Table S4. Mean (SD) psychological and work related outcome scores and mean differences at 8 and 14 months within intervention as compared to baseline.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Assessment | | n | Baseline | 8 months within intervention versus baseline | | | 14 months within intervention versus baseline | | |
| Mean (SD) | Mean (SD) | Mean diff | 95% CrI | Mean (SD) | Mean diff | 95% CrI |
| HADS§ | |  |  |  |  |  |  |  |  |
|  | Anxiety | 22 | 11.41 (5.01) | 8.50 (4.65) | -2.73 | (-5.47; 0.20) | 6.82 (4.34) | **-4.38**\* | (-7.04; -1.57) |
|  | Depression | 22 | 6.45 (4.53) | 5.73 (4.34) | -0.68 | (-3.34; 1.98) | 4.91 (4.46) | -1.59 | (-4.38; 1.24) |
| DASS† | |  |  |  |  |  |  |  |  |
|  | Depression | 26 | 12.95 (11.43) | 9.31 (8.14) | -3.38 | (-8.98; 2.07) | 5.92 (7.72) | **-6.5**\* | (-11.99; -1.14) |
|  | Anxiety | 26 | 8.00 (6.95) | 6.54 (6.44) | -1.28 | (-5.32; 2.68) | 4.46 (5.32) | -3.28 | (-7.17; 0.56) |
|  | Stress | 26 | 20.08 (10.36) | 13.85 (7.92) | **-6.32**\* | (-11.27; -1.30) | 11.15 (8.32) | **-8.87**\* | (-13.78; -3.85) |
| BAI¶ | | 25 | 14.72 (8.15) | 11.16 (7.45) | -3.54 | (-8.1; 1.08) | 12.36 (10.79) | -2.03 | (-7.06; 3.55) |
| BDI# | | 25 | 15.60 (12.86) | 12.88 (8.67) | -3.92 | (-10.09; 2.22) | 10.48 (8.43) | **-6.17**\* | (-12.28; -0.18) |
| CDI£ | | 5 | 9.49 (6.80) | 8.00 (2.83) | -1.41 | (-13.76; 5.86) | 9.00 (5.15) | -1.01 | (-13.77; 9.04) |
| SSC‡ | |  |  |  |  |  |  |  |  |
|  | Physical reactions | 5 | 10.40 (4.67) | 7.60 (2.51) | -2.96 | (-7.89; 1.29) | 6.00 (4.12) | -4.24 | (-9.55; 1.22) |
|  | Psychological reactions | 5 | 13.60 (6.66) | 10.20 (5.76) | -3.16 | (-11.34; 5.15) | 11.80 (7.46) | -1.55 | (-10.22; 7.45) |
|  | Psychological reactions with depressive component | 5 | 13.20 (2.28) | 8.00 (5.70) | -4.66 | (-10.53; 3.94) | 9.80 (6.06) | -2.98 | (-8.37; 4.12) |
|  | Psycho-physiological reactions | 5 | 12.20 (3.09) | 10.80 (2.39) | -0.98 | (-4.41; 2.08) | 9.20 (4.66) | -2.33 | (-7.32; 4.18) |
|  | Total score | 5 | 49.40 (11.67) | 36.60 (10.31) | -12.5 | (-29.01; 3.73) | 36.80 (14.06) | -11.65 | (-29.63; 8.05) |
| WPAI€ | |  |  |  |  |  |  |  |  |
|  | Absenteeism | 14 | 7.29 (18.52) | 1.43 (5.35) | n.a. | n.a. | 8.21 (26.72) | n.a. | n.a. |
|  | Presenteeism | 14 | 19.29 (28.41) | 10.00 (23.20) | n.a. | n.a. | 3.57 (10.82) | n.a. | n.a. |
|  | Work productivity loss | 14 | 21.14 (32.39) | 10.86 (24.58) | n.a. | n.a. | 4.21 (13.16) | n.a. | n.a. |
|  | Activity impairment | 14 | 25.00 (26.24) | 17.14 (28.94) | n.a. | n.a. | 17.14 (30.99) | n.a. | n.a. |

*HADS*, Hospital Anxiety and Depression Scale; *DASS*, Depression Anxiety Stress Scales; *BAI*, Beck Anxiety Inventory; *BDI*, Beck Depression Inventory; *CDI*, Children’s Depression Inventory; *SSC*, Child Stress Scale; *WPAI*, Work Productivity and Activity Impairment Questionnaire. 95% CrI, 95% Credible Interval.

§ For both anxiety and depression:

normal 0-7

suggestive of the mood disorder 8-11

probable presence of the mood disorder 12-21

† For depression (see also Table S1, Supplementary Materials):

normal 0-9

mild-moderate 10-20

severe-extremely severe 21-more than 28

For anxiety:

normal 0-7

mild-moderate 8-14

severe-extremely severe 15-more than 20

For stress:

normal 0-14

mild-moderate 15-25

severe-extremely severe 26-more than 34

¶ not at all 0-10; mild 11-19; moderate 20-30; severe 31-63.

# minimal 0-13; mild 14-19; moderate 20-28; severe 29-63.

£ Probable depression greater than 17.

‡ Criteria for suggestive stress outlined on Table E1 include total scale score ≥ 105.

€ 0-100 expressed as percentages of loss, with higher numbers indicating greater loss and lower productivity.

\*Indicative of intervention benefit based on a 95% CrI excluding 0.

n.a. not applicable