

Supplementary Material

Supplementary Tables

Table S1 reports, for each time point and for each treatment group, the number of participants with complete responses to the eight PROMIS Global Health questions used to map to the EQ-5D, mean EQ-5D scores and mean difference between treatment groups, and mean QALYs to 24-weeks and mean difference between groups. EQ-5D scores at each follow-up and overall QALYs are higher in the dCBT arm compared with control and statistically significant, however, there is a substantial amount of missing data which needs careful consideration.

Table S1: EQ-5D scores and QALYs to 24-weeks based on observed data

Outcome	dCBT		Control		Mean difference
	<i>n</i> (%)	Mean (SE)	<i>n</i> (%)	Mean (SE)	(95% CI)
EQ-5D					
Week-0	853 (100)	0.772 (0.004)	858 (100)	0.772 (0.004)	-0.0001 (-0.012, 0.012)
Week-4	542 (64)	0.806 (0.006)	540 (63)	0.785 (0.006)	0.020 (0.005, 0.036)*
Week-8	464 (54)	0.831 (0.006)	505 (59)	0.788 (0.006)	0.043 (0.026, 0.060)*
Week-24	402 (47)	0.826 (0.006)	492 (57)	0.791 (0.006)	0.035 (0.018, 0.052)*
QALYs	334 (39)	0.381 (0.003)	409 (48)	0.363 (0.003)	0.018 (0.010, 0.025)*

CI, Confidence interval; dCBT, digital cognitive behavioural therapy; SE, Standard error

* $p < 0.05$

Table S2: EQ-5D scores and QALYs from 24- to 48-weeks based on observed data, dCBT group only

Outcome	dCBT	
	<i>n</i> (%)	Mean (SE)
EQ-5D		
Week-24	402 (47)	0.826 (0.006)
Week-36	348 (41)	0.812 (0.008)
Week-48	359 (42)	0.820 (0.007)
QALYs	271 (32)	0.379 (0.003)

dCBT, digital cognitive behavioural therapy; SE, Standard error