

Appendix B

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

	PE	ICBT	TAU
Participant characteristic	(n=40)	(n=38)	(n=40)
	%	%	%
Gender (% women)	60.0	65.8	55.0
Age group			
18-34	30.0	18.4	27.5
35-49	25.0	42.1	40.0
50-64	45.0	39.5	32.5
Born in Sweden	35.0	26.3	20.0
Main diagnosis (MINI)			
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
Education			
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
Labour-market measure	43.5	34.8	21.7

Antidepressants	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).

	PE	ICBT	TAU
Participant characteristic	(n=240)	(n=233)	(n=230)
	%	%	%
Gender (% women)	72.9	72.5	81.7
Age group			
18-34	35.0	32.2	29.6
35-49	40.8	37.8	37.4
50-64	24.2	30.0	33.0
Born in Sweden	18.3	20.2	18.3
Main diagnosis (MINI)			
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
Education			
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
Work status			
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
Antidepressants	29.0	30.3	21.7

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