

On-line Appendix

Variable	n	%
Age, mean and SD	40.3	14.8
Gender		
Male	6	18.8
Female	26	81.2
Employment Status		
Employed (full or part-time)	16	50.0
Retired or unemployed by choice	6	18.8
Unemployed for other reasons	9	28.2
Declined to answer	1	3.1
Any prior psychotherapy ^a	23	71.9
Prior CBT		
Individual	3	9.4
Group	3	9.4
On antidepressant	18	56.3
Baseline BDI-II Score, mean and SD	31.5	11.1
Baseline DAS-19 Score, mean and SD	72.8	18.1
Shared CBT sessions attended, mean and SD	10.2	2.7
Attended all 12 shared CBT sessions	15	46.9
% of shared CBT sessions with homework partially or fully completed	85.0	N/A

Table 1. Baseline characteristics, session attendance and homework completion for shared CBT participants (N=32), presented as number, n, and percent unless otherwise specified

BDI-II: *Beck Depression Inventory, 2nd edition*

DAS-19: *Dysfunctional Attitudes Scale – 19 item*

^aIncludes CBT and other modalities of psychotherapy

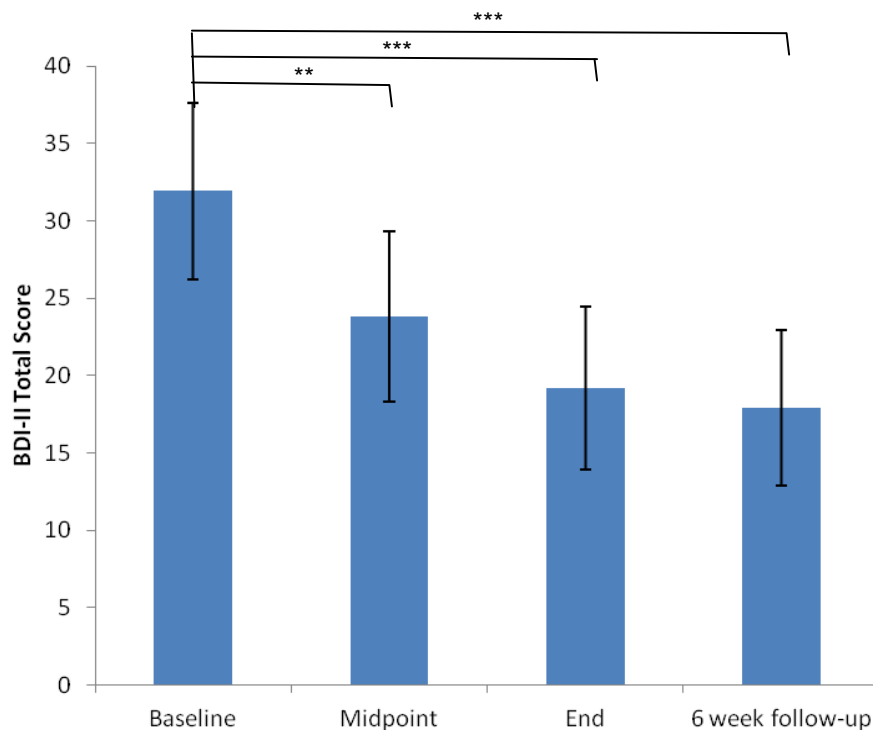


Figure 1. BDI-II scores over the course of shared CBT (N=32)

Scores are estimated marginal means from a mixed effects model with time as a repeated measure, adjusted for age and gender.

Error bars are one standard error of the mean.

BDI-II: *Beck Depression Inventory, 2nd edition*

** $P < .05$, *** $P < .001$

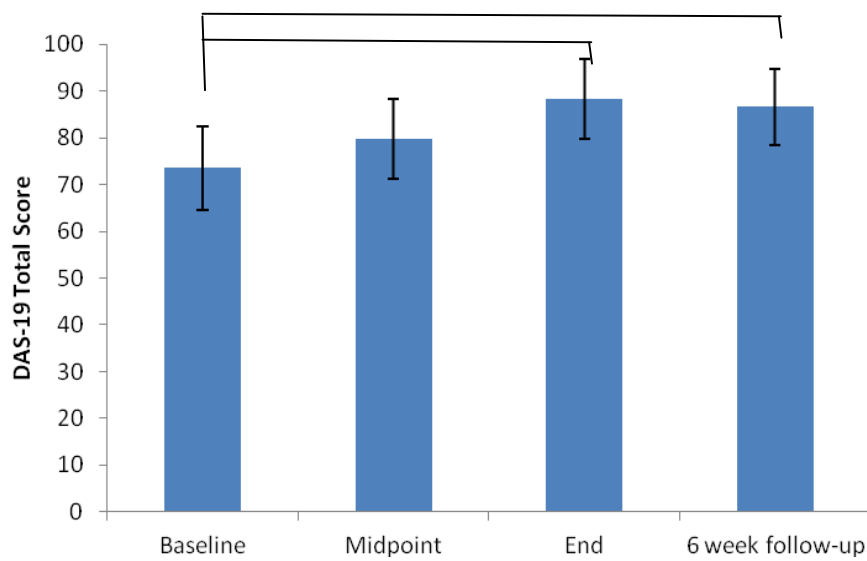


Figure 2. DAS-19 scores over the course of shared CBT (N=32)

Scores are estimated marginal means from a mixed effects model with time as a repeated measure, adjusted for age and gender.

Error bars are one standard error of the mean.

DAS-19: *Dysfunctional Attitudes Scale – 19 item*

** $P < .05$, *** $P < .001$