

Supplementary Materials

A. Model 1. Three-level random effects model used to calculate the intraclass correlation coefficient

Level-1 Model

$$Y_{tij} = \pi_{0ij} + e_{tij}$$

Level-2 Model

$$\pi_{0ij} = \beta_{00j} + r_{0ij}$$

Level-3 Model

$$\beta_{00j} = \gamma_{000} + u_{00j}$$

Note. Y = Scores on measures of health-related quality of life, depression, anxiety, general psychological distress, and general self efficacy.

The following equation was used to calculate the ICC at baseline for all outcome variables: $\rho = \tau_{00j} / (\tau_{00j} + \tau_{0ij} + \sigma^2)$, or the ratio of between-group variance and total variance (where total variance = between-group variance + between-individual variance + within-individual variance).

Model 2. Three-level random effects model assessing change in treatment outcome variables across time (hypotheses 1 to 3).

Level-1 Model

$$\text{OUTCOME}_{tij} = \pi_{0ij} + \pi_{1ij} * (\text{TIME}_{tij}) + e_{tij}$$

Level-2 Model

$$\pi_{0ij} = \beta_{00j} + r_{0ij}$$

$$\pi_{1ij} = \beta_{10j}$$

Level-3 Model

$$\beta_{00j} = \gamma_{000} + u_{00j}$$

$$\beta_{10j} = \gamma_{100}$$

Note. Time modelled at level-1, person modelled at level-2, and group modelled at level-3. Time was coded as 0 and 1 and was uncentred.

Model 3. Two-level random effects model assessing predictors of post-treatment scores after controlling for pre-treatment scores (exploratory analyses related to attachment anxiety and attachment avoidance).

Level-1 Model

$$\text{PHQ}_{postij} = \beta_{0j} + \beta_{1j} * (\text{PHQ}_{preij}) + \beta_{2j} * (\text{ECRANX}_{preij}) + \beta_{3j} * (\text{ECRAVO}_{preij}) + r_{ij}$$

Level-2 Model

$$\beta_{0j} = \gamma_{00} + u_{0j}$$

$$\beta_{1j} = \gamma_{10}$$

$$\beta_{2j} = \gamma_{20}$$

$$\beta_{3j} = \gamma_{30}$$

Note. Person modelled at level-1 and group modelled at level-2. All predictors were grand-mean centred.

B. Bivariate Correlations of Variables of Interest at Baseline

	1	2	3	4	5	6
1. Attachment anxiety	-					
2. Attachment avoidance	.411**	-				
3. General self-efficacy	-.062	-.069	-			
4. Depression	.072	.243*	-.387**	-		
5. Anxiety	.095	.160	-.267**	.508**	-	
6. Psychological distress	.358**	.399**	-.554**	.723**	.662**	-
7. HRQoL	-.312**	-.371**	.429**	-.694**	-.515**	-.752**

Note. $N = 79$ to 109 ; HRQoL = health-related quality of life.

* $p < .05$; ** $p < .01$.