

Online supplementary table 1

	Baseline (T0)		Discharge (T1)		T1			T0-T1		
			Estimated means		Between group comparisons			Within-group comparisons		
	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>F (df)</i>	<i>p</i>	<i>d</i>	<i>t (df); r</i>	<i>p</i>	<i>d</i>
PHQ-9					9.52 (1, 212)	.003	0.40			
IG	14.86 (4.88)	108	9.71 (4.98)	108				9.49 (107); 0.45	<.001	0.95
CG	14.30 (5.23)	107	11.74 (5.12)	107				5.04 (106); 0.56	<.001	0.45
GAD-7					5.97 (1, 212)	.017	0.33			
IG	11.59 (4.28)	108	8.02 (4.14)	108				8.73 (107); 0.62	<.001	0.74
CG	11.57 (5.08)	107	9.39 (4.27)	107				4.68 (106); 0.62	<.001	0.40
EUROHIS					6.38 (1, 212)	.14	0.34			
IG	1.62 (0.57)	108	2.14 (0.65)	108				7.51 (107); 0.51	<.001	0.71
CG	1.68 (0.59)	107	1.92 (0.66)	107				4.10 (106); 0.60	<.001	0.36
RSE					7.85 (1, 212)	.006	0.38			
IG	15.11 (6.68)	108	18.94 (6.24)	108				5.58 (107); 0.56	<.001	0.51
CG	15.40 (6.80)	107	16.57 (6.30)	107				2.11 (106); 0.65	.04	0.17
DAS					1.02 (1, 212)	.31	0.14			
IG	149.96 (37.05)	108	141.24 (30.08)	108				4.30 (107); 0.71	<.001	0.31
CG	158.42 (38.26)	107	145.39 (30.20)	107				3.07 (106); 0.71	.002	0.23
WAI					0.64(1, 212)	.52	0.08			
IG	25.41 (2.87)	108	26.51 (2.75)	108				3.46 (107); 0.42	.001	0.36
CG	25.28 (2.60)	107	26.28 (3.24)	107				2.82 (106); 0.35	.007	0.31

Notes. IG: intervention group; CG: control group; PHQ-9: Patient Health Questionnaire Depression Module; GAD-7: Generalized Anxiety Disorder; EUROHIS: European Health Interview Survey Quality of Life 8; RSE: Rosenberg Self-Esteem Scale; DAS: Dysfunctional Attitude Scale; WAI: Work Ability Index; between subjects-analyses: analyses of covariance with baseline as covariate; within-subject analyses: paired samples t-Tests.