	7	4%
<i>Specialist mental health</i>								
Psychologist	49	24%	35	20%	40	20%	28	16%
Psychiatrist ¹	19	9%	6	3%	16	8%	12	7%
Psychotherapist etc.	21	10%	12	7%	19	9%	14	8%
CPN	5	2%	8	4%	6	3%	8	4%

Other mental health ^b	4	2%	1	1%	3	1%	1	1%
<i>Social work</i>								
Social worker	6	3%	6	3%	8	4%	6	3%
Other social care work ^c	0	0%	3	2%	0	0%	0	0%
<i>Community services</i>								
Counselling	47	23%	33	18%	43	21%	37	21%
Alternative therapy ²	32	16%	28	16%	27	13%	12	7%
Self-help	26	13%	25	14%	28	14%	34	19%
Charities / advice agencies	13	6%	17	9%	18	9%	11	6%
Helplines	24	12%	24	13%	20	10%	14	8%
Other services ^{1, d}	22	11%	9	5%	14	7%	12	7%

¹Proportion in control group using service larger than proportion in intervention group at baseline

² Proportion in control group using service larger than proportion in intervention group at follow-up

^a Other primary care includes: dentist, health visitor, other community nurse, self-management

^b Other mental health includes: CBT, well-being practitioner, CMHS, day care, crisis team

^c Other social care work includes: drug and alcohol worker, family support worker

^d Other services include: occupational therapist, educational welfare officer, solicitor

Table 3: Use of medications

	Baseline				Follow-up			
	<i>Control group (n=202)</i>		<i>Intervention group (n=179)</i>		<i>Control group (n=202)</i>		<i>Intervention group (n=179)</i>	
	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
Prescription self conf. ²	86	43%	63	35%	79	39%	49	27%
Self-confidence ^{1,2}	77	38%	51	26%	71	35%	44	25%
Pain	13	6%	12	7%	14	7%	13	7%
Digestion	8	4%	6	3%	7	3%	6	3%
Chest / breathing	8	4%	11	6%	7	3%	6	3%
Allergies	5	2%	5	3%	5	2%	4	2%
Heart	2	1%	2	1%	3	1%	3	2%
Blood press. / cholesterol ^{1,2}	31	15%	11	6%	30	15%	13	7%
Diabetes	5	2%	7	4%	8	4%	7	4%
Arthritis / joints	7	3%	3	2%	10	5%	5	3%
Infection / antibiotics	0	0%	0	0%	0	0%	1	1%
Contraceptive pill	3	1%	8	4%	4	2%	5	3%
Herbal / homeopathic	8	4%	4	2%	6	3%	4	2%
Other ^{2,3}	56	27%	59	32%	75	37%	52	29%

¹Proportion in control group using medication larger than proportion in intervention group at baseline

² Proportion in control group using medication larger than proportion in intervention group at follow-up

³ Increase in proportion in control group using medication is significant

Table 4a: Costs at baseline

	Control group (n=202)			Intervention group (n=179)			Cost difference*	
	<i>Mean</i>	<i>SD</i>	<i>Range</i>	<i>Mean</i>	<i>SD</i>	<i>Range</i>	<i>p-value</i>	<i>CI</i>
Hospital ^b	£481	£2,553	£0 - £28,346	£565	£2,643	£0 - £28,194	0.74	-£2.23 - £1.59
Primary care ^a	£52	£86	£0 - £636	£47	£82	£0 - £477	0.51	-£1.25 - £2.54
Mental health	£226	£651	£0 - £6,984	£175	£459	£0 - £3,124	0.36	-£0.98 - £2.71
Social work	£8	£58	£0 - £632	£14	£119	£0 - £1,504	0.53	-£2.59 - £1.34
Counselling	£187	£422	£0 - £2,858	£168	£415	£0 - £2,743	0.65	-£1.53 - £2.44
Self help	£21	£74	£0 - £729	£27	£97	£0 - £903	0.52	-£2.56 - £1.30
Other services	£54	£422	£0 - £5,878	£28	£232	£0 - £3,023	0.44	-£1.12 - £2.59
Medications	£21	£49	£0 - £315	£17	£40	£0 - £319	0.44	-£1.16 - £2.68
Total costs	£1,050	£2,731	£0 - £28,441	£1,041	£2,833	£0 - £29,170	0.97	-£1.88 - £1.95

*Based on bootstrapped t-test

**Based on bootstrapped regression, adjusting for baseline costs

^a Cost change in control group significant at the 90% level

^b Cost change in intervention group significant at the 95% level

Table 4b: Costs at follow-up

	Control group (n=202)			Intervention group (n=179)			Cost difference **	
	<i>Mean</i>	<i>SD</i>	<i>Range</i>	<i>Mean</i>	<i>SD</i>	<i>Range</i>	<i>p-value</i>	<i>CI</i>
Hospital ^b	£294	£1,256	£0 - £12,994	£184	£551	£0 - £5,121	0.24	-£309 - £78
Primary care ^a	£39	£70	£0 - £445	£40	£98	£0 - £954	0.67	-£13 - £20
Mental health	£177	£567	£0 - £5,748	£139	£398	£0 - £3,402	0.78	-£91 - £68
Social work	£25	£174	£0 - £1,896	£24	£149	£0 - £1,422	0.88	-£34 - £29
Counselling	£160	£458	£0 - £4,115	£176	£409	£0 - £1,855	0.50	-£48 - £100
Self help	£29	£123	£0 - £1,360	£62	£463	£0 - £6,020	0.43	-£42 - £99
Other services	£45	£273	£0 - £3,359	£27	£122	£0 - £840	0.73	-£31 - £21
Medications	£20	£45	£0 - £408	£20	£57	£0 - £408	0.49	-£5 - £11
Intervention cost	£51	£3	£48 - £57	£161	£76	£48 - £308	0.00	-£24 - -£17
Total	£841	£1,756	£49 - £14,050	£834	£1,137	£50 - £7,608	0.97	-£286 - £278

*Based on bootstrapped t-test

**Based on bootstrapped regression, adjusting for baseline costs

^a Cost change in control group significant at the 90% level

^b Cost change in intervention group significant at the 95% level

Table 5: Additional information on cost-effectiveness and cost-utility analyses

	BDI improvement (WTP range £0-£100)			QALY gain (WTP range £0-£30,000)			Additional DFD (WTP range £0-£30)		
	<i>Base case</i>	<i>Best case</i>	<i>Worst case</i>	<i>Base case</i>	<i>Best case</i>	<i>Worst case</i>	<i>Base case</i>	<i>Best case</i>	<i>Worst case</i>
Probability at WTP zero	30%	48%	23%	35%	54%	27%	28%	46%	21%
WTP around 50% probability	£10	£0	£20	£20,000	-	£29,800	£4	£1	£6
WTP around 80% probability	£30	£20	£40	-	-	-	£10	£7	£12
WTP around 90% probability	£40	£30	£50	-	-	-	£14	£10	£16
WTP around 95% probability	£50	£40	£60	-	-	-	£17	£13	£19
WTP around 99% probability	£70	£60	£80	-	-	-	£22	£18	£24
Highest probability (associated WTP)	>99%	>99%	>99%	55%	66%	50%	>99%	>99%	>99%
	(£80)	(£70)	(£90)	(£28,300)	(£23,200)	(£29,800)	(£26)	(£22)	(£29)