Figure 1. Consort Diagram

Enrollment

Assessed for eligibility $n=\ldots$

Excluded $n=$

Did not meet inclusion criteria:
- Not depressed or anxious $n=$
- Age $< 16$ years $n=$
- Receiving psychological therapy $n=$
- History of psychosis or bipolar disorder $n=$
- Drug or alcohol misuse $n=$
- Other $n=$

Randomised $n=\ldots$

Allocation

Allocated to CBTsh $n=\ldots$

Received allocated intervention $n=\ldots$

Post-treatment follow-up (4 months)

Analysed $n=\ldots$

Lost to follow-up $n=$
- Withdrawn $n=$
- Not contactable $n=$
- Other $n=$

Analysis

Allocated to TAU $n=\ldots$

Received allocated intervention $n=\ldots$

Post-treatment follow-up (4 months)

Analysed $n=\ldots$

Lost to follow-up $n=$
- Withdrawn $n=$
- Not contactable $n=$
- Other $n=$

Follow-Up

Analysis

6 month post-randomisation follow-up

Analysed $n=\ldots$

Lost to follow-up $n=$
- Withdrawn $n=$
- Not contactable $n=$
- Other $n=$

Allocation Analysis Follow-Up Assessment for eligibility $n=\ldots$

Excluded $n=$

Did not meet inclusion criteria:
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