

Web table 1 Unadjusted mean change scores (Complete Case Cohort)

Outcome Measure	Range of scale	Baseline	BL to ST Change					ST to LT Change					BL to LT Change				
		Scores (n=759)*	TH (n=431)	UC (n=328)	Mean Diff. (SE)‡	Effect size¶	Sig. §	TH (n=431)	UC (n=328)	Mean Diff. (SE)‡	Effect size¶	Sig. §	TH (n=431)	UC (n=328)	Mean Diff. (SE)‡	Effect size¶	Sig. §
		Mean (SD)	Mean Δ (SE)†	Mean Δ (SE)†			Mean Δ (SE)†	Mean Δ (SE)†				Mean Δ (SE)†	Mean Δ (SE)†				
PCS (US 1998 NBS) scale	0-100	33.44 (11.14)	-0.15 (0.39)	+1.44 (0.43)	-1.59 (0.59)	0.14	0.007	+0.40 (0.35)	+0.11 (0.39)	+0.30 (0.53)	0.03	0.576	+0.26 (0.42)	+1.55 (0.48)	-1.30 (0.63)	0.12	0.041
MCS (US 1998 NBS) scale	0-100	47.87 (11.43)	+1.30 (0.53)	+2.42 (0.64)	-1.12 (0.82)	0.10	0.174	+0.14 (0.41)	-0.78 (0.53)	+0.92 (0.66)	0.08	0.164	+1.44 (0.55)	+1.63 (0.59)	-0.20 (0.82)	0.02	0.811
EQ-5D scale	-0.59-1.00	0.58 (0.32)	-0.01 (0.01)	+0.01 (0.01)	-0.01 (0.02)	0.02	0.476	+0.01 (0.01)	+0.01 (0.01)	+0.00 (0.02)	0.00	0.973	+0.00 (0.01)	+0.02 (0.02)	-0.01 (0.02)	0.03	0.480
Brief STAI scale	6-24	9.75 (3.66)	-1.42 (0.19)	-1.66 (0.21)	+0.24 (0.28)	0.07	0.390	+0.30 (0.17)	-0.01 (0.19)	+0.31 (0.26)	0.08	0.228	-1.12 (0.19)	-1.67 (0.22)	+0.55 (0.29)	0.15	0.057
CESD-10 scale	0-30	9.08 (5.94)	-0.35 (0.25)	-1.38 (0.28)	+1.03 (0.38)	0.17	0.006	-0.05 (0.22)	+0.02 (0.25)	-0.07 (0.34)	0.01	0.839	-0.40 (0.25)	-1.36 (0.29)	+0.96 (0.39)	0.16	0.013

BL=baseline; ST=short term; LT=long term; TH=telehealth; UC=usual care; SD=standard deviation; MCID=minimally clinically important difference.

Notes:

*pooled across Intervention and Control arms.

†calculated as *earlier score - later score* (i.e. a positive value indicates that the outcome was lower at the later time point; a negative value indicates that the outcome was higher at the later time point).

‡calculated as *TH mean Δ - UC mean Δ*.

§based on an Independent samples t-test.

¶Universal or disease-specific minimal clinically importance differences (MCIDs) have not been established for these outcome measures. Interpretation of mean change scores (within trial arms) and mean differences in changes scores (between trial arms) is facilitated by reference to the baseline means and standard deviations shown in the table. For example, the mean difference in change scores for CESD-10 from BL to ST assessment is highly significant ($p = 0.006$) and can be interpreted as showing that TH participants show a smaller decrease in depressive symptoms at this assessment than UC participants. However, compared with the baseline mean and standard deviation of 9.08 (5.94), the mean difference of 1.03 units on the CESD-10 scale is evidently modest. To further assist with the interpretation of mean differences the table includes a standardised effect size which transforms the mean difference from the original scale metric into standard deviation units. Effect size (Cohen's d) is calculated using baseline SDs for only those participants included in each set of change analyses (i.e. BL to ST Change; ST to LT Change; BL to LT Change). This allows effect sizes to be meaningfully compared across outcomes. In lieu of established MCIDs for our outcomes we used Cohen's d of 0.3 as the MCID; an effect size of this magnitude approximates Cohen's definition of a 'small' (i.e. non trivial) effect⁷¹. None of the observed mean differences in change scores reached this minimum threshold for clinical difference.