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Citation for final published version:

Wadon, Megan, MacIver, Claire, Winter, Mia and Peall, Kathryn 2021. Internet-based cognitive behavioural therapy as a feasible treatment of adult-onset, focal, isolated, idiopathic cervical dystonia. *Clinical Parkinsonism & Related Disorders* 5 , 100121. 10.1016/j.prdoa.2021.100121

Publishers page: <https://doi.org/10.1016/j.prdoa.2021.100121>

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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