

Supplemental materials for:

Wong SY, Sun Y, Chan A, et al. Treating subthreshold depression in primary care: a randomized controlled trial of behavioral activation with mindfulness. *Ann Fam Med*. 2018;16(2):111-119.

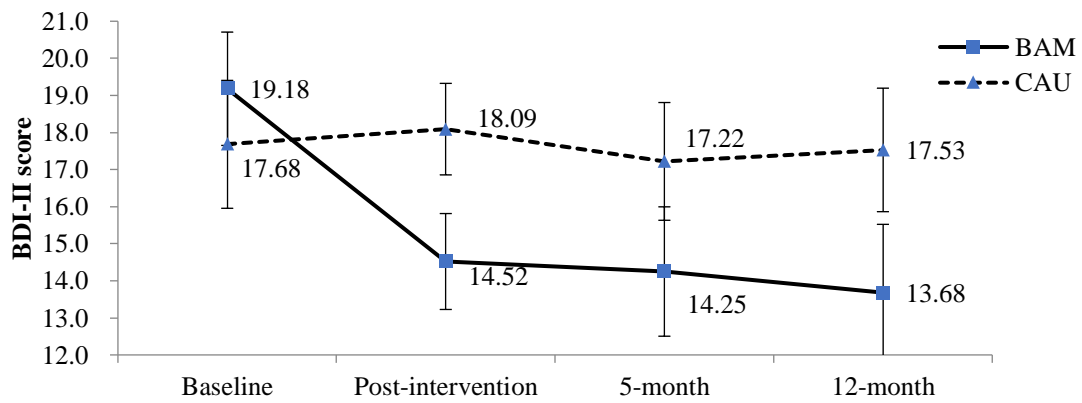
Supplementary Tables

sTable 1 Primary outcome change after adjusted by different factors

Scales	Phase(sample size: BA, CAU)	Observed data	
		Between-group difference(95% CI)	P
BDI-II (Adjusted baseline marital status)	T0(115,116)		
	T1(104,114)	-3.42(-5.21,-1.64)	<0.001
	T2(85,103)	-2.46(-4.86,-0.06)	0.045
	T3(82,101)	-3.51(-6.00,-1.02)	0.006
Adjusted by different batches	T1(104,114)	-3.43(-5.19,-1.66)	<0.001
	T2(85,103)	-2.33(-4.72,0.06)	0.056
	T3(82,101)	-3.36(-5.83,-0.88)	0.008
Adjusted by location	T1(104,114)	-3.42(-5.19,-1.65)	<0.001
	T2(85,103)	-2.26(-4.65,0.13)	0.063
	T3(82,101)	-3.34(-5.81,-0.87)	0.008

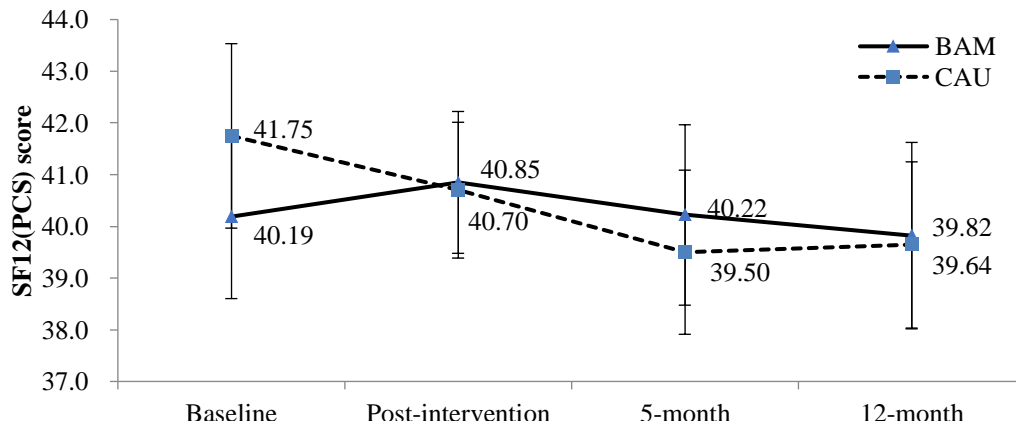
Note. BA: Behavioral Activation; CAU: Care as Usual; T0: baseline; SD: Standard Deviation; BDI-II: Beck Depression Inventory-II; T0: baseline; T1: post-intervention; T2: 5-month follow-up; T3: 12-month follow-up.

