

Data supplement 1. Corrected mixed model estimated means (95% confidence intervals) on all outcome measures at each time point for each condition

	CBT weekly (N=49)	CBT twice weekly (N=49)	IPT weekly (N=55)	IPT twice weekly (N=47)
<i>Primary outcome</i>				
<u>Beck Depression Inventory II</u>				
Session 1	31.51 (29.11-33.92)	31.38 (28.99-33.76)	32.83 (30.48-35.18)	32.69 (30.29-35.10)
Month 6	23.57 (21.19-25.40)	21.69 (19.33-24.06)	24.16 (21.80-26.53)	22.29 (19.96-24.63)
Month 9	21.43 (18.80-24.05)	19.12 (16.50-21.74)	23.22 (20.63-25.81)	20.91 (18.30-23.52)
Month 12	20.17 (17.18-23.16)	17.65 (14.56-20.75)	23.46 (20.43-26.48)	20.94 (17.94-23.93)
Month 24	20.26 (16.06-24.46)	18.66 (14.32-22.99)	21.74 (17.48-26.00)	20.14 (15.95-24.33)
<u>Mood</u>				
Session 1	38.40 (34.06-42.73)	36.61 (32.30-40.91)	35.51 (31.26-39.75)	33.72 (29.41-38.03)
Month 6	51.89 (47.89-55.90)	55.28 (51.28-59.29)	48.30 (44.30-52.30)	51.69 (47.76-55.62)
Month 9	56.52 (52.24-60.81)	59.23 (54.91-63.54)	52.08 (47.82-56.34)	54.78 (50.51-59.06)
Month 12	59.82 (54.97-64.68)	60.75 (55.63-65.86)	54.60 (49.61-59.59)	55.52 (50.76-60.28)
Month 24	58.58 (51.96-65.19)	56.70 (49.81-63.59)	56.76 (50.02-63.50)	54.89 (48.27-61.50)
<u>Happiness today</u>				
Session 1	3.29 (3.08-3.50)	3.29 (3.08-3.49)	3.30 (3.10-3.51)	3.30 (3.09-3.51)

Month 6	3.90 (3.71-4.10)	4.15 (3.96-4.35)	3.75 (3.56-3.94)	4.00 (3.80-4.19)
Month 9	4.13 (3.90-4.36)	4.42 (4.19-4.65)	3.93 (3.70-4.16)	4.22 (4.00-4.45)
Month 12	4.30 (4.05-4.55)	4.58 (4.32-4.84)	4.09 (3.84-4.35)	4.37 (4.12-4.63)
Month 24	4.48 (4.12-4.84)	4.20 (3.83-4.58)	4.50 (4.13-4.87)	4.22 (3.86-4.57)

Happiness general

Session 1	2.89 (2.67-3.11)	2.98 (2.76-3.20)	3.00 (2.78-3.21)	3.30 (3.09-3.51)
Month 6	3.88 (3.67-4.09)	4.11 (3.90-4.32)	3.84 (3.63-4.05)	4.00 (3.80-4.19)
Month 9	4.14 (3.91-4.37)	4.41 (4.18-4.64)	3.99 (3.76-4.22)	4.22 (4.00-4.45)
Month 12	4.28 (4.01-4.54)	4.58 (4.30-4.86)	4.04 (3.77-4.31)	4.37 (4.12-4.63)
Month 24	4.30 (3.93-4.67)	4.38 (4.00-4.77)	4.27 (3.90-4.65)	4.22 (3.86-4.57)

RAND36 general experienced

health

Month 6	49.77 (46.66-52.89)	49.97 (46.87-53.08)	48.44 (45.37-51.51)	48.64 (45.57-51.71)
Month 9	51.45 (47.86-55.04)	51.93 (48.28-55.57)	50.39 (46.82-53.96)	50.86 (47.31-54.42)
Month 12	52.89 (48.78-57.00)	53.31 (49.12-57.50)	52.01 (47.91-56.12)	52.43 (48.34-56.52)
Month 24	56.31 (50.43-62.18)	53.11 (46.97-59.25)	55.22 (49.17-61.27)	52.02 (46.18-57.86)

