

Supplementary material

Table S1 Unit costs for the type of health service utilized by the participants

Health service type	Unit	Costs (€) ^a
Physician	Contact	21.53
Orthopedist		26.71
Specialists for internal medicine		66.47
Dermatologist		20.26
Urologist		26.07
ENT specialist		29.09
Neurologist		48.64
Psychotherapist		82.17
Logopedics / speech therapy	Contact	40.56
Physiotherapy		17.30
Ergotherapy / occupational therapy		39.01
Mean remedies		32.29
General hospital / inpatient	Day	648.11
Mental hospital / inpatient		348.26
General hospital / day patient		421.27
Mental hospital / day patient		226.37
Rehabilitation /outpatient	Day	49.43
Rehabilitation /day patient		93.81
Rehabilitation /inpatient		138.19
University counselling center	Contact	48.40
Patient and family costs	Unit	Costs (€)
Costs for travel ^b	Per kilometer	€0.30 (US\$0.40)
Opportunity costs ^c	Per hour	€22.85 (US\$30.30)
Informal Care from friends and family ^d	Per hour	€19.63 (US\$25.67)

^a Unit costs were calculated or adjusted by the German consumer price index⁸⁹ for the year 2017

^b Schmidt, L. Einkommenssteuergesetzbuch (EStG) [German Income Tax Code] (2017)

^c Bock, J.-O. et al. Standardisierte Bewertungssätze aus gesellschaftlicher Perspektive für die gesundheitsökonomische Evaluation. 55 (Nomos Verlagsgesellschaft mbH & Co. KG, 2015)

^d Bock, J.-O. et al. Ermittlung standardisierter Bewertungssätze aus gesellschaftlicher Perspektive für die gesundheitsökonomische Evaluation. [Calculation of Standardised Unit Costs from a Societal Perspective for Health Economic Evaluation] *Das Gesundheitswes.* 77, 53–61 (2014)

Table S2 Baseline sample characteristics

Characteristics	All participants (<i>N</i> = 200)	IG (<i>n</i> = 100)	WLC (<i>n</i> = 100)
	N (%)	N (%)	N (%)
Sociodemographic characteristics			
Age (M, SD)	26.70 (6.34)	26.71 (6.08)	26.68 (6.61)
Sex, female	124 (62%)	63 (63%)	61 (61%)
Married or in a relationship	102 (51.0%)	52 (52.0%)	50 (50.0%)
Citizenship			
Germany	150 (75%)	74 (74.0%)	76 (76.0%)
Switzerland	40 (20%)	21 (21.0%)	19 (19.0%)
EEA member	3 (1.5%)	1 (1.0%)	2 (2.0%)
No EEA member	7 (3.5 %)	4 (4.0%)	3 (3.0%)
Study characteristics			
Full-time student	170 (85.0%)	86 (86.0%)	84 (84.0%)
Part-time student	30 (15.0%)	14 (14.0%)	16 (16.0%)
Semester (M, SD)	5.09 (3.38)	4.65 (3.15)	5.53 (3.56)
Work characteristics			
Employed	106 (53.0%)	58 (58.0%)	48 (48.0%)
Full-time employed	17 (8.5%)	9 (9.0%)	8 (8.0%)
Chronic conditions			
Any chronic condition	127 (64%)	66 (66%)	61 (61%)
Treatment utilization			
Previous psychotherapy	68 (34.0%)	38 (38.0%)	30 (30.0%)
Medication at T0	5 (2.5%)	3 (3.0%)	2 (2.0%)

EEA European Economic Area, *M* mean, *SD* standard deviation

Table S3 Treatment response, symptom-free status, and symptom deterioration at 6-month follow-up

Outcome	T2 ^a		$\chi^2(1)$	<i>p</i>	NNT (95% CI)
	IG (n=100) N (%)	WLC (n=100) N (%)			
Reliable improvement					
SPS	77	40	28.20	< .001	2.7 (2.0; 4.1)
SIAS	72	28	38.72	< .001	2.3 (1.8; 3.2)
Symptom-free status					
SPS	49	21	17.23	< .001	3.6 (2.5; 6.5)
SIAS	32	11	13.06	< .001	4.8 (3.1; 10.0)
Symptom deterioration					
SPS	3	26	21.33	< .001	-
SIAS	5	29	20.41	< .001	-

^a Missing data imputed by multiple imputation

CI confidence interval, χ^2 chi square test, *IG* intervention group, *NNT* Number Needed to Treat, *WLC* waitlist control group