sFigure 1. BDI-II change of BAM and CAU group



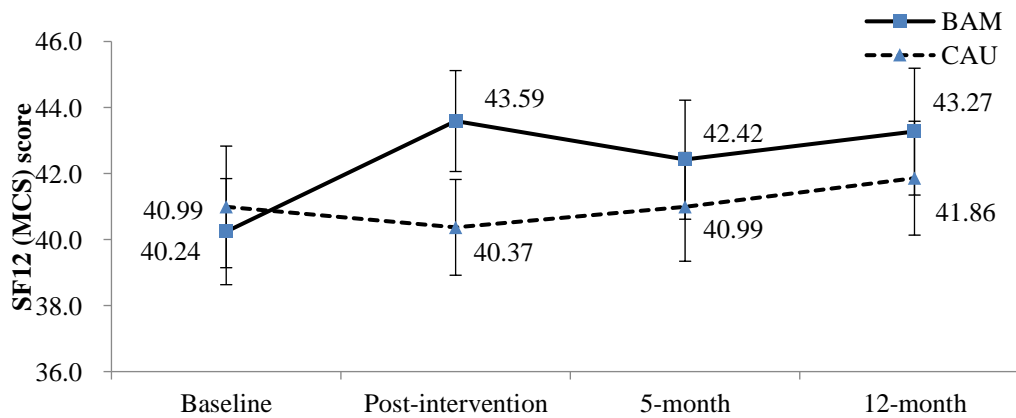
Note. BDI-II: Beck Depression Inventory-II. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 2. SF-12 (PCS) change of BAM and CAU group



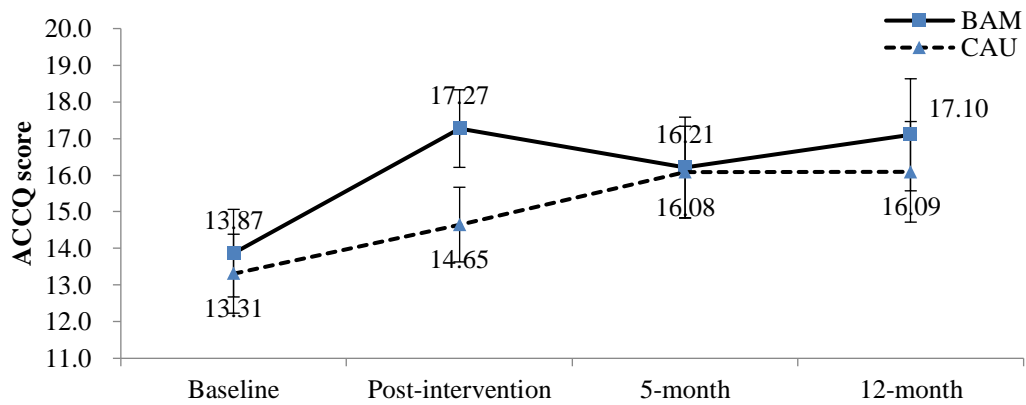
Note. SF-12: Medical Outcomes Study Short-Form Health Survey; PCS: mental component summary. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 3. SF-12 (MCS) change of BAM and CAU group



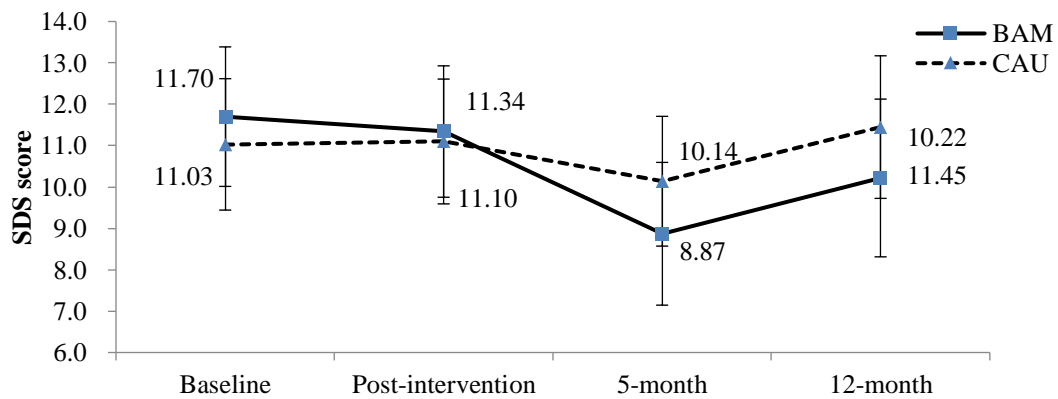
Note. SF-12: Medical Outcomes Study Short-Form Health Survey; MCS: mental component summary. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 4. ACCQ change of BAM and CAU group



