

Supplementary File 2: Effects of time-point and of working status on patient outcomes

Table 1 displays the effect of time on the severity of symptoms for each subscale of the DASS-21 from baseline to each post-baseline time point.

Table 1: Coefficient and confidence interval in relation to the change in symptom severity for each subscale of the DASS-21 at each time interval.

DASS-21	Time interval	Coefficient	95% confidence interval
Stress scale	3-months vs Baseline	-3.75	-5.78, -1.73
	6-months vs Baseline	-3.95	-5.81, -2.09
	9-months vs Baseline	-6.98	-9.18, -4.78
	6-months vs 3-months	-0.20	-1.54, 1.15
	9-months vs 3-months	-3.23	-4.92, -1.53
	9-months vs 6-months	-3.03	-4.27, -1.79
Anxiety scale	3-months vs Baseline	-3.24	-4.99, -1.48
	6-months vs Baseline	-3.79	-5.37, -2.21
	9-months vs Baseline	-5.27	-7.32, -3.21
	6-months vs 3-months	-0.55	-1.53, 0.42
	9-months vs 3-months	-2.03	-3.69, -0.37
	9-months vs 6-months	-1.48	-3.05, 0.09
Depression scale	3-months vs Baseline	-3.00	-4.85, -1.14
	6-months vs Baseline	-3.73	-5.37, -2.10
	9-months vs Baseline	-5.68	-7.97, -3.40
	6-months vs 3-months	-0.74	-2.09, 0.61
	9-months vs 3-months	-2.69	-4.50, -0.87
	9-months vs 6-months	-1.95	-3.31, -0.59

Table 2 displays the effect of time on the overall health for each component of the SF-36 from baseline to each post-baseline time point.

Table 2: Coefficient and confidence interval in relation to the change in symptom severity for each component summary of the SF-36 at each time interval.

SF-36	Time interval	Coefficient	95% confidence interval
Physical component summary	3-months vs Baseline	-1.76	-2.97, -0.56
	6-months vs Baseline	-0.95	-2.46, 0.57
	9-months vs Baseline	0.05	-1.57, 1.67
	6-months vs 3-months	0.82	-0.19, 1.82
	9-months vs 3-months	1.81	0.48, 3.14
	9-months vs 6-months	1.00	-0.20, 2.19
Mental component summary	3-months vs Baseline	3.89	1.77, 6.02
	6-months vs Baseline	5.63	3.35, 7.92
	9-months vs Baseline	7.35	4.67, 10.04
	6-months vs 3-months	1.74	-0.27, 3.75
	9-months vs 3-months	3.46	0.68, 6.25
	9-months vs 6-months	1.72	-0.16, 3.60

Table 3 displays the effect of working status on the severity of symptoms for each subscale of the DASS-21 and the overall health for each component of the SF-36.

Table 3: Coefficient and confidence interval in relation to the change in symptom severity for each component summary of the SF-36 at each time interval.

Patient outcome	Working status	Coefficient	95% confidence interval
DASS-21 Stress	Yes vs No	-4.19	-6.40, -1.99
DASS-21 Anxiety	Yes vs No	-3.53	-6.45, -0.62
DASS-21 Depression	Yes vs No	-3.68	-6.03, -1.33
SF-36 Physical component summary	Yes vs No	1.93	-0.68, 4.54
SF-36 Mental component summary	Yes vs No	4.95	2.87, 7.03