

**Supplementary table 1: Anxiety and depression scores for intervention and treatment as usual groups at baseline and 34 weeks**

		BASELINE			34 WEEKS			TAU	INT	BASE LINE	34 WEEKS	TAU	INT
		INT (n=51)	TAU (n=52)	BETWEEN GROUPS (PP)	INT (n=51)	TAU (n=52)	BETWEEN GROUPS (PP)	WITHIN GROUP (PP)	WITHIN GROUP (PP)	BETWEEN GROUPS (ITT)	BETWEEN GROUPS (ITT)	WITHIN GROUP (ITT)	WITHIN GROUP (ITT)
				BETWEEN			BETWEEN						
Anxiety	Mean (SD)	13.22(2.59)	13.06(3.17)	0.360	15.53(5.75)	14.11(3.49)	0.646	0.074	0.160	-	0.190	0.172	0.458
	Median (Q1-Q3)	13(12-15)	13(11-14)		13(12-17)	14(12-16)							
	Range	9-19	9-27		9-34	9-27							
	Missing	1(2%)	0(0%)		15(29.4%)	7(13.5%)							
Depression	Mean (SD)	3.47(2.77)	2.98(2.97)	0.227	5.81(5.29)	4.44(4.04)	0.216	<b>0.019</b>	<b>0.004</b>	-	0.390	0.087	<b>0.0002</b>
	Median(Q1-Q3)	3(1-5)	2.5 (0.5-4)		5(2.5-7)	4(1-6)							
	Range	0-13	0-12		0-27	0-18							
	Missing	0(0%)	0(0%)		15(29.4%)	7(13.5%)							

INT Intervention; TAU Treatment As Usual; PP Per Protocol; ITT Intention To Treat; SD Standard Deviation; The ITT analyses were conducted using permutation tests associated with continuous outcomes (paired for within group comparisons, unpaired for between group comparisons) under missing completely at random assumption for missing observations.