

Supplement

Table 1. MADRS (pri. outcome) and IDS-SR (sec. outcome); Baseline-Post8 and Post8-Post28, contrasts

MADRS	N	Mean (SD)	d	RC ⁺	(SE)	z	P	CI (95%)
Baseline								
CBASP	29	26.69 (8.22)						
ESC/CM	30	25.67 (8.77)						
Post8								
(ITT1: Baseline vs. Post8)								
CBASP	29	23.13 (8.68)	0.42	-3.56	(1.95)	-1.82	.068	-7.39 to 0.27
ESC/CM	30	19.67 (10.35)	0.63	-5.99	(1.90)	-3.16	.002	-9.71 to -2.27
Post8								
CBASP	19	18.67 (5.43)						
ESC/CM	20	16.41 (10.19)						
CBASP+ESC	20	28.90 (7.70)						
Post28								
(ITT2: Post8 vs. Post28)								
CBASP	19	12.20 (7.58)	0.98	-6.46	(2.07)	-3.13	.002	-10.51 to -2.42
ESC/CM	20	11.75 (8.27)	0.50	-4.66	(1.95)	-2.39	.017	-8.48 to -0.84
CBASP+ESC	20	15.58 (10.71)	1.43	-13.32	(1.89)	-7.05	<.001	-17.02 to -9.62
IDS-SR								
Baseline								
CBASP	27 ^a	38.30 (11.81)						
ESC/CM	30	36.77 (11.56)						
Post8								
(ITT1: Baseline vs. Post8)								
CBASP	27 ^b	29.92 (11.79)	0.71	-8.38	(2.31)	-3.62	<.001	-12.91 to -3.84
ESC/CM	30	26.97 (14.26)	0.75	-9.80	(2.20)	-4.45	<.001	-14.11 to -5.49
Post8								
CBASP	17 ^b	24.87 (9.04)						
ESC/CM	20	24.60 (14.67)						
CBASP+ESC	20	35.10 (12.24)						
Post28								
(ITT2: Post8 vs. Post28)								
CBASP	18 ^c	21.29 (12.75)	0.32	-2.44	(2.56)	-0.95	.340	-7.46 to 2.58
ESC/CM	20	21.43 (13.35)	0.23	-3.17	(2.53)	-1.25	.210	-8.12 to 1.78
CBASP+ESC	20	27.73 (14.92)	0.54	-7.37	(2.28)	-3.23	.001	-11.85 to -2.90

Abbreviations:

MADRS= Montgomery-Asperg Depression Rating Scale; IDS-SR= Inventory of Depressive Symptomatology, Self-Report; SD = standard deviation; RC = regression coefficient; SE = standard error; CI=confidence interval; d=Cohen's d (absolute values, calculated between Baseline to Post8 or Post8 to Post28 for each treatment); + mixed models, treatment, time, treatment x time, random effect: patient; covariate for Baseline-Post8: MADRS screening values, IDS-SR baseline values; covariate for Post8-Post28: both Post8 values

^a n=2 missing data at baseline that cannot be imputed

^b n=2 missing data at baseline that cannot be imputed at Post8

^c n=1 missing data at baseline that cannot be imputed at Post28

Table 2. GAF and SASS (sec. outcome); Baseline-Post8 and Post8-Post28, contrasts

GAF	N	Mean (SD)	d	RC ⁺	(SE)	z	P	CI (95%)
Baseline								
CBASP	28 ^a	55.48 (10.85)						
ESC/CM	27 ^b	52.11 (12.56)						
Post8								
(ITT1: Baseline vs. Post8)								
CBASP	29	56.94 (11.96)	0.13	1.21	(2.87)	0.42	.674	-4.42 to 6.84
ESC/CM	30	56.86 (15.91)	0.33	4.02	(2.84)	1.42	.156	-1.54 to 9.59
Post8								
CBASP	19	62.10 (9.55)						
ESC/CM	20	60.91 (15.98)						
CBASP+ESC	20	47.95 (11.29)						
Post28								
(ITT2: Post8 vs. Post28)								
CBASP	19	70.58 (12.25)	0.77	8.48	(3.11)	2.73	.006	2.39 to 14.57
ESC/CM	20	70.17 (13.21)	0.63	9.26	(3.41)	2.71	.007	2.58 to 15.95
CBASP+ESC	20	64.43 (14.49)	1.27	16.48	(2.83)	5.83	<.001	10.93 to 22.02
SASS	N	Mean (SD)	d	RC ⁺	(SE)	z	p	CI (95%)
Baseline								
CBASP	25 ^c	30.52 (6.49)						
ESC/CM	28 ^d	30.61 (7.00)						
Post8								
(ITT1: Baseline vs. Post8)								
CBASP	27 ^e	30.43 (6.77)	0.01	-0.34	(0.93)	-0.36	.718	-2.16 to 1.49
ESC/CM	29 ^f	32.99 (6.97)	0.34	2.78	(0.89)	3.11	.002	1.03 to 4.53
Post8								
CBASP	17 ^e	33.45 (4.18)						
ESC/CM	19 ^g	34.36 (6.82)						
CBASP+ESC	20	27.85 (7.42)						
Post28								
(ITT2: Post8 vs. Post28)								
CBASP	19 ^h	34.67 (7.21)	0.20	0.72	(1.40)	0.51	.610	-2.03 to 3.47
ESC/CM	19 ⁱ	35.13 (6.60)	0.11	0.77	(1.43)	0.54	.592	-2.04 to 3.57
CBASP+ESC	20	30.87 (5.64)	0.46	3.02	(1.26)	2.40	.016	0.56 to 5.48

