

Supplementary Material

Table S1. Mean (standard deviation) and median psychometric scale scores for the CBT and control group, comparing groups at baseline and at 12 weeks.

Baseline	Cases		Controls		<i>U</i>	<i>Z</i>	<i>p</i>	<i>r</i>
Scale	Mean (SD)	Median	Mean (SD)	Median				
WHOQoL-BREF								
Physical	3.71 (0.58)	3.17	4.32 (0.35)	4.43	25.5	1.94	0.05	0.58
Psychological	3.36 (0.56)	3.33	4.11 (0.33)	4.17	26.0	2.02	0.05	0.61
Social	3.40 (1.04)	3.33	4.33 (0.60)	4.50	23.0	1.47	0.18	
Environment	3.58 (0.68)	3.13	4.10 (0.33)	4.00	20.0	0.92	0.43	
FAQL-PB	86.40 (15.37)	80.00	48.67 (13.10)	51.50	0.00	-2.74	0.004	0.83
PSS—Stress Scale	28.80 (9.73)	32.00	18.25 (4.27)	17.00	4.0	-1.48	0.19	
PSWQ	56.60 (17.30)	63.00	46.33 (11.69)	48.00	8.5	-1.19	0.25	
HADS—Anxiety	11.60 (3.36)	13.00	5.83 (2.32)	6.00	3.0	-2.22	0.03	0.67
HADS— Depression	7.00 (3.16)	8.00	1.67 (1.21)	1.50	2.5	-2.30	0.017	0.69
GHQ-12	18.40 (7.50)	18.00	8.00 (3.90)	7.50	2.5	-2.29	0.017	0.69
12 Weeks								
Scale	Mean (SD)	Median	Mean (SD)	Median	<i>U</i>	<i>Z</i>	<i>p</i>	<i>r</i>
WHOQoL-BREF								
Physical	4.26 (0.26)	4.00	4.00 (0.26)	4.00	8.0	-0.49	0.73	
Psychological	3.87 (0.45)	3.83	3.84 (0.56)	3.59	8.0	-0.49	0.73	
Social	3.87 (0.84)	3.67	4.00 (0.61)	4.00	10.0	0.00	1.00	
Environment	4.05 (0.36)	4.13	3.81 (0.58)	3.94	8.0	-0.49	0.73	
FAQL-PB	49.60 (11.33)	49.00	57.00 (18.51)	64.00	14.0	0.98	0.41	
PSS—Stress Scale	21.00 (8.86)	15.00	25.00 (4.69)	24.50	13.0	0.74	0.56	
PSWQ	44.60 (15.49)	38.00	58.25 (9.91)	60.00	16.0	1.47	0.19	
HADS—Anxiety	6.40 (2.07)	7.00	7.50 (1.91)	8.00	13.5	0.87	0.41	
HADS— Depression	2.40 (1.95)	3.00	4.25 (4.27)	3.00	12.5	0.63	0.56	
GHQ-12	5.20 (3.27)	5.00	15.00 (4.16)	15.00	20.0	4.07	0.016	1.23

U = Mann-Whitney *U* test for Independent Samples; *Z* = standardised test statistic, *p* = *p* value for differences between cases and controls, *r* = effect size for significant differences.

Table S2. Mean (standard deviation) and median psychometric scale scores, comparing baseline with end of 12 week scores for the CBT group and for the control group.

Cases	Baseline		12 Weeks		<i>T</i>	<i>Z</i>	<i>p</i>	<i>r</i>
	Scale	Mean (SD)	Median	Mean (SD)				
WHOQoL-BREF								
Physical	3.71 (0.58)	3.17	4.26 (0.26)	4.00	15.0	2.03	0.042	0.64
Psychological	3.36 (0.56)	3.33	3.87 (0.45)	3.83	14.0	1.76	0.078	
Social	3.40 (1.04)	3.33	3.87 (0.84)	3.67	14.0	1.77	0.077	
Environment	3.58 (0.68)	3.13	4.05 (0.36)	4.13	10.0	1.83	0.068	
FAQL-PB	86.40 (15.37)	80.00	49.60 (11.33)	49.00	0.00	-2.02	0.043	0.64
PSS—Stress Scale	28.80 (9.73)	32.00	21.00 (8.86)	15.00	1.00	-1.75	0.08	
PSWQ	56.60 (17.30)	63.00	44.60 (15.49)	38.00	0.00	-2.02	0.043	0.64
HADS—Anxiety	11.60 (3.36)	13.00	6.40 (2.07)	7.00	0.00	-2.03	0.042	0.64
HADS—Depression	7.00 (3.16)	8.00	2.40 (1.95)	3.00	0.00	-2.03	0.042	0.64
GHQ-12	18.40 (7.50)	18.00	5.20 (3.27)	5.00	0.00	-2.03	0.042	0.64
Controls	Baseline		12 Weeks		<i>T</i>	<i>Z</i>	<i>p</i>	<i>r</i>
Scale	Mean (SD)	Median	Mean (SD)	Median				
WHOQoL-BREF								
Physical	4.32 (0.35)	4.43	4.00 (0.26)	4.00	3.0	2.72	0.46	
Psychological	4.11 (0.33)	4.17	3.84 (0.56)	3.59	1.5	-1.29	0.20	
Social	4.33 (0.60)	4.50	4.00 (0.61)	4.00	1.5	-0.82	0.41	
Environment	4.10 (0.33)	4.00	3.81 (0.58)	3.94	0.00	-1.34	0.18	
FAQL-PB	48.67 (13.10)	51.50	57.00 (18.51)	64.00	6.0	1.60	0.11	
PSS—Stress Scale	18.25 (4.27)	17.00	25.00 (4.69)	24.50	5.0	1.07	0.29	
PSWQ	46.33 (11.69)	48.00	58.25 (9.91)	60.00	10.0	1.83	0.068	
HADS—Anxiety	5.83 (2.32)	6.00	7.50 (1.91)	8.00	6.0	1.63	0.10	
HADS—Depression	1.67 (1.21)	1.50	4.25 (4.27)	3.00	6.0	1.60	0.11	
GHQ-12	8.00 (3.90)	7.50	15.00 (4.16)	15.00	10.0	1.83	0.068	

T = Wilcoxon Signed-Ranks Test for Related Samples; *Z* = standardised test statistic, *p* = *p* value for differences between baseline and 12 weeks scores for cases and between baseline and 12 week scores for controls, *r* = effect size for significant differences.

Table S3. Clinical caseness (*n* and %) for worry, anxiety, depression and general mental health for cases and controls at baseline and at 12 weeks.

Scale	Case		Control	
	Baseline (<i>n</i> = 5)	12 Weeks (<i>n</i> = 5)	Baseline (<i>n</i> = 6)	12 Weeks (<i>n</i> = 4)
Worry (PSWQ)	4 (80.0)	2 (40.0)	3 (50.0)	4 (100.0)
General mental health (GHQ12)	4 (80.0)	0	2 (33.3)	3 (75.0)
Mild anxiety (HADS)	0	2 (40.0)	1 (16.7)	2 (50.0)
Moderate anxiety (HADS)	4 (80.0)	0	0	0
Mild depression (HADS) *	3 (60.0)	0	0	0

* No participant had moderate or severe depression or severe anxiety.