

Supplementary Table 2: Individual variables contributing to service use and social function outcomes for patients treated with MBT compared to t

		Number (%) ever meeting criteria					
	n	MBT	n	SCM	Chisq (1)	p=	MBT
Critical incidents involving ED							
A&E emergency visits (exc. sui & sh)		52 9 (17%)		45 19 (42%)	7.29	0.007	0.201 (0.464)
A&E for suicide attempt (no.)		52 6 (12%)		45 12 (27%)	3.65	0.056	0.125 (0.351)
A&E for severe self-harm (no.)		52 2 (4%)		45 7 (16%)	3.92	0.047	0.038 (0.194)
A&E for suicide or self harm		52 8 (15%)		45 14 (31%)	3.4	0.065	0.182 (0.451)
Other MH A&E visit		52 1 (2%)		45 7 (16%)	5.92	0.015	0.038 (0.277)
Ambulance transport for MH		52 3 (6%)		45 11 (24%)	6.81	0.009	0.067 (0.276)
A&E overnight stay		52 1 (2%)		45 5 (11%)	3.5	0.061	0.019 (0.138)

		Number (%) ever meeting criteria					
	n	MBT	n	SCM	Chisq (1)	p=	MBT
Crisis MH services							
Presenting to crisis unit		53 12 (23%)		45 19 (42%)	4.31	0.038	0.429 (1.065)
Nights at a crisis unit		53 4 (8%)		45 10 (22%)	4.28	0.039	0.094 (0.354)
Days partial hospital		53 4 (8%)		45 4 (9%)	0.05	0.809	0.113 (0.466)
Days inpatient		53 7 (13%)		45 8 (18%)	0.39	0.531	0.226 (0.669)
Days under home treatment team		50 6 (12%)		43 14 (33%)	5.78	0.016	0.15 (0.428)

		Number (%) ever meeting criteria					
	n	MBT	n	SCM	Chisq (1)	p=	MBT
Outpatient MH services							
Psychiatric outpatient sessions		52 30 (58%)		45 27 (60%)	0.05	0.818	1.591 (1.799)

Group therapy sessions	52 15 (29%)	45 13 (29%)	0	0.996	0.793 (1.487)
Individual therapy sessions	52 19 (37%)	45 19 (42%)	0.32	0.567	0.711 (1.104)
Number of MH nurse visits	50 5 (10%)	38 4 (11%)	0	0.936	0.18 (0.747)
Visits with other MH professional	49 2 (4%)	40 6 (15%)	3.2	0.073	0.061 (0.316)

		Number (%) ever meeting criteria		Chisq (1)	p=	MBT	
Primary Care Services	n	MBT	n				SCM
Number of GP visits		43 39 (91%)		36 33 (92%)	0.02	0.88	4.395 (1.56)
Number of GP nurse visits		43 7 (16%)		36 9 (25%)	0.92	0.337	0.755 (1.77)
Visits with other health professiona		51 11 (22%)		42 9 (21%)	0	0.987	0.382 (0.923)

		Number (%) ever meeting criteria		Chisq (1)	p=	MBT	
Social Care Services	n	MBT	n				SCM
Attending a day centre		50 3 (6%)		43 8 (19%)	3.52	0.061	0.12 (0.52)
Other community services		50 4 (8%)		42 8 (19%)	2.45	0.117	0.16 (0.738)
Self-help group		50 1 (2%)		42 2 (5%)	0.55	0.458	0.06 (0.424)
Community support worker		50 2 (4%)		42 7 (17%)	4.14	0.042	0.18 (0.896)
Housing worker		50 3 (6%)		42 3 (7%)	0.04	0.825	0.16 (0.765)

		Number (%) ever meeting criteria		Chisq (1)	p=	MBT	
Professional Support Services	n	MBT	n				SCM
Counseling visits		50 8 (16%)		41 11 (27%)	1.59	0.206	0.305 (0.867)
Visits with psychologist		51 5 (10%)		41 4 (10%)	0	0.994	0.196 (0.775)
Visits with psychiatrist		50 15 (30%)		43 19 (44%)	2	0.157	0.75 (1.456)
Visits with social worker		50 4 (8%)		42 6 (14%)	0.93	0.335	0.12 (0.435)
Care coordinator		51 5 (10%)		43 8 (19%)	1.51	0.218	0.352 (1.213)

