

## Appendix B

**Table 5.** Baseline characteristics of participants in the initially unemployed sample (n=118).

	<b>PE</b>	<b>ICBT</b>	<b>TAU</b>
<b>Participant characteristic</b>	<b>(n=40)</b>	<b>(n=38)</b>	<b>(n=40)</b>
	<b>%</b>	<b>%</b>	<b>%</b>
<b>Gender (% women)</b>	60.0	65.8	55.0
<b>Age group</b>			
18-34	30.0	18.4	27.5
35-49	25.0	42.1	40.0
50-64	45.0	39.5	32.5
<b>Born in Sweden</b>	35.0	26.3	20.0
<b>Main diagnosis (MINI)</b>			
Depression and anxiety	75.0	65.8	60.0
Depression only	10.0	7.9	15.0
Anxiety only	12.5	21.1	20.0
Sub-threshold affective disorder	2.5	5.3	5.0
<b>Education</b>			
Primary school	10.0	2.6	7.5
Technical school	17.5	13.2	7.5
Secondary school (year 12)	35.0	18.4	35.0
Post-secondary 2 years	7.5	28.9	22.5
Tertiary	30.0	36.8	27.5
<b>Labour-market measure</b>	43.5	34.8	21.7

<b>Antidepressants</b>	40.5	28.6	28.9
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*Note.* PE=Physical Exercise, ICBT=Internet-based Cognitive Therapy, TAU=Treatment as Usual

**Table 6.** Baseline characteristics of participants in the initially employed sample (n=703).

	<b>PE</b>	<b>ICBT</b>	<b>TAU</b>
<b>Participant characteristic</b>	<b>(n=240)</b>	<b>(n=233)</b>	<b>(n=230)</b>
	<b>%</b>	<b>%</b>	<b>%</b>
<b>Gender (% women)</b>	72.9	72.5	81.7
<b>Age group</b>			
18-34	35.0	32.2	29.6
35-49	40.8	37.8	37.4
50-64	24.2	30.0	33.0
<b>Born in Sweden</b>	18.3	20.2	18.3
<b>Main diagnosis (MINI)</b>			
Depression and anxiety	69.6	66.5	66.5
Depression only	7.9	7.7	8.3
Anxiety only	19.2	21.9	19.1
Sub-threshold affective disorder	3.3	3.9	6.1
<b>Education</b>			
Primary school	2.9	2.6	2.6
Technical school	11.3	12.0	11.4
Secondary school (year 12)	25.9	21.0	23.6
Post-secondary 2 years	17.2	17.6	19.2
Tertiary	42.7	46.8	43.2
<b>Work status</b>			
Employed full time	75.4	76.0	82.2
Employed part time	6.7	10.7	5.2

Self-employed	8.7	9.9	7.4
Studying	9.2	3.4	5.2
<b>Antidepressants</b>	29.0	30.3	21.7

*Note.* PE=Physical Exercise, ICBT=Internet-based Cognitive Therapy, TAU=Treatment as Usual