

Explaining the Efficacy of an Internet-Based Behavioral Activation Intervention for Major Depression: A Mechanistic Study of a Randomized-Controlled Trial

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Supplementary materials

Table s1:

Simplex model with lagged b paths for depression as mediator

Simplex for mediation with lagged <i>b</i> path					95% CI	
Time-specific outcome	Significant Paths and Effect of treatment	Standardized estimate	SE	<i>p</i> value	Lower limit	Upper limit
Week 2 Behavioral Activation (Y ₂)	Total effect	0.07	0.07	0.336	-0.06	0.20
	Indirect effect	0	0	1.000	0	0

Week 4 Behavioral Activation (Y ₃)	Total effect	0.27	0.07	<.001	0.13	0.40
	Indirect effect	0.06	0.05	0.296	-0.05	0.16
Week 6 Behavioral Activation (Y ₄)	Total effect	0.29	0.07	<.001	0.15	0.42
	Indirect effect	0.23	0.06	<.001	0.11	0.35
	T->Y ₃ ->Y ₄	0.18	0.06	0.002	0.07	0.29
Week 8 Behavioral Activation (Y ₅)	Total effect	0.24	0.07	0.001	0.09	0.38
	Indirect effect	0.26	0.07	<.001	0.13	0.49
	T->Y ₃ ->Y ₄ ->Y ₅	0.15	0.05	0.003	0.06	0.26
Week 10 Behavioral Activation (End-point, Y ₆)	Total effect	0.30	0.07	<0.001	0.16	0.44
	Indirect effect	0.24	0.07	0.001	0.09	0.38
	T->Y ₃ ->Y ₄ ->Y ₅ ->Y ₆	0.14	0.05	0.004	0.05	0.24

Note: Only significant paths were showed in the above table to save space. T = Treatment allocation (treatment group = 1, control group = 0); Y₂, Y₃, Y₄, Y₅, Y₆ = behavioral activation measurement taken at week 2, 4, 6, 8, 10.

Table s2:

Simple model with contemporary b paths for depression as mediator

Simplex for mediation with contemporary b path					95%CI	
Time-specific outcome	Significant Paths and Effect of treatment	Standardized estimate	SE	p value	Lower limit	Upper limit
Week 2 Behavioral Activation (Y ₂)	Total effect	0.07	0.07	0.332	-0.06	0.20
	Indirect effect	0.02	0.02	0.386	-0.02	0.06
Week 4 Behavioral Activation (Y ₃)	Total effect	0.27	0.07	<.001	0.13	0.40
	Indirect effect	0.06	0.05	0.255	-0.04	0.16
Week 6 Behavioral Activation (Y ₄)	Total effect	0.28	0.07	<.001	0.14	0.41

	Indirect effect	0.24	0.06	<.001	0.12	0.35
	T->Y ₃ ->Y ₄	0.17	0.05	0.002	0.07	0.27
Week 8 Behavioral Activation (Y ₅)	Total effect	0.24	0.07	0.001	0.09	0.38
	Indirect effect	0.26	0.06	<.001	0.13	0.38
	T->Y ₃ ->Y ₄ ->Y ₅	0.14	0.05	0.003	0.06	0.24
Week 10 Behavioral Activation (End-point, Y ₆)	Total effect	0.30	0.07	<0.001	0.16	0.43
	Indirect effect	0.25	0.07	0.001	0.11	0.38
	T->Y ₃ ->Y ₄ ->Y ₅ ->Y ₆	0.13	0.04	0.003	0.06	0.22

Note: Only significant paths were showed in the above table to save space. T = Treatment allocation (treatment group = 1, control group = 0); Y₂, Y₃, Y₄, Y₅, Y₆ = behavioral activation measurement taken at week 2, 4, 6, 8, 10.