

Supplementary material

Results of adjusted regression models

Supplementary Table 1. ITS analysis (GEE, Poisson regression) assessing change in level and slope of depression- or anxiety-related work disability (annual number of work disability months) among rehabilitative psychotherapy recipients. n(participants)=10435, n(observations)=82740. Adjusted model.

	IRR	Std. error	p-value	95% CI
Intercept	0.08	0.12	<0.001	0.07-0.11
Change in level (immediate)	0.82	0.03	<0.001	0.77-0.87
Change in slope (gradual)	0.61	0.02	<0.001	0.58-0.63
Slope before intervention	1.45	0.01	<0.001	1.41-1.49
Age	1.03	0.00	<0.001	1.03-1.04
Gender	0.94	0.04	0.187	0.87-1.03
Employment status				
Employed	ref			
Unemployed	1.32	0.04	<0.001	1.22-1.44
Student	1.89	0.04	<0.001	1.75-2.05
Outside workforce (other reasons)	3.57	0.04	<0.001	3.28-3.88
Education				
Lower	ref			
Secondary	1.31	0.05	<0.001	1.19-1.44
Higher	1.13	0.05	<0.001	1.02-1.25
Purchases of prescribed psychotropic medication	4.19	0.05	<0.001	3.83-4.58

IRR= Incidence rate ratio

Supplementary Table 2. ITS analysis (GEE, Poisson regression) assessing change in level and change in the slope of depression- or anxiety- related work disability (annual number of work disability months) among rehabilitative psychotherapy recipients by gender and age tertile. Adjusted model.

	IRR	Std. error	p-value	95% CI
<i>Women (n=7968)</i>				
Intercept	0.07	0.11	<0.001	0.06-0.09
Change in level (immediate)	0.80	0.03	<0.001	0.75-0.86
Change in slope (gradual)	0.61	0.02	<0.001	0.58-0.63
Slope before intervention	1.45	0.02	<0.001	1.40-1.50
Age	1.04	0.00	<0.001	1.03-1.04
Employment status				
Employed	ref			
Unemployed	1.30	0.05	<0.001	1.18-1.43
Student	1.83	0.05	<0.001	1.66-2.00
Outside workforce (other reasons)	3.35	0.05	<0.001	3.03-3.70
Education				
Lower	ref			
Secondary	1.32	0.06	<0.001	1.18-1.48
Higher	1.16	0.06	0.009	1.04-1.30

Purchases of prescribed psychotropic medication	4.26	0.05	<0.001	3.84-4.73
<i>Men (n=2467)</i>				
Intercept	0.09	0.19	<0.001	0.07-0.14
Change in level (immediate)	0.86	0.03	0.008	0.76-0.96
Change in slope (gradual)	0.61	0.04	<0.001	0.57-0.66
Slope before intervention	1.45	0.08	<0.001	1.37-1.54
Age	1.03	0.00	<0.001	1.02-1.04
Employment status				
Employed	ref			
Unemployed	1.41	0.08	<0.001	1.21-1.66
Student	2.10	0.08	<0.001	1.81-2.45
Outside workforce (other reasons)	4.26	0.08	<0.001	3.62-5.02
Education				
Lower	ref			
Secondary	1.29	0.09	0.004	1.08-1.54
Higher	1.04	0.11	0.740	0.83-1.30
Purchases of prescribed psychotropic medication	3.96	0.10	<0.001	3.28-4.77
<i>Lowest age tertile (19–29 years) (n=3881)</i>				
Intercept	0.17	0.19	<0.001	0.11-0.24
Change in level (immediate)	0.77	0.06	<0.001	0.68-0.88
Change in slope (gradual)	0.68	0.04	<0.001	0.63-0.73
Slope before intervention	1.47	0.03	<0.001	1.39-1.56
Gender	0.81	0.09	0.015	0.68-0.96
Employment status				
Employed	ref			
Unemployed	1.45	0.09	<0.001	1.2-1.74
Student	2.38	0.06	<0.001	2.11-2.68
Outside workforce (other reasons)	5.13	0.08	<0.001	4.38-6.00
Education				
Lower	ref			
Secondary	1.27	0.09	0.010	1.06-1.53
Higher	1.33	0.135	0.035	1.02-1.73
Purchases of prescribed psychotropic medication	4.77	0.080	<0.001	4.04-5.63
<i>Intermediate age tertile 2 (30–38 years) (n=3118)</i>				
Intercept	0.21	0.18	<0.001	0.15-0.30
Change in level (immediate)	0.77	0.06	<0.001	0.68-0.87
Change in slope (gradual)	0.65	0.04	<0.001	0.60-0.70
Slope before intervention	1.45	0.03	<0.001	1.37-1.53
Gender	0.98	0.08	0.765	0.83-1.14
Employment status				
Employed	ref			
Unemployed	1.36	0.08	<0.001	1.18-1.58
Student	1.95	0.08	<0.001	1.67-2.28
Outside workforce (other reasons)	3.84	0.08	<0.001	3.28-4.48
Education				
Lower	ref			

Secondary	1.41	0.09	<0.001	1.17-1.69
Higher				
Purchases of prescribed psychotropic medication	4.93	0.09	<0.001	4.15-5.85
<i>Highest age tertile 3 (39–58 years) (n= 3436)</i>				
Intercept	0.43	0.14	<0.001	0.32-0.58
Change in level (immediate)	0.87	0.04	<0.001	0.80-0.94
Change in slope (gradual)	0.55	0.03	<0.001	0.52-0.58
Slope before intervention	1.55	0.02	<0.001	1.49-1.62
Gender	1.03	0.07	0.667	0.90-1.17
Employment status				
Employed	ref			
Unemployed	1.27	0.06	<0.001	1.13-1.43
Student	1.47	0.10	<0.001	1.21-1.79
Outside workforce (other)	2.97	0.07	<0.001	2.61-3.37
Purchases of prescribed psychotropic medication	3.56	0.07	<0.001	3.10-4.09

IRR= Incidence rate ratio

Results of supplementary analysis

In terms of depression-related work disability, there was an increasing trend of disability during the pre-intervention period until timepoint t0 (i.e., the onset year of the intervention, intercept) (IRR 1.74; 95% CI 1.1.69–1.80). Subsequently, an 18% decrease in the level (IRR 0.82; 95%CI 0.77–0.87) as well as a 49% decrease in the slope (IRR 0.52; 95%CI 0.50–0.54) of work disability in comparison to the counterfactual scenario was detected. In absolute terms, the immediate decrease in the level of work disability was 0.20 months, from 1.13 months per year in the onset year of rehabilitative psychotherapy to 0.93 months per year in the first full year of rehabilitative psychotherapy.

In terms of anxiety-related work disability, there was an increasing trend of disability during the pre-intervention period until timepoint t0 (i.e., the onset year of the intervention, intercept) (IRR 1.77; 95% CI 1.1.66–1.89). Subsequently, a (non-significant) 3% decrease in the level (IRR 0.97; 95%CI 0.86–1.08) as well as a 44% decrease in the slope (IRR 0.55; 95%CI 0.52–0.61) of work disability in comparison to the counterfactual scenario was detected. In absolute terms, the immediate decrease in the level of work disability was 0.01 months, from 0.30 months per year in the onset year of rehabilitative psychotherapy to 0.29 months per year in the first full year of rehabilitative psychotherapy.