RDQ depressive symptoms

Month 6	11.62 (10.24-13)	11.16 (9.80-12.51)	12.15 (10.81-13.50)	11.69 (10.32-13.06)
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Month 9	10.56 (9.18-11.94)	10.15 (8.77-11.54)	11.31 (9.95-12.67)	10.90 (9.53-12.27)
Month 12	9.84 (8.39-11.29)	9.53 (8.06-11.00)	10.64 (9.20-12.08)	10.33 (8.89-11.77)
Month 24	10.42 (8.72-12.11)	10.87 (9.11-12.62)	9.72 (7.99-11.44)	10.17 (8.50-11.84)

RDQ other symptoms

Month 6	4.88 (4.21-5.55)	4.57 (3.90-5.23)	5.45 (4.79-6.11)	5.14 (4.47-5.80)
Month 9	4.46 (3.79-5.13)	4.18 (3.50-5.85)	5.09 (4.43-5.75)	4.81 (4.14-5.48)
Month 12	4.18 (3.47-4.89)	3.95 (3.23-4.68)	4.82 (4.11-5.52)	4.59 (3.88-5.30)
Month 24	4.52 (3.64-5.39)	4.77 (3.86-5.68)	4.51 (3.62-5.41)	4.77 (3.89-5.65)

RDQ coping ability

Month 6	3.28 (2.88-3.69)	2.85 (2.45-3.26)	3.25 (2.85-3.65)	2.82 (2.42-3.22)
Month 9	3.06 (2.65-3.47)	2.52 (2.11-2.94)	3.10 (2.70-3.51)	2.56 (2.16-2.97)
Month 12	2.91 (2.47-3.36)	2.31 (1.86-2.77)	2.98 (2.53-3.42)	2.38 (1.94-2.82)
Month 24	3.09 (2.52-3.65)	2.73 (2.14-3.32)	2.72 (2.14-3.29)	2.36 (1.82-2.91)

RDQ positive health

Month 6	13.33 (11.91-14.76)	11.87 (10.47-13.28)	12.98 (11.58-14.37)	11.52 (10.11-12.93)
Month 9	12.20 (10.77-13.64)	10.65 (9.20-12.09)	12.41 (10.99-13.82)	10.85 (9.42-12.27)
Month 12	11.38 (9.84-12.92)	9.84 (8.27-11.42)	11.93 (10.39-13.47)	10.39 (8.86-11.92)
Month 24	11.20 (9.39-13.00)	10.98 (9.10-12.86)	10.98 (9.13-12.82)	10.76 (8.98-12.53)

RDQ functioning

Month 6	2.89 (2.48-3.29)	2.66 (2.26-3.05)	2.76 (2.36-3.16)	2.53 (2.13-2.93)
Month 9	2.62 (2.22-3.02)	2.46 (2.06-2.87)	2.55 (2.15-2.95)	2.39 (1.99-2.79)
Month 12	2.45 (2.02-2.88)	2.35 (1.91-2.78)	2.40 (1.98-2.83)	2.30 (1.88-2.73)
Month 24	2.68 (2.15-3.21)	2.66 (2.11-3.21)	2.41 (1.87-2.95)	2.39 (1.87-2.91)

RDQ life satisfaction

Month 6	3.37 (2.94-3.80)	3.13 (2.70-3.55)	3.31 (2.89-3.74)	3.07 (2.65-3.50)
Month 9	3.03 (2.60-3.47)	2.74 (2.30-3.18)	3.13 (2.70-3.56)	2.84 (2.41-3.27)
Month 12	2.79 (2.32-3.26)	2.48 (1.99-2.97)	2.97 (2.49-3.45)	2.66 (2.19-3.12)
Month 24	2.83 (2.29-3.37)	2.78 (2.22-3.34)	2.62 (2.07-3.17)	2.57 (2.04-3.09)

RDQ general sense of

wellbeing

Month 6	3.67 (3.20-4.14)	3.27 (2.80-3.73)	3.01 (2.37-3.66)	3.18 (2.71-3.64)
Month 9	3.30 (2.83-3.77)	2.94 (2.46-3.41)	3.58 (3.12-4.04)	3.05 (2.58-3.52)
Month 12	3.03 (2.53-3.53)	2.72 (2.21-3.23)	3.26 (2.76-3.76)	2.95 (2.45-3.44)
Month 24	2.90 (2.28-3.52)	3.01 (2.37-3.66)	2.69 (2.06-3.32)	2.80 (2.20-3.41)

Note. Note that the table gives the estimated means for the 24-months follow-up model (also reported in data supplement 1). CBT, cognitive-behavioural therapy; IPT, interpersonal psychotherapy; RAND-36, RAND 36-Item Health Survey; BDI-II, Beck Depression Inventory-II; RDQ, Remission of Depression Questionnaire.

