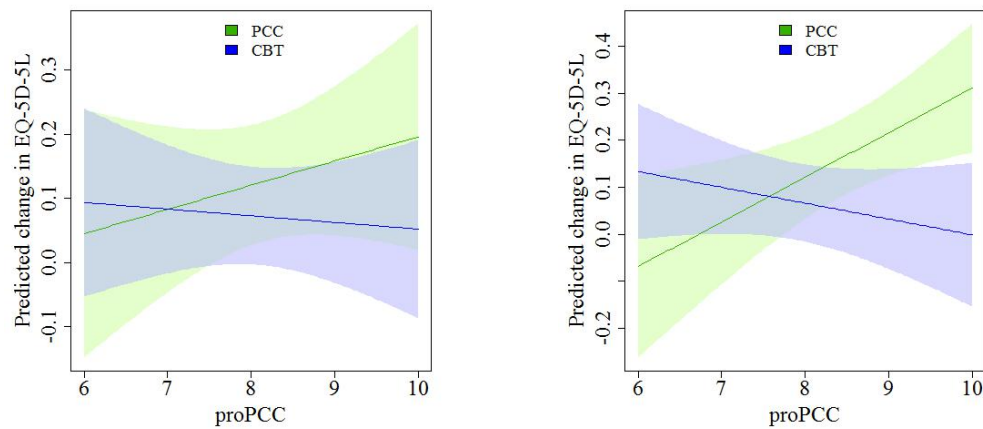


Figures

Figure 1. Estimated associations between a preference for PCC (“ProPCC”) and EQ-5D-5L health utility score at 3 and 6 months, for those randomised to receive PCC or CBT.



Effect Estimates

PCC 0.04 (-0.04, 0.12), p=0.33
CBT -0.01 (-0.07, 0.05), p=0.72

0.10 (0.02, 0.17), p=0.011
-0.03 (-0.10, 0.03), p=0.27

Interaction p-value

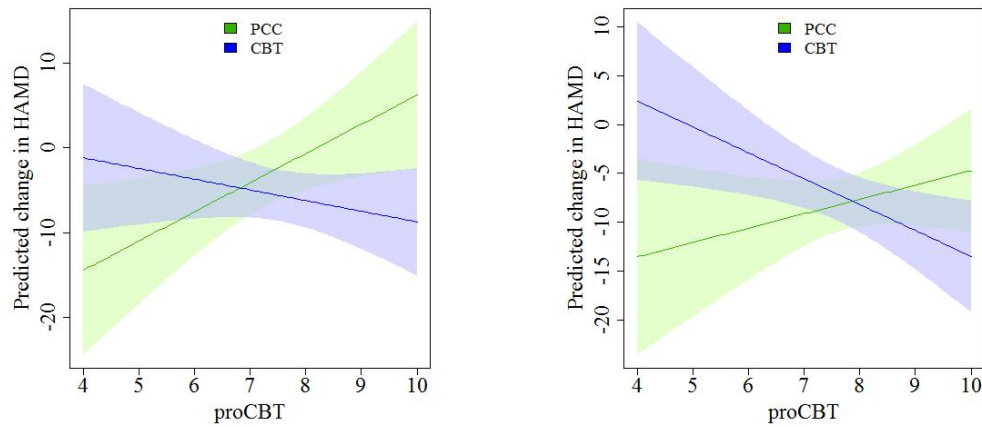
p=0.32

p=0.010

Note. Effect estimates show estimated increase in mean EQ-5D-5L health utility score for each one-point increase in Pro-PCC score, with 95% confidence interval and p-value, within each treatment group separately. Interaction p-value tests whether the slopes of the two lines are parallel.

Figure 2. Estimated associations between a preference for CBT (“ProCBT”) and HAMD and WSAS scores at 3 and 6 months, for those randomised to receive PCC or CBT.

HAMD score



Effect Estimates

PCC 3.44 (0.60, 6.29), p=0.021
 CBT -1.26 (-3.54, 1.03), p=0.260

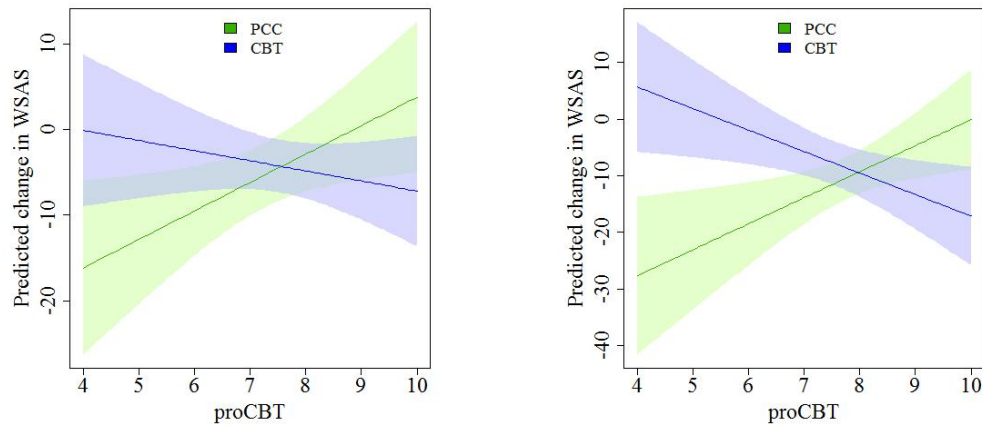
1.47 (-1.09, 4.03), p=0.247
 -2.65 (-4.75, -0.54), p=0.016

