

Multimedia Appendix 2. Compliance with questionnaires at follow-up.<sup>a</sup>

Time-point	Blended CBT N=53	Standard CBT N=49	Total sample N=102
<i>T1 (10 weeks)</i>	n=41	n=35	n=76
Mean (SD)	11.4 (2.0)	10.6 (1.2)	11.0 (1.7)
Median, range	10, 10-19	10, 10-15	10, 10-19
Quartiles (25, 50, 75)	10, 10, 12	10, 10, 11	10, 10, 11
<i>T2 (20 weeks)</i>	n=35	n=30	n=65
Mean (SD)	20.9 (1.5)	21.0 (1.7)	20.9 (1.6)
Median, range	20, 20-26	20, 20-28	20, 20-28
Quartiles (25, 50, 75)	20, 20, 21	20, 20, 21	20, 20, 21
<i>T3 (30 weeks)</i>	n=36	n=29	n=65
Mean (SD)	32.1 (2.8)	32.0 (3.1)	32.1 (2.9)
Median, range	31, 30-44	31, 30-43	31, 30-44
Quartiles (25, 50, 75)	30, 31, 33	30, 31, 32	30, 31, 33

<sup>a</sup>CBT: Cognitive behavioral therapy; SD: standard deviation.