Data Supplement 2. Results of multilevel analyses on the BDI-II and happiness today scores

Results of multilevel analyses on the BDI-II scores: Long-term effect of session frequency (baseline-month24)

	B	Std. Err.	95% CI	z	p
Intercept	-7.54	2.21	-11.88/-3.20	-3.41	.001
BDI baseline	.81	.05	.69/.92	13.95	<.000
Time in days	-.2e-2	.3e-2	-.9e-2/.4e-2	-.61	.54
Time in days ^2	.4e-4	4.7e-6	.33e-4/.51e-4	8.95	<.000
Time in days ^3	-1.0e-7	2.4e-8	-1.5e-7/-5.9e-8	-4.41	<.000
Session frequency	-1.26	.89	-3.00/.48	-1.41	.16
Treatment	1.64	.89	-.10/3.39	1.84	.06
Session frequency * time in days	-.58e-3	.37e-2	-.7e-2/.6e-2	-.16	.87
Session frequency * time in days^2	6.19e-6	4.74e-6	-.3.10/.15e-4	1.31	.19
Session frequency * time in days^3	-3.10e-9	2.54e-8	-5.28e-8/4.66e-8	-.12	.90
Treatment * time in days	.81e-2	.37e-2	.76e-3/.15e-1	2.16	.03
Treatment * time in days^2	-7.07e-6	4.74e-6	-.16e-4/2.22e-6	-1.49	.13
Treatment * time in days^3	-6.03e-8	2.54e-8	-1.10e-7/-1.05e-8	-2.37	.018

Note. BDI-II, Beck Depression Inventory, second edition. Note that best fit on the primary outcomes was reached with a model that included a random intercept and slope of time on patient level, time modelled as a cubic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors that followed an AR1 structure. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

Results of multilevel analyses on the BDI-II scores: Long-term effect of session frequency by treatment modality

	B	Std. Err.	95% CI	z	p
Intercept	-7.29	2.17	-11.56/-3.02	-3.35	.001
BDI baseline	.80	.05	.69/.91	14.09	<.000
Time in days	-.3e-2	.3e-2	-.1e-1/.3e-2	-.98	.33
Time in days ^2	-9.4e-8	2.5e-8	-1.43e-7/-4.53e-8	-3.78	<.000
Time in days ^3	4.2e-4	5.0e-6	-3.2-4/-5.1e-4	8.4	<.000
Session frequency	-1.24	.89	-2.99/.51	-1.38	.16
Treatment	1.02	.89	-.10/3.49	1.93	.05
Session frequency * time in days	-.14e-2	.36e-2	-.8e-2/.5e-2	-.39	.69
Session frequency * time in days^2	6.22e-6	5.01e-6	-3.60e-6/.15e-4	1.24	.21
Session frequency * time in days^3	9.17e-10	2.50e-8	-4.81e-8/5.00e-8	.04	.97
Treatment * time in days	.83e-2	.36e-2	.10e-2/.15e-1	2.25	.02
Treatment * time in days^2	-7.47e-6	5.01e-6	-3.60e-6/.16e-4	1.24	.21
Treatment * time in days^3	-5.98e-8	2.50e-8	-1.09e-7/-1.08e-8	-2.39	.017
Session frequency * Treatment * Time in days	.27e-2	.33e-2	-.37e-2/.93e-2	.84	.40
Session frequency * Treatment * Time in days^2	-7.27e-6	4.12e-6	-.15e-4/8.11e-7	-1.76	.08
Session frequency * Treatment * Time in days^3	-2.43e-8	2.49e-8	-7.30e-8/2.44e-8	-.98	.32

Note. BDI-II, Beck Depression Inventory, second edition. For the three-way interaction a model that included a random intercept and slope of time on patient level, time modelled as a cubic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors

that followed a Toeplitz structure showed best fit. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

