Table S1. Comparison of anxiety and depression scores at baseline, before and after intervention between groups.

Domains	Group A (14 or >14 sessions)	Group B (<14 sessions)	p-Value
	Mean (standard deviation)	Mean (standard deviation)	
Baseline			
Anxiety	3.19 (3.54)	3.68 (3.48)	0.649
Depression	4.38 (3.25)	5.55 (4.38)	
Before intervention			
Anxiety	6.15 (4.12)	5.91 (3.93)	0.847
Depression	5.15 (3.47)	5.95 (3.86)	
After intervention			
Anxiety	5.80 (4.24)	4.62 (3.99)	0.428
Anxiety (pooled data)	5.77	5.51	0.853
Depression	5.20 (3.07)	4.31 (3.07)	0.422
Depression (pooled data)	5.17	4.57	0.554