

Multimedia Appendix 4

Type and dose of antidepressant medication prescribed at baseline

Antidepressant medication	Dose (mg)	Blended CBT (n= 20)	Waiting-list (n= 20)	
SSRI total		10 (50.0%)	4 (20.0%)	
Sertraline	50-100	7 (35.0%)	2 (10.0%)	
Paroxetine	40	1 (5.0%)	1 (5.0%)	
Fluvoxamine	50	1 (5.0%)	0 (0.0%)	
Escitalopram	20	1 (5.0%)	1 (5.0%)	
SNRI total		5 (25.0%)	6 (30.0%)	
Duloxetine	40-60	5 (25.0%)	6 (30.0%)	
TCA total		4 (20.0%)	2 (10.0%)	
Amoxapine	100-150	1 (5.0%)	2 (10.0%)	
Clomipramine	50	1 (5.0%)	0 (0.0%)	
Nortriptyline	100-150	2 (10.0%)	0 (0.0%)	
Other total		1 (5.0%)	8 (40.0%)	
Mirtazapine	15-45	1 (5.0%)	6 (30.0%)	
Sulpiride	100	0 (0.0%)	1 (5.0%)	
Trazodone	25	0 (0.0%)	1 (5.0%)	
Medication used for combination/augmentation therapy ^a	Dose (mg)	Blended CBT (n=20)	Waiting-list (n=20)	
Sertraline	SSRI	25	1 (5.0%)	1 (5.0%)
Paroxetine	SSRI	20	0 (0.0%)	1 (5.0%)
Duloxetine	SNRI	20-30	3 (15.0%)	0 (0.0%)
Mirtazapine	Other	15-45	1 (5.0%)	3 (15.0%)
Sulpiride	Other	100	1 (5.0%)	1 (5.0%)
Trazodone	Other	25	1 (5.0%)	0 (0.0%)
Aripiprazole	SGA	3-6	1 (5.0%)	1 (5.0%)
Olanzapine	SGA	2.5	0 (0.0%)	2 (10.0%)
Perospirone	SGA	16	0 (0.0%)	1 (5.0%)
Quetiapine	SGA	12.5-25	0 (0.0%)	2 (10.0%)
Risperidone	SGA	1	1 (5.0%)	0 (0.0%)
Chlorpromazine	FGA	12.5	1 (5.0%)	0 (0.0%)
Levomepromazine	FGA	5	0 (0.0%)	1 (5.0%)
Lithium	Mood stabilizer	600	0 (0.0%)	2 (10.0%)
Lamotrigine	Mood stabilizer	200	0 (0.0%)	1 (5.0%)

^a Some patients received more than two medications as part of combination/augmentation therapy.