Non-MH medical services	n	Number (%) ever meeting criteria		Chisq (1)	p=	MBT
		MBT	SCM			
Non-MH A&E visits	45	14 (31%)	41	0.09	0.764	0.622 (1.137)
Ambulance transport to A&E for No A&E non-MH overnight stay	45	6 (13%)	41	0.09	0.764	0.177 (0.534)
Days medical inpatient	45	4 (9%)	41	1.62	0.202	0.133 (0.504)
Days medical outpatient	43	10 (23%)	39	0.08	0.764	0.482 (1.08)
Ambulance use	44	14 (32%)	40	2.29	0.13	0.818 (1.57)
	43	15 (35%)	41	0.02	0.871	0.523 (1.015)

Time in purposeful activity (months)	n	Number (%) ever meeting criteria		Chisq (1)	p=	MBT
		MBT	SCM			
Have they been employed	43	25 (58%)	36	0.93	0.333	2.511 (2.384)
Have they been unemployed	43	20 (47%)	36	8.03	0.005	2.015 (2.355)
Have they been a student	44	15 (34%)	36	4.3	0.038	1.232 (1.962)
Have they done voluntary work	44	5 (11%)	36	0.2	0.653	0.386 (1.279)

Time receiving state financial assistance	n	Number (%) ever meeting criteria		Chisq (1)	p=	MBT
		MBT	SCM			
Were they on DLA (Care component)	32	11 (34%)	31	0.76	0.382	3.828 (6.253)
Were they on DLA (Mobility component)	32	11 (34%)	29	0.31	0.573	3.671 (5.956)
Were they on Housing Benefit	34	9 (26%)	30	2.82	0.093	1.147 (2.061)
Were they on council tax benefit	34	7 (21%)	30	2.87	0.09	0.823 (1.8)
Were they on income support?	35	7 (20%)	27	5.52	0.019	0.757 (1.681)
Were they on jobseeker's allowance	35	1 (3%)	31	3.5	0.061	0.028 (0.169)
Were they receiving any other benefit?	34	4 (12%)	31	0.07	0.786	0.588 (1.635)
Were they on incapacity benefit?	33	6 (18%)	30	1.2	0.271	0.909 (1.958)

Time on psychoactive medication	Number (%) ever meeting criteria		Chisq (1)	p=	MBT	
	MBT	n				SCM
On medication	48 34 (71%)		39 31 (79%)	0.85	0.356	2.572 (2.204)
On antidepressants	48 28 (58%)		39 27 (69%)	1.09	0.295	2.026 (2.233)
On antipsychotics	48 17 (35%)		39 14 (36%)	0	0.963	1.135 (1.829)
On mood stabilisers	48 3 (6%)		39 4 (10%)	0.46	0.494	0.187 (0.816)
On benzodiazepines	48 1 (2%)		39 5 (13%)	3.86	0.049	0.02 (0.144)
On any other medication for MH	48 6 (12%)		39 13 (33%)	5.47	0.019	0.458 (1.398)
Simultaneously on different medica	48 34 (71%)		39 31 (79%)	0.85	0.356	2.552 (2.214)

reated with SCM aggregated over a five-year post-treatment period

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank	p=	MBT	SCM	IRR (95% CI)	Z	p
0.653 (0.844)	2.92	0.003	0.08 (0.04)	0.2 (0.07)	0.42 (0.13-1.3)	-1.47	0.141
0.388 (0.702)	2.061	0.039	0.02 (0.02)	0.09 (0.05)	0.28 (0.04-1.9)	-1.28	0.2
0.161 (0.381)	1.986	0.047	0.01 (0.01)	0.04 (0.03)	0.32 (0.02-6.1)	-0.76	0.449
0.633 (1.116)	2.064	0.039	0.04 (0.03)	0.12 (0.05)	0.29 (0.06-1.5)	-1.47	0.143
0.253 (0.634)	2.396	0.016	0.04 (0.03)	0.07 (0.04)	0.6 (0.1-3.45)	-0.58	0.563
0.364 (0.7)	2.623	0.008	0.01 (0.02)	0.09 (0.05)	0.15 (0.01-1.8)	-1.49	0.136
0.138 (0.418)	1.88	0.06	0.01 (0.01)	0.09 (0.04)	0.13 (0.01-1.9)	-1.48	0.139

