

**Table S1** Demographic details of sample.

	Intervention group (n=29)	Waiting-list control (n=52)
Gender, n (%)		
Female	24 (80.0)	48 (92.3)
Male	5 (16.7)	3 (5.8)
Non-binary	0 (0)	1 (1.9)
Age, n (%)		
18-24	0 (0)	9 (17.3)
25-34	14 (46.7)	23 (44.2)
35-44	8 (26.7)	13 (25.0)
45-54	7 (23.3)	4 (7.7)
55-64	0 (0)	1 (1.9)
65-74	0 (0)	1 (1.9)
75+	0 (0)	1 (1.9)
Ethnicity, n (%)		
White	26 (86.7)	45 (86.5)
Mixed/multiple ethnic groups	0 (0)	2 (3.8)
Asian/Asian British	1 (3.3)	2 (3.8)
Black/African/Caribbean/Black British	0 (0)	3 (5.8)
Other ethnic group	2 (6.7)	0 (0)
Highest level of Education, n (%)		
Before high/secondary school	0 (0)	2 (3.8)
High school/secondary school graduate	0 (0)	2 (3.8)
College/sixth form graduate or equivalent	3 (10.0)	1 (1.9)
Bachelor's degree of equivalent	8 (26.7)	20 (38.5)
Master's degree of equivalent	6 (20.0)	14 (26.9)
PhD or equivalent	6 (20.0)	7 (13.5)
Graduate or professional degree	6 (20.0)	6 (11.5)
Current work status, n (%)		
Employed full-time	14 (46.7)	1 (1.9)
Employed part-time	7 (23.3)	24 (46.2)
Interning	0 (0)	9 (17.3)
Studying	1 (3.3)	5 (9.6)
Unemployed - looking for work	1 (3.3)	1 (1.9)
Unemployed - not looking for work	0 (0)	3 (5.8)
Homemaker	1 (3.3)	3 (5.8)
Retired	0 (0)	2 (3.8)
Not able to work	0 (0)	1 (1.9)
Other	3 (10.0)	2 (3.8)

Self-employed/freelancing	2 (6.7)	1 (1.9)
Previous experience of therapy, n (%)		
No experience	5 (16.7)	12 (23.1)
Short-term individual therapy through the NHS (6-12 sessions)	4 (13.3)	14 (26.9)
Longer-term individual therapy through the NHS (12+ sessions)	3 (10.0)	4 (7.7)
Short-term individual therapy with a private therapist (6-12 sessions)	6 (20.0)	17 (32.7)
Longer-term individual therapy with a private therapist (12+ sessions)	12 (40.0)	10 (19.2)
Computerised/online therapy	0 (0)	5 (9.6)
Psychoeducation workshop	6 (20.0)	3 (5.8)
Group therapy	3 (10.0)	3 (5.8)
Couple's therapy	1 (3.3)	3 (5.8)
Family Therapy	0 (0)	2 (3.8)
Other	3 (10)	4 (7.7)

#### **Detail on Demographic Differences Between the Intervention and Wait List Control Groups**

Out of the 81 participants who completed the pre and post measures, 29 participants were from the intervention group and 52 were from the waitlist control group. Chi squared analyses showed that there were no significant differences in demographic characteristics between the groups apart from “current work status”, which showed higher rates of full-time employment in the intervention group [ $\chi^2(10, N = 81) = 36.18, p < .001$ ], and for “previous therapeutic experience”. We found that more participants in the intervention group had attended longer-term individual therapy with a private therapist [ $\chi^2(1, N = 81) = 4.62, p = .03$ ], and more had attended a psychoeducational workshop [ $\chi^2(1, N = 81) = 4.20, p = .04$ ]. Due to the concern that any improvements caused by the training programme could be due to the programme working as a “refresher” of their previous therapy, we looked within the intervention group and compared those who had had long term private therapy compared to those who had not. We found a trend for increased effectiveness (a larger difference between pre and post scores in the expected direction depending on the variable) for the group that had not previously had longer term private therapy, although it was not significant for any of the outcome measures. We also compared those who had completed a psychoeducation group and again found increased effectiveness in those who had not attended a group; although confirming this pattern with a statistical test seemed inappropriate due to the small number of participants who had attended a group.