Results of multilevel analyses on the ‘happiness today’ scores: Long-term effect of session frequency (baseline-month24)

	B	Std. Err.	95% CI	z	p
Intercept	3.27	.17	2.93/3.61	19.08	<.000
Happiness today baseline	.34	.05	.24/.44	6.88	<.000
Time in days	.14e-2	.14e-3	.11-2/.17e-2	9.90	<.000
Time in days ^2	-3.85e-6	5.03e-7	-4.84e-6/-2.87e-6	-7.67	<.000
Session frequency	.14	.07	-.67e-2/.28	1.87	.06
Treatment	-.10	.07	-.25/.04	-1.39	.16
Session frequency * time in days	-.19e-3	.14e-3	-.47e-3/.94e-4	-1.32	.18
Session frequency * time in days^2	-1.58e-6	5.06e-7	-2.57e-6/-5.92e-7	-3.13	.002
Treatment * time in days	6.42e-8	.14e-3	-4.84e-6/-2.87e-6	0.00	1.00
Treatment * time in days^2	8.39e-7	5.06e-7	-1.52e-7/1.83e-6	1.66	.09

Note. Note that best fit on the primary outcomes was reached with a model that included a random intercept and slope of time on patient level, time modelled as a quadratic function, using an unstructured variance-covariance structure for the random effects and including a (co)variance matrix for the residuals errors that followed an AR (1) structure. Note that condition was coded in the following way: weekly (-1) versus twice weekly (1) and CBT (-1) versus IPT (1).

Data Supplement 3. *Reliable change and remission rates n (%) on the Beck Depression Inventory-II (observed values)*

	CBT weekly	CBT twice weekly	IPT weekly	IPT twice weekly
<u>Reliable change</u>				
Session 1-Month 6	16 (44.4)	21 (58.3)	10 (32.3)	18 (52.9)
Session 1-Month 9	17 (50)	20 (60.6)	17 (50)	17 (51.5)
Session 1-Month 12	20 (51.3)	25 (78.1)	17 (58.6)	18 (54.5)
Session 1-Month 24	15 (45.5)	17 (60.7)	14 (56)	21 (65.6)
<u>Remission</u>				
Month 6	8 (21.6)	9 (25)	6 (17.6)	13 (33.3)
Month 9	8 (23.5)	9 (27.3)	12 (33.3)	10 (27.8)
Month 12	11 (28.2)	14 (43.8)	10 (31.3)	12 (34.3)
Month 24	11 (33.3)	7 (25)	11 (37.9)	10 (28.6)

Note. Note that the n is slightly different per time point and group (reliable change: session 1-month 6: 36, 36, 31, 34; session 1-month 9: 34, 33, 34, 33; session 1-month 12: 39, 32, 29, 33; session 1-month 24: 33, 28, 25, 32, for CBT weekly, CBT twice-weekly, IPT weekly, IPT twice-weekly, respectively; remission: month 6: 37, 36, 34, 39; month 9: 34, 33, 36, 36; month 12: 39, 32, 32, 35; month 24: 33, 28, 29, 35 for CBT weekly, CBT twice-weekly, IPT weekly, IPT twice-weekly, respectively).

Data Supplement 4. *Relapse rates n (%) according to the BDI-II and LIFE*

	CBT weekly (n=13)	CBT twice weekly (n=14)	IPT weekly (n=10)	IPT twice weekly (n=19)
<u>BDI-II</u>				
Month 9, n (%)	3 (23.1)	1 (7.7)	0 (0)	2 (12.5)
Month 12, n (%)	3 (23.1)	0 (0.0)	1 (12.5)	1 (6.3)
Month 24, n (%)	2 (16.7)	4 (36.4)	2 (28.6)	3 (20)
	CBT weekly (n=9)	CBT twice weekly (n=10)	IPT weekly (n=5)	IPT twice weekly (n=11)
<u>LIFE</u>				
Month 24, n (%)	3 (33.3)	5 (50)	2 (40)	4 (36.4)

Note. The relapse rates were noted per time point (and not cumulative over time). N differed at month 12 (CBT weekly n = 13, CBT twice weekly n= 13, IPT weekly, n = 8, IPT twice weekly, n = 16) and month 24 (CBT weekly n = 12, CBT twice weekly n=11, IPT weekly, n =7 , IPT twice weekly, n = 15). Note that the relapse on the LIFE shows the cumulative relapse rate over time up to month 24, the n per condition was CBT weekly n = 9, CBT twice weekly n= 10, IPT weekly, n = 5, IPT twice weekly, n = 11.

