

Appendix S2

The calculations of mean difference in effectiveness or QALY change before and after treatment are presented below:

If y_{1i} denoted the change in effectiveness or QALYs in the intervention group before and after treatment for the participant i for $1, 2, \dots, n_1$, y_{0j} denoted the change in effectiveness or QALYs in the waiting-list group before and after treatment for the participant j for $1, 2, \dots, n_2$, E_1 and E_0 denoted effectiveness or QALYs of the intervention group and the waiting-list group, respectively, at month 0, 3, 6 and 9:

$$y_{1i} = \frac{E_{1i}(\text{month } 3) + E_{1i}(\text{month } 6)}{2} - E_{1i}(\text{month } 0) \quad (1)$$

$$y_{0j} = \frac{E_{0j}(\text{month } 6) + E_{0j}(\text{month } 9)}{2} - \frac{E_{0j}(\text{month } 0) + E_{0j}(\text{month } 3)}{2} \quad (2)$$

The mean difference in effectiveness or QALY change of these 2 groups, denoted \bar{y} can be calculated using equations (1) and (2):

$$\bar{y} = \frac{\sum_{i=1}^{n_1} y_{1i} + \sum_{j=1}^{n_2} y_{0j}}{(n_1 + n_2)} \quad (3)$$