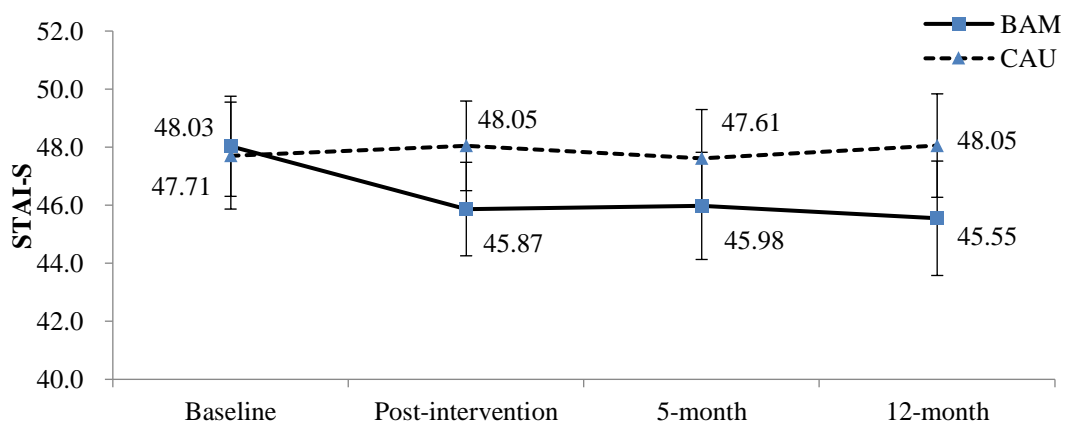
Note. ACCQ: Activity and Circumstantial Change. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 5. SDS change of BAM and CAU group



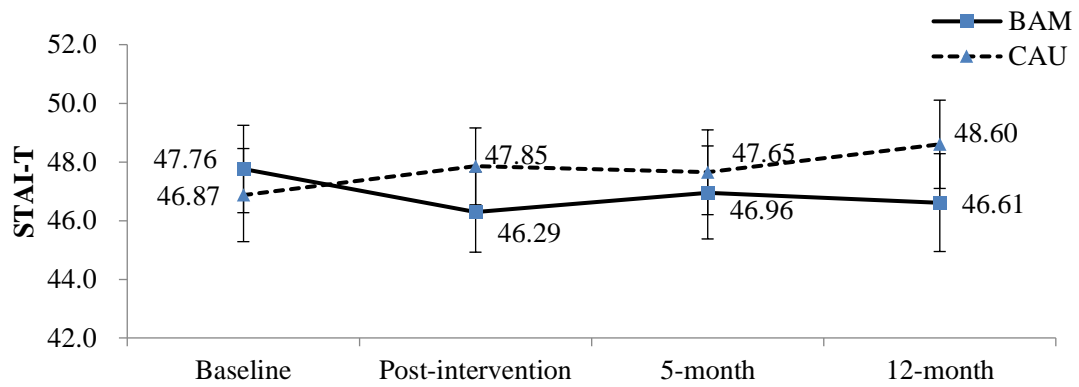
Note. SDS: The Sheehan Disability Scale. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 6. STAI-S change of BAM and CAU group



Note. STAI-S: The State Trait Anxiety Inventory-State. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

sFigure 7. STAI-T change of BAM and CAU group



Note. STAI-T: The State Trait Anxiety Inventory-Trait. BAM: Behavioral Activation with Mindfulness; CAU: Care as Usual.

Treatment Outline

SESSION 1: Wellbeing and Happiness

<u>Objectives</u>	<u>Content and Activities</u>
Introduction (30 min)	Intervention overview Agenda setting for the session Communicating group rules Self-introduction Getting to know you Expectation of participants
Understanding the underlying concepts of the intervention (45 min)	Sharing on happiness and wellbeing Self-reflection What determines your level of happiness
Keeping track of activities (30 min)	Concepts of behavior and mood monitoring Identifying current pattern of activities Going through example of the activity record sheet
Conclusion Homework (HW) setting Closing (15 min)	Consolidation of learning: Review main points covered Explain the HW task and its use in the next session Preview of next session : Topics to be covered in the next session

SESSION 2: Identifying Happiness Boosting Activities and Finding Time to Do Them

<u>Objectives</u>	<u>Content and Activities</u>
Review Previous session Homework Understanding one's activity pattern (30 min)	Recap previous learning Review activity chart Level of activity Connecting activity with mood Connecting activity with life goals
Identifying life goals (45 min)	Importance of life goals Identifying own life goals Life time goal; Goal for the next three years; Goal for the next six months Priorities in goal setting
Matching activities with one's life goals (30 min)	Listing activities that help achieving one's life goals Brainstorming activities Prioritizing activities Introducing enjoyable activities
Conclusion	Consolidation of learning: Review main points covered