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank	p=	MBT	SCM	IRR (95% CI)	Z	p
0.912 (1.444)	2.171	0.029	0.13 (0.06)	0.59 (0.18)	0.22 (0.08-0.6)	-2.8	0.005
0.392 (0.927)	2.11	0.034	0.29 (0.15)	0.67 (0.36)	0.43 (0.1-1.9)	-1.11	0.266
0.2 (0.756)	0.278	0.781	2.02 (2.31)	2.97 (3.68)	0.68 (0.02-18)	-0.23	0.82
0.311 (0.763)	0.632	0.527	1.85 (1.34)	6.04 (4.72)	0.31 (0.04-2.4)	-1.11	0.267
0.655 (1.267)	2.469	0.013	0.44 (0.22)	2.65 (1.29)	0.17 (0.04-0.6)	-2.58	0.01

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank	p=	MBT	SCM	IRR (95% CI)	Z	p
1.955 (2.057)	0.728	0.466	6.05 (1.75)	7.68 (2.39)	0.79 (0.34-1.8)	-0.56	0.574

0.596 (1.177)	-0.226	0.821	4.19 (1.92)	3.62 (1.79)	1.16 (0.31-4.5)	0.22	0.83
1.418 (1.902)	1.386	0.165	1.8 (0.62)	4.11 (1.48)	0.44 (0.16-1.1)	-1.64	0.101
0.315 (1.141)	0.128	0.898	0.7 (0.54)	0.46 (0.42)	1.52 (0.13-17)	0.34	0.737
0.275 (0.794)	1.787	0.073	0.42 (0.46)	0.64 (0.74)	0.65 (0.02-22)	-0.24	0.81

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank t p=		MBT	SCM	IRR (95% CI)	Z	p
4.379 (1.533)	-0.031	0.975	6.16 (0.91)	6.22 (1)	0.99 (0.65-1.5)	-0.04	0.968
0.962 (1.885)	0.844	0.398	0.37 (0.16)	0.5 (0.22)	0.75 (0.22-2.5)	-0.47	0.641
0.432 (1.126)	-0.011	0.991	0.4 (0.22)	1.78 (0.94)	0.23 (0.05-1.1)	-1.83	0.067

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank t p=		MBT	SCM	IRR (95% CI)	Z	p
0.395 (1.003)	1.855	0.063	0.02 (0.02)	2.91 (1.99)	0.01 (0-0.12)	-3.41	0.001
0.601 (1.501)	1.648	0.099	0.35 (0.3)	8.14 (6.84)	0.04 (0-0.5)	-2.52	0.012
0.053 (0.244)	0.713	0.475	0 (0)	0.03 (0.04)	0	0	0.996
0.359 (1.006)	1.939	0.052	0.32 (0.3)	2.33 (2.24)	0.14 (0.01-2.5)	-1.37	0.172
0.107 (0.402)	0.201	0.84	0.34 (0.29)	0.16 (0.16)	2.1 (0.17-26.4)	0.57	0.566

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank t p=		MBT	SCM	IRR (95% CI)	Z	p
0.723 (1.39)	1.438	0.15	0.9 (0.5)	4.09 (2.42)	0.22 (0.04-1.1)	-1.84	0.066
0.154 (0.572)	-0.03	0.975	0.14 (0.07)	0.12 (0.07)	1.14 (0.25-5.1)	0.16	0.869
1.275 (1.784)	1.631	0.102	0.28 (0.09)	0.69 (0.17)	0.41 (0.19-0.9)	-2.22	0.026
0.198 (0.593)	0.915	0.36	0.15 (0.08)	0.04 (0.04)	3.72 (0.49-28)	1.27	0.204
0.674 (1.569)	1.221	0.222	0.77 (0.53)	1.87 (1.38)	0.41 (0.05-3.0)	-0.87	0.384