Abbreviations:

GAF = Global Assessment of Functioning; SASS = Soziale Aktivität Selbstbeurteilungs-Skala (social activity self-rating scale), Revision; SD = standard deviation; RC = regression coefficient; SE = standard error; CI=confidence interval;

d=Cohen's d (absolute values, calculated between Baseline to Post8 or Post8 to Post28 for each treatment);

+ mixed models, treatment, time, treatment x time, random effect: patient; covariate for Baseline-Post8:

baseline values; covariate for Post8-Post28: Post8 values

^a n=1 missing data at baseline that cannot be imputed

^b n=3 missing data at baseline that cannot be imputed

^c n=4 missing data at baseline that cannot be imputed

^d n=2 missing data at baseline that cannot be imputed

^e n=2 missing data at baseline that cannot be imputed at Post8

^f n=1 missing data at baseline that cannot be imputed at Post8

^g n=1 missing data at baseline that cannot be imputed at Post8

^h n=1 missing data at baseline that cannot be imputed at Post28

ⁱ n=1 missing data at baseline that cannot be imputed at Post28

Table 3. WHOQoL-BREF (WHOQoL-100 equivalent); Baseline-Post8 and Post8-Post28, contrasts

WHO QoL-100 equivalent	N	Mean (SD)	d	RC ⁺	(SE)	z	p	CI (95%)	
Total score	Baseline								
CBASP	25 ^a	43.87 (11.47)							
ESC/CM	27 ^b	47.62 (10.01)							
	Post8			(ITT1: Baseline vs. Post8)					
CBASP	28 ^c	49.55 (13.52)	0.45	6.38	(2.31)	2.76	.006	1.85	to 10.90
ESC/CM	29 ^d	52.49 (13.02)	0.42	4.88	(2.17)	2.26	.024	0.64	to 9.13
	Post8								
CBASP	18 ^c	53.22 (11.71)							
ESC/CM	19 ^d	56.93 (11.29)							
CBASP+ESC	20	43.50 (13.17)							
	Post28			(ITT2: Post8 vs. Post28)					
CBASP	18 ^e	59.06 (17.57)	0.39	3.27	(3.46)	0.95	.343	-3.50	to 10.04
ESC/CM	18 ^f	61.75 (12.45)	0.41	5.32	(3.71)	1.43	.152	-1.95	to 12.60
CBASP+ESC	20	52.18 (15.52)	0.60	8.68	(3.01)	2.88	.004	2.78	to 14.59

Abbreviations:

WHOQoL-BREF =WHO Quality of Life (short form); WHOQoL-100 =WHO Quality of Life (long form); SD = standard deviation; SE = standard error; CI=confidence interval;

d=Cohen's d (absolute values, calculated between Baseline to Post8 or Post8 to Post28 for each treatment);

⁺ mixed models, treatment, time, treatment x time, random effect: patient; covariate for Baseline-Post8: baseline values; covariate for Post8-Post28: Post8 values

^a n=4 missing data at baseline that cannot be imputed

^b n=3 missing data at baseline that cannot be imputed

^c n=1 missing data at baseline that cannot be imputed at Post8

^d n=1 missing data at baseline that cannot be imputed at Post8

^e n=1 missing data at baseline that cannot be imputed at Post28

^f n=2 missing data at baseline that cannot be imputed at Post28