Supplementary data

Supplementary Table 1

*Average NCCP severity (N = 915)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | PD(n = 77) | GAD(n = 56) | PD and GAD(n = 48) | No PD or GAD(n = 734) |
| Baseline | 5.32 ± 2.14 | 5.61 ± 2.31 | 5.94 ± 2.14 | 5.07 ± 2.43 |
| Six-month follow-up | 3.31 ± 2.69 | 2.95 ± 2.91 | 3.13 ± 2.68 | 2.20 ± 2.66 |

PD: Panic disorder; GAD: Generalized anxiety disorder.

Supplementary Table 2

*SF-12v2 Physical and Mental Component Summary of health-related quality of life (N = 434)\**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | PD(n = 38) | GAD(n = 24) | PD and GAD(n = 16) | No PD or GAD(n = 356) |
| PCS | Baseline | 38.58 ± 12.15 | 45.82 ± 8.28 | 40.25 ± 8.28 | 46.59 ± 9.09 |
| Six-month follow-up | 41.22 ± 11.51 | 48.14 ± 8.83 | 41.36 ± 10.47 | 47.51 ± 9.32 |
| MCS | Baseline |  43.82 ± 9.82 | 38.85 ± 9.88 | 36.61 ± 10.93 | 49.97 ± 9.56 |
| Six-month follow-up | 47.62 ± 11.33 | 41.28 ± 11.67 | 39.21 ± 10.05 | 50.03 ± 9.22 |

\* A higher score indicates a higher health-related quality of life; PCS: Physical Component Summary; MCS: Mental Component Summary; PD: Panic disorder, GAD: Generalized anxiety disorder.