Homework (HW) setting Closing (15 min)	Explain the HW task and its use in the next session
	Preview of next session: Topics to be covered in the next session

SESSION 3: Identifying Happiness Boosting Activities and Finding Time to Do

Them

<u>Objectives</u>	<u>Content and Activities</u>
Review Previous session Homework Understanding one's activity pattern (30 min)	Recap previous learning Review activity chart Level of activity Connecting activity with mood; Connecting activity with life goals
Committing to action Planning and time management (45 min)	Sharing on the importance of planning and activities scheduling Activities in action Activities scheduling; Weekly activities schedule; Daily activities schedule Making To Do List Making minute-to-minute decision
Getting activated (30 min)	Generating more activities that act towards one's life goals Listing and prioritizing more activities towards one's life goal
Conclusion Homework (HW)setting Closing (15 min)	Consolidation of learning: Review main points covered
	Explain the HW task and its use in the next session
	Preview of next session: Topics to be covered in the next session

SESSION 4: Managing Procrastination and Staying Motivated Review and

Maintenance

<u>Objectives</u>	<u>Content and Activities</u>
Review Previous session	Recap previous learning

Homework Understanding one's activity pattern (20 min)	Review activity chart Level of activity Connecting activity with mood; Connecting activity with life goals
Understanding procrastination Defining procrastination and avoidance (80 min)	Illustrating procrastination using examples Sharing on procrastination/avoidance Self-reflection Steps in making conscious decision about own behaviors Techniques to break avoidance patterns and getting started on importance activities
Conclusion Homework (HW)setting Closing (15 min)	Consolidation of learning: Review main points covered Explain the HW task and its use in the next session Preview of next session: Topics to be covered in the next session

SESSION 5: BA Review and Mindfulness (30mins BA+90mins Mindfulness)

Objectives	Content and Activities
Review Previous session Homework Understanding one's activity pattern (20 min)	Recap previous learning Review activity chart Level of activity Connecting activity with mood; Connecting activity with life goals
Mindfulness (85 min)	General info to the concept of mindfulness Raisin exercise – On automatic pilot and mindfulness Feedback and discussion of exercise Sitting meditation Feedback and discussion
Homework (10 min)	Discuss and assign Sitting meditation – 10 min for 6 out of 7 days Mindfulness of a routine activity e.g. walking, bathing Distribute CDs, handouts, and practice record forms (5 min)
Brief psycho-education	Consolidation of learning: Session summary

(5 min)	
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SESSION 6: BA Maintenance and Mindfulness (30mins BA+90mins Mindfulness)

Objectives	Content and Activities
Review Previous BA session Homework (20 min)	Recap previous learning Review activity chart Level of activity Connecting activity with mood; Connecting activity with life goals
Enhancing energy and preventing burnout(BA) (10 min)	Well-being tips Sharing on tips to enhance energy and prevent burnout Taking care of oneself
Review Previous Mindfulness Homework (80 min)	Review homework (sitting meditation): discussion of how it went Review homework: mindfulness of ordinary activities Body Scan Sensation/Meditation Discussion Brainstorm: How might they extend this mindfulness state to other areas of their lives?
Homework (5 min)	Discuss and assign
Conclusion (5 min)	Review main points covered Summarize

SESSION 7: BA Maintenance and Mindfulness (30min BA+90min Mindfulness)

Objectives	Content and Activities
Review Previous session Homework(BA) Understanding one's activity pattern (20 min)	Recap previous learning Review activity chart Level of activity Connecting activity with mood Connecting activity with life goals
Sustaining changes (BA) (10 min)	Phasing out the program Strategies in phasing out the BA program

Review Previous Mindfulness Homework (80 min)	Walking Meditation Practice review Homework review
Homework (5 min)	Discuss and assign
Conclusion (5 min)	Review main points covered Summarize

SESSION 8: BA and Mindfulness Review (1 hour BA and 1 hour Mindfulness)

Objectives	Content and Activities
BA Progress Review Refining one's life goals and pursuing these goals (55 min)	Identifying changes that have been made Strategies in maintaining changes Common obstacles; Guideline for maintaining changes; Problem solving Choosing to give up a goal Refining lifetime goals Identifying more activities toward one's life goals
Previous Mindfulness Homework Review (55 min)	Body Scan (40 min) Practice review: Check how the participants went with their home meditation practice What they experienced? When did they not do their practice or have difficulty finding time to do practice? Mindfulness in everyday activities: What did they notice?
Conclusion (10 min)	Program close: Summarize progress made and future goals Celebration: prompt the group to celebrate their achievement and positive traits Achievement: Certificate of completion