Interaction p-value

p=0.015

p=0.017

WSAS score



Effect Estimates

PCC 3.31 (0.42, 6.21), p=0.027
 CBT -1.18 (-3.51, 1.15), p=0.299

4.60 (1.03, 8.17), p=0.014
 -3.80 (-6.90, -0.71), p=0.018

Interaction p-value

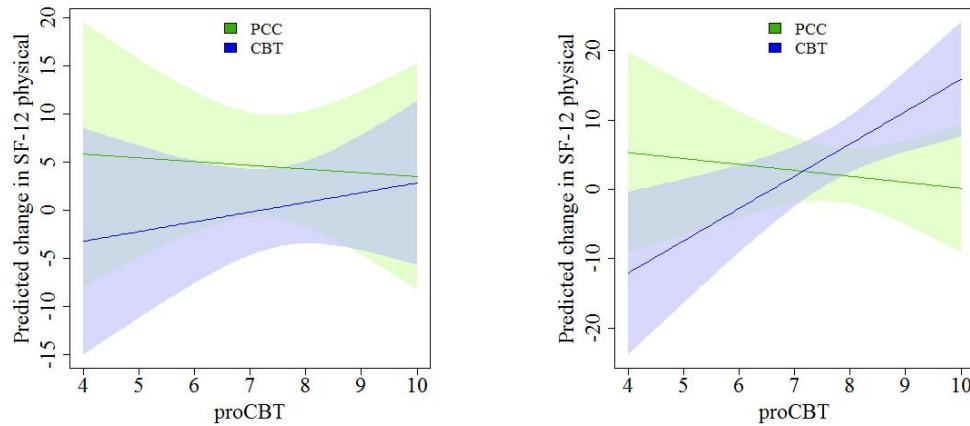
p=0.021

p=0.001

Note. Effect estimates show estimated increase in outcome for each one-point increase in Pro-CBT score, with 95% confidence interval and p-value, within each treatment group separately. Interaction p-value tests whether the slopes of the two lines are parallel.

Figure 3. Estimated associations between a preference for CBT (“ProCBT”) and SF12 physical and mental health domain scores at 3 and 6 months, for those randomised to receive PCC or CBT.

SF12 physical health components score



Effect Estimates

PCC -0.39 (-4.24, 3.47), p=0.834
 CBT 1.01 (-2.08, 4.10), p=0.496

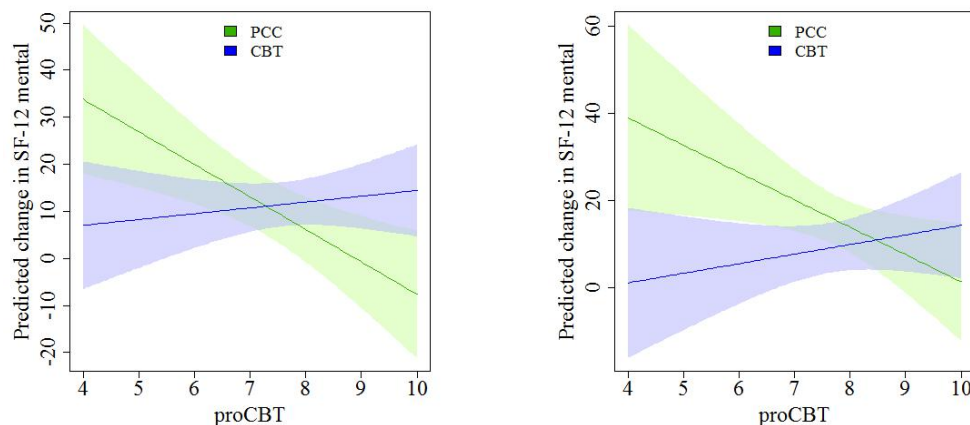
-0.86 (-4.59, 2.87), p=0.637
 4.67 (1.60, 7.74), p=0.005

Interaction p-value

p=0.556

p=0.027

SF12 mental health components score



Effect Estimates

PCC -6.91 (-11.35, -2.48), p=0.005
 CBT 1.24 (-2.32, 4.79), p=0.469

-6.26 (-11.71, -0.82), p=0.026
 2.20 (-2.29, 6.68), p=0.321

Interaction p-value

p=0.008

p=0.021

Note. Effect estimates show estimated increase in outcome for each one-point increase in ProCBT score, with 95% confidence interval and p-value, within each treatment group separately. Interaction p-value tests whether the slopes of the two lines are parallel.