School-based early intervention for anxiety and depression in older adolescents: a feasibility randomised controlled trial of a self-referral stress management workshop programme (“DISCOVER”)

Article (Supplemental Material)


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Table 1. Baseline characteristics of participants.
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<th>Significant differences</th>
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<td>n=44 (28.6%)</td>
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<td>12</td>
<td>( \Lambda^2 = 2.82, \text{df}=1, \text{p}=0.074 )</td>
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<td>( \Lambda^2 = 0.17, \text{df}=1, \text{p}=0.4 )</td>
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<tr>
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<td>22</td>
<td>( \Lambda^2 = 11.9, \text{df}=1, \text{p}=0.001 )</td>
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<td>Depression scores</td>
<td>18.35 (SD=10.36)</td>
<td>25.7 (SD=12.01)</td>
<td>F(152)=3.79, p=0.000</td>
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<td>cases (% within referral group)</td>
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<td>18 (40.9%)</td>
<td>( \Lambda^2 = 5.8, \text{df}=1, \text{p}=0.015 )</td>
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<td>non-cases (% within referral group)</td>
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<td>48.45 (SD=11.36)</td>
<td>56.35 (SD=13.33)</td>
<td>F(152)=3.705, p=0.000</td>
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<tr>
<td>cases (% within referral group)</td>
<td>46 (41.8%)</td>
<td>29 (65.9%)</td>
<td>( \Lambda^2 = 7.3, \text{df}=1, \text{p}=0.006 )</td>
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<td>not cases (% within referral group)</td>
<td>64 (58.2%)</td>
<td>15 (34.1%)</td>
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Table 2 Differences between students who self-referred independently and with teacher encouragement
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<th>Control Baseline (N=83)</th>
<th>Control 3 months (N=80)</th>
<th>Treatment effect (95% CI)</th>
<th>z</th>
<th>p</th>
<th>Cohen's d (95% C.I.)</th>
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<td>0.7 (0.1)</td>
<td>0.6 (0.1)</td>
<td>0.046 (0.011 to 0.081)</td>
<td>2.60</td>
<td>0.009</td>
<td>0.36 (0.09 to 0.64)</td>
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<td>20.3 (11.9)</td>
<td>14.8 (8.9)</td>
<td>20.8 (10.9)</td>
<td>-3.03 (-5.61 to -0.46)</td>
<td>-2.31</td>
<td>0.021</td>
<td>-0.27 (-0.49 to -0.04)</td>
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<td>WEMWBS</td>
<td>42.9 (8.1)</td>
<td>47.5 (8.3)</td>
<td>41.2 (7.5)</td>
<td>3.57 (1.37 to 5.76)</td>
<td>3.19</td>
<td>0.001</td>
<td>0.46 (0.17 to 0.73)</td>
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<td>Anxiety T</td>
<td>51.1 (12.9)</td>
<td>45.2 (10.8)</td>
<td>50.6 (12.1)</td>
<td>-3.12 (-5.71 to -0.53)</td>
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<td>-0.25 (-0.46 to -0.04)</td>
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<td>RCADS T</td>
<td>51.7 (12.9)</td>
<td>45.4 (10.9)</td>
<td>51.3 (12.2)</td>
<td>-3.45 (-6.01 to -0.88)</td>
<td>-2.64</td>
<td>0.008</td>
<td>-0.28 (-0.48 to -0.07)</td>
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Table 3. Outcomes by treatment arm at baseline and 3-months and estimated treatment effects at follow-up after controlling for baseline measures and school as random factor using a mixed effects model.
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<th>SD estimates at baseline</th>
<th>Mean</th>
<th>Above clinical cut-off n (%)</th>
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<td>43 (27.7%)</td>
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<td>10.59</td>
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<td>12 (7.7%)</td>
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<td>11 (7.1%)</td>
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Table 4. Outcomes at baseline, including variance estimates. Observed SD at baseline with bootstrap SE (bSE) confidence intervals.
Figure 1. Consort diagram showing participant flow throughout the trial.