

Online Research @ Cardiff

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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