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**Supplementary Table 1:** MINI International Neuropsychiatric Interview outcomes for mood related disorders for all participants. Blacked out boxes indicate an assessment did not take place

[illegible]

**Supplementary Table 2:** MINI International Neuropsychiatric Interview outcomes for anxiety related disorders for all participants. Blacked out boxes indicate an assessment did not take place

Participant	Panic Disorder				Agoraphobia				Social Phobia			Specific Phobia			GAD		
	Past	Baseline	3 months	6 months	Past	Baseline	3 months	6 months	Baseline	3 months	6 months	Baseline	3 months	6 months	Baseline	3 months	6 months
iCBT																	
1	✓				✓	✓	✓	✓	✓	✓	✓						
2					✓		✓		✓	✓	✓						
3																	
4	✓								✓								
5					✓	✓	✓	✓	✓	✓	✓			✓		✓	
6	✓				✓			✓		✓	✓						
7																	
16	✓	✓	■	■			■	■	✓	■	■	■	■	■	✓	■	■
17			■	■			■	■		■	■		■	■		■	■
18	✓		■	■	✓	✓	■	■		■	■	✓	■	■		■	■
Control																	
8	✓				✓											✓	
9					✓		✓		✓								
10																	
11	✓				✓												
12	✓		✓		✓	✓	✓	✓		✓	✓	✓					✓
13																	
14					✓	✓	✓	✓	✓		✓					✓	
15					✓	✓	✓		✓	✓	✓						
19		✓	■	■	✓	✓	■	✓	✓	■	✓	■	■	■	■	■	■
20			■	■			■	■		■	■	■	■	■	■	■	■



**Supplementary Table 4:** Scores for the assessments completed at baseline, 3-, and 6-months for those in the online iCBT intervention group and the control group. Scores are represented as mean(standard error). P-values are for group-time interaction.

Assessment	Baseline		3 Months		6 Months		P
	iCBT	Control	iCBT	Control	iCBT	Control	
<i>Psychiatric</i>							
BDI	20.0(6.08)	15.8(2.78)	14.6(5.20)	12.5(3.01)	14.1(5.01)	17.5(4.97)	0.067
HAMA-D	18.1(14.28)	19.0(2.11)	13.0(14.01)	15.5(2.16)	14.6(4.31)	19.0(3.29)	0.333
GAD-7	8.71(2.35)	8.25(1.86)	5.71(2.42)	7.00(1.83)	8.00(3.17)	7.62(2.56)	0.675
HAMA-A	18.0(4.40)	20.6(4.00)	12.1(3.66)	17.2(3.15)	12.4(4.14)	18.5(3.69)	0.365
<i>QoL</i>							
SF-36	362(51.9)	321(72.2)	377(83.7)	382(64.0)	382(85.4)	413(68.9)	0.416
<i>Motor</i>							
BFMDRS	13.7(3.19)	10.6(3.12)	13.6(3.50)	9.97(3.02)	13.0(3.77)	9.91(2.98)	0.880

BDI, Beck's Depression Inventory; BFMDRS, Burke-Fahn-Marsden Dystonia Rating Scale, GAD-7, Generalised Anxiety Disorder-7; HAM-A, Hamilton Scale for Anxiety; HAM-D, Hamilton Scale for Depression; iCBT, internet-based cognitive behavioural therapy; SF-36, Short Form-36 Health Survey