Number of f-u yrs (SD) criteria met			Marginal Mean Number of Occassions (SE)				
SCM	Signed-Rank t p=		MBT	SCM	IRR (95% CI)	Z	p
0.502 (0.932)	-0.063	0.95	0.2 (0.08)	0.17 (0.07)	1.21 (0.44-3.5)	0.38	0.706
0.121 (0.331)	-0.194	0.846	0.04 (0.03)	0.03 (0.03)	1.44 (0.17-12)	0.34	0.735
0.024 (0.156)	-0.194	-1.28	0.13 (0.08)	0 (0.01)	34.56 (0.31-3)	1.48	0.14
0.412 (1.042)	-0.327	0.743	0.37 (0.17)	0.37 (0.17)	1.01 (0.28-3.6)	0.02	0.985
0.497 (1.353)	-1.392	0.163	0.91 (0.32)	0.19 (0.09)	4.72 (1.47-15)	2.61	0.009
0.628 (1.068)	0.4	0.689	0.11 (0.05)	0.28 (0.1)	0.4 (0.13-1.21)	-1.62	0.106

Number of f-u yrs (SD) criteria met			Mean number of months (SD)				
SCM	Signed-Rank t p=		MBT	SCM	OR (95% CI)	Z	p
1.754 (2.162)	-1.402	0.16	1.924 (1.861)	1.266 (1.638)	1.86 (0.799-4)	1.44	0.149
3.222 (2.088)	2.289	0.022	1.565 (1.884)	2.487 (1.706)	0.38 (0.165-0)	-2.18	0.029
0.395 (1.206)	-2.133	0.032	0.679 (1.123)	0.25 (0.799)	3.37 (1.09-10)	2.11	0.035
0.24 (0.921)	-0.446	0.655	0.195 (0.69)	0.174 (0.715)	1.41 (0.314-6)	0.45	0.653

Number of f-u yrs (SD) criteria met			Mean number of months (SD)				
SCM	Signed-Rank t p=		MBT	SCM	OR (95% CI)	Z	p
5.29 (6.948)	0.913	0.361	1.312 (1.874)	1.572 (1.906)	0.71 (0.254-2)	-0.62	0.533
4.172 (5.688)	0.458	0.647	1.25 (1.883)	1.506 (1.882)	0.78 (0.274-2)	-0.44	0.661
2.077 (2.396)	1.663	0.096	0.911 (1.644)	1.613 (1.912)	0.44 (0.158-1)	-1.54	0.123
1.766 (2.358)	1.749	0.08	0.658 (1.44)	1.393 (1.892)	0.39 (0.131-1)	-1.64	0.1
2.234 (2.443)	2.531	0.011	9 (20.071)	26.333 (29.23)	0.25 (0.084-0)	-2.41	0.016
0.564 (1.406)	1.919	0.054	0.342 (2.028)	5.225 (14.197)	0.15 (0.016-1)	-1.67	0.095
0.403 (1.306)	-0.318	0.75	5.735 (17.326)	4.838 (15.678)	1.26 (0.252-6)	0.29	0.774
1.433 (2.254)	1.033	0.301	10.909 (23.5)	17.2 (27.05)	0.51 (0.151-1)	-1.06	0.291

Number of f-u yrs (SD) criteria met			Mean number of months (SD)			Z	p
SCM	Signed-Rank T	p	MBT	SCM	OR (95% CI)		
3.608 (2.071)	2.106	0.035	29.687 (26.59)	44.23 (24.51)	0.4 (0.178-0.9)	-2.19	0.028
3.07 (2.261)	1.771	0.076	22.463 (26.19)	35.057 (26.40)	0.47 (0.217-1)	-1.87	0.062
1.529 (2.197)	0.516	0.606	11.421 (20.37)	17.512 (25.52)	0.82 (0.345-1)	-0.44	0.663
0.512 (1.536)	0.751	0.452	1.125 (4.446)	6.153 (18.44)	10.54 (0.114-2)	-0.76	0.448
0.356 (1.151)	1.992	0.046	0.062 (0.433)	2.525 (9.958)	0.14 (0.015-1)	-1.75	0.081
1.126 (1.918)	2.295	0.021	3.541 (12.007)	11.455 (21.68)	0.29 (0.097-0)	-2.23	0.025
3.608 (2.071)	2.116	0.034	0.866 (1.033)	1.524 (1.285)	0.41 (0.193-0)	-2.24	0.025