SUPPLEMENTARY MATERIAL
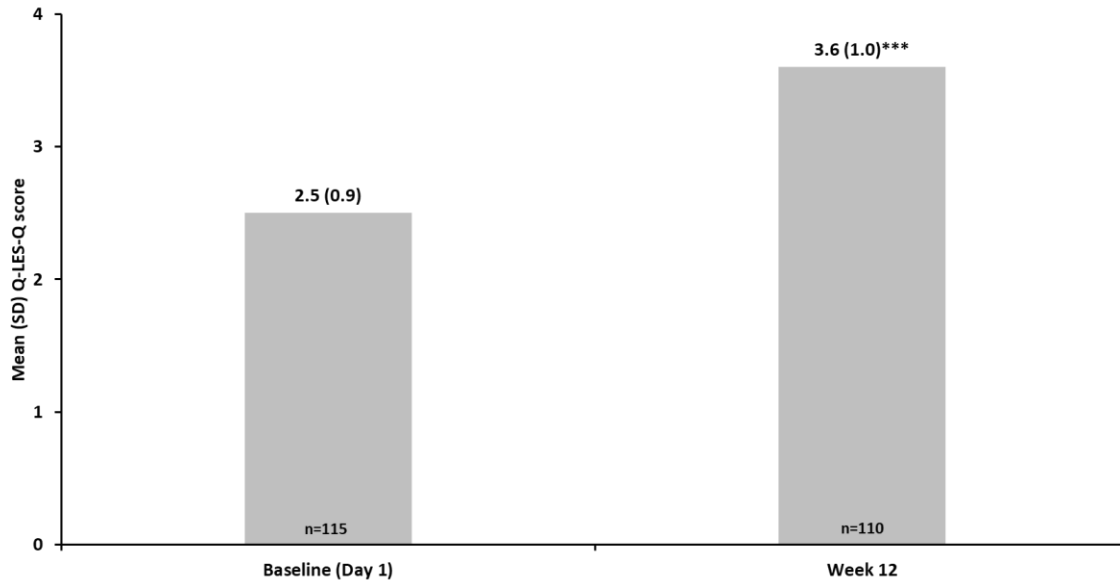
Supplementary Figure 1. GAS-D score formula

The formula to calculate overall GAS-D score was as follows:

$$\text{GAS Score} = 50 + \frac{10 * \sum(w_i x_i)}{\sqrt{0.7 * \sum w_i^2 + 0.3 * (\sum w_i^2)}}$$

w_i, goal weight; x_i, numerical outcome for individual goal

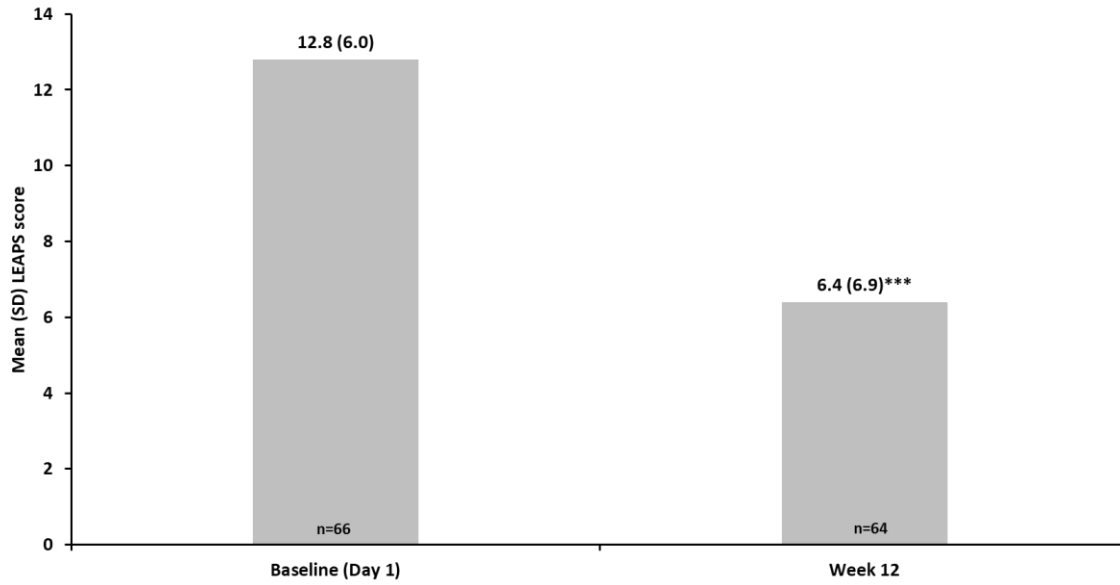Abbreviation: GAS-D, Goal Attainment Scale Adapted for Depression.

Supplementary Figure 2. Change in overall Q-LES-Q scores from baseline

***P<0.001 for change from baseline

Abbreviations: Q-LES-Q, Quality of Life Enjoyment and Satisfaction Questionnaire; SD, standard deviation.

Supplementary Figure 3. Change in LEAPS score from baseline

***P<0.001 for change from baseline

Abbreviations: LEAPS, Lam Employment Absence and Productivity Scale; SD, standard deviation.