

Supplemental material

Table 1-Suppl: Additional treatments during the follow-up period by condition*

Variable	CBT		Psychodynamic		Statistic (df)	p-value
	n	%	n	%		
Any treatment	41	44.6	32	33.0	$\chi^2(1)=2.67$.10
	n	%	n	%		
Anti-depressant medication	9	9.8	9	9.3	$\chi^2(1)=0.01$.91
	mean	SD	mean	SD		
Number of consultations	4.7	4.3	3.6	1.7	$t(16)=0.72$.48
	n	%	n	%		
Out-patient psychotherapy	32	34.8	24	25.0	$\chi^2(1)=2.15$.14
	mean	SD	mean	SD		
Number of sessions	5.8	3.0	6.5	10.2	$t(54)=2.75$.73
	n	%	n	%		
Type of therapist					$\chi^2(2)=5.36$.07
- Psychiatrist	3	9.7	8	36.4		
- Psychologist/psychotherapist	21	67.7	11	50.0		
- Unknown	7	22.6	3	13.6		
	n	%	n	%		
Day treatment	0	0.0	1	1.0	$\chi^2(1)=0.95$.99
	mean	SD	mean	SD		
Number of days	-	-	4	-	-	-
	n	%	n	%		
Inpatient treatment	2	2.2	0	0.0	$\chi^2(1)=2.16$.23
	mean	SD	mean	SD		
Number of days	15.5	10.6	-	-	-	-

	n	%	n	%		
Other treatment	8	8.7	4	4.2	$\chi^2(1)=1.61$.20
	mean	SD	mean	SD		
Number of sessions	6.1	8.0	6.0	3.5	$t(10)=0.03$.98

*Pharmacotherapy continuation according to protocol in the severely depressed subsample was not considered here.

Note: CBT = cognitive behavioral therapy.

Table 2-Suppl: Serious adverse events during treatment and follow-up by condition

Type of event	Treatment		Follow-up	
	CBT	Psychodynamic	CBT	Psychodynamic
	(n=164)	(n=177)	(n=164)	(n=177)
Alcohol abuse during consultation	0	1	0	0
Addition treatment started for:				
- Increase of depressive symptoms	4	1	2	2
- Suicidal ideation	2	4	1	1
- Post-traumatic stress disorder	1	0	0	0
- Pain symptoms	0	2	0	0
Psychosis	1	0	0	1
Severe antidepressant side effects	1	1	0	0
Major life event	1	2	0	0
Total (n)	10	11	3	4
Total (%)	6.1	6.2	1.8	2.3

Note: CBT = cognitive behavioral therapy.