**S1 Table.** Costs at baseline and costs over 32 weeks (intention-to-treat) per type of consultation.

|  |  |  |  |
| --- | --- | --- | --- |
| **Baseline** | **ESM-I****(n=33)** | **Pseudo-intervention****(n=35)** | **Control group****(n=33)** |
| General practitionerCommunity centre for ambulatory mental health carePsychiatrist, psychologist, or psychotherapist in private practicePsychiatrist, psychologist, or psychotherapist in hospital as outpatientIndustrial physician | 58 (58)776 (2829)229 (385)215 (512)30 (53) | 76 (99)1239 (2171)272 (668)235 (506)13 (23) | 87 (134)402 (643)278 (336)270 (581)17 (28) |
| Medical specialistParamedical health care workerSocial workerClinic for alcohol and drugsAlternative healer | 42 (79)38 (96)10 (43)0 (0)47 (135) | 76 (172)45 (143)49 (160)0 (0)11 (50) | 125 (188)41 (98)21 (80)0.9 (5.1)10 (35) |
| Self-help groupDay or part-time treatmentAdmitted to health care institution | 22 (99)317 (1708)448 (2573) | 16 (77)655 (1867)462 (2363) | 1.7 (9.7)59 (289)686 (3858) |

|  |  |  |  |
| --- | --- | --- | --- |
| **24 Weeks (excluding the 8 week intervention period)** | **Experimental****(n=33)** | **Pseudo-experimental****(n=35)** | **Control****(n=33)** |
| General practitionerCommunity centre for ambulatory mental health carePsychiatrist, psychologist, or psychotherapist in private practicePsychiatrist, psychologist, or psychotherapist in hospital as outpatientIndustrial physician | 82 (68)1829 (5864)401 (684)149 (304)31 (70) | 90 (85)1577 (1920)272 (503)383 (897)20 (47) | 130 (178)759 (1280)484 (747)294 (639)38 (88) |
| Medical specialistParamedical health care workerSocial workerClinic for alcohol and drugsAlternative healer | 139 (291)79 (169)31 (90)0 (0)71 (243) | 182 (390)75 (271)114 (434)0 (0)25 (70) | 234 (334)226 (436)153 (865)177 (10)18 (70 |
| Self help groupDay or part-time treatmentAdmitted to health care institution | 5 (21)1198 (3769)1148 (5200) | 26 (116)1536 (3910)312 (1647) | 12 (50)65 (371)2774 (11595) |

|  |  |  |  |
| --- | --- | --- | --- |
| **8 week intervention period1** | **Experimental****(n=33)** | **Pseudo-experimental****(n=35)** | **Control****(n=33)** |
| General practitionerCommunity centre for ambulatory mental health carePsychiatrist, psychologist, or psychotherapist in private practicePsychiatrist, psychologist, or psychotherapist in hospital as outpatientIndustrial physician | 35 (28)577 (1908)161 (248)101 (223)16 (29) | 41 (40)669 (926)144 (264)131 (229)8 (14) | 47 (63)251 (368)176 (196)123 (246)11 (19) |
| Medical specialistParamedical health care workerSocial workerClinic for alcohol and drugsAlternative healer | 43 (104)24 (54)10 (29)0 (0)30 (88) | 52 (107)32 (111)33 (95)0 (0)9 (27) | 79 (102)55 (99)33 (146)0.6 (3.4)5 (15) |
| Self help groupDay or part-time treatmentAdmitted to health care institution | 7 (33)284 (1163)299 (1715) | 7 (27)519 (1358)252 (942) | 4 (17)20 (96)527 (1847) |

1 Presented separately, because estimated using mean imputation

**Table S2.** Unit costs per cost category.

|  |  |  |
| --- | --- | --- |
|  | 2009 € | 2012 €1 |
| **Outpatient** |  |  |
| General practitioner | 28 | 29.73 |
| General practitioner for mental health contact | 57 | 60.53 |
| Outpatient mental health | 171 | 181.58 |
| Psychologist/psychiatrist (community centre for ambulatory mental health care) | 103 | 109.37 |
| **Outpatients’ clinic** |  |  |
| General or academic hospital, outpatient | 171 | 181.58 |
| Psychotherapy institute | 173 | 183.70 |
| Psychotherapy | 173 | 183.70 |
| Average policlinic | 172 | 182.29 |
| **Other** |  |  |
| Industrial physician | 28 | 29.73 |
| Medical specialist | 72 | 76.45 |
| Paramedical healthcare worker | 29.40 | 31.22 |
| Social worker | 65.00 | 69.02 |
| **Day care** |  |  |
| General or academic hospital, day care | 251 | 266.53 |
| Psychotherapy, day care | 171 | 163.53 |
| Psychiatric hospital, day care | 171 | 163.53 |
| Other hospital | 202.5 | 215.03 |
| **Admission** |  |  |
| Academic hospital, admission day | 575 | 610.58 |
| General hospital, admission day | 435 | 461.91 |
| Psychotherapy admission | 232 | 246.35 |
| Psychiatric hospital admission | 232 | 246.35 |
| Other hospital | 414 | 439.61 |

Costs were obtained from a Dutch cost manual (2009-prices, Hakkaart van Roijen 2010) and calculated to their 2012 value (Statline).

1 2012 prices are obtained from 2009 prices by multiplying by 106.1878%