Data Supplement 5. Sustained response on the LIFE

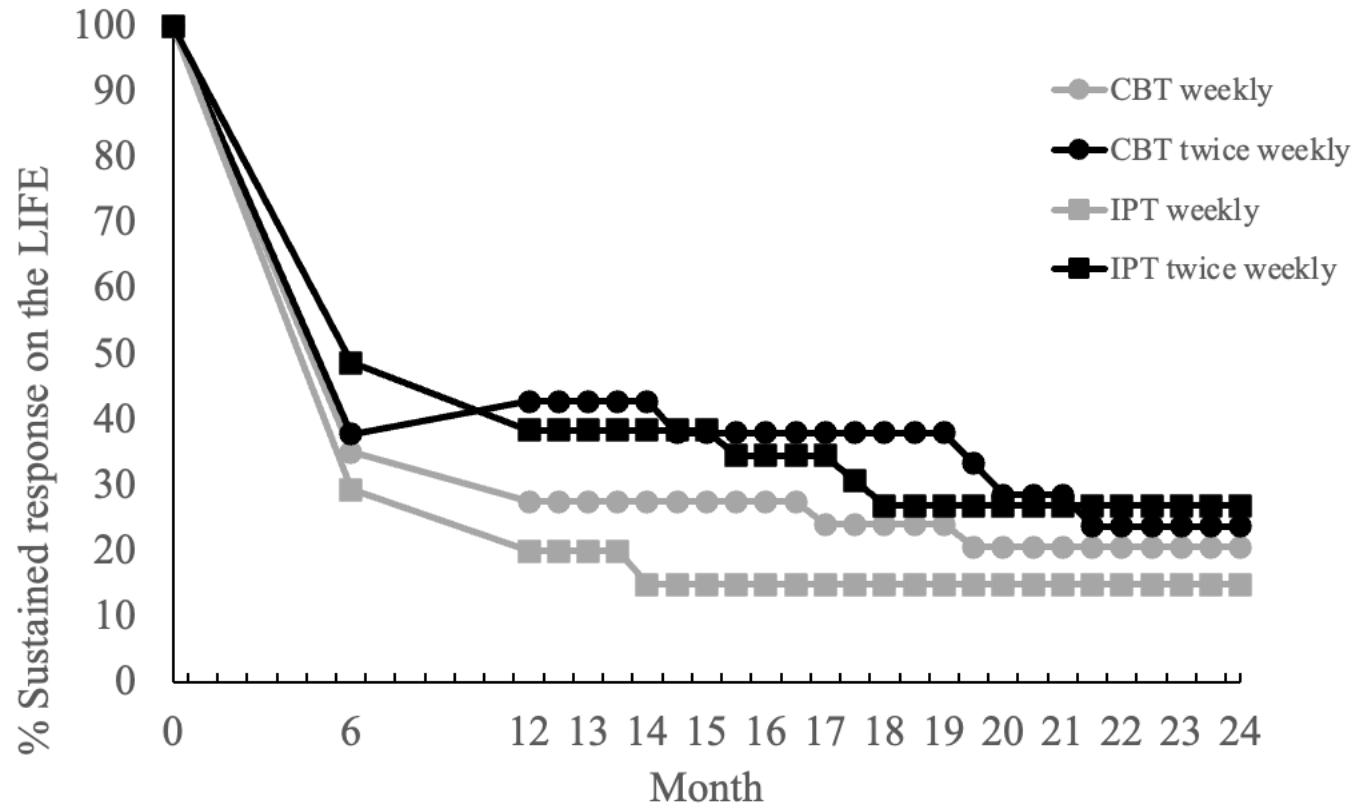


Figure 3. CBT, cognitive-behavioural therapy; IPT, interpersonal psychotherapy; LIFE, Longitudinal Interval Follow-up Evaluation. Note that sustained response was defined as posttreatment response and no relapse on the subsequent

measurement points (at twice-weekly intervals from month 12 after start of treatment to month 24 after start of treatment as measured with the LIFE).