

Table 1. *Pre-post changes in clinical outcome measures*

	N	Mean	SD	ES Intake to 1	ES Intake to 3
PTSD Intake	297	3.00	1.06		
PTSD 1 Month	142	2.51	1.06	.46	
PTSD 3 Month	91	2.59	1.02		.39
Depression Intake	335	2.01	.77		
Depression 1 Month	145	1.61	.91	.52	
Depression 3 Month	94	1.55	.85		.60
GAD Intake	345	2.19	.80		
GAD 1 Month	146	1.63	.95	.70	
GAD 3 Month	95	1.60	.89		.74
Physical Health Intake	335	.92	.41		
Physical Health 1 Month	143	.78	.40	.34	
Physical Health 3 Month	